

# FIT START

## EGG WHITE OMELETTE | F | 95

*“Healthy high protein, vitamins and anti-oxidant brekky” 5 egg whites, mushrooms  
grilled asparagus & spinach*

## CHIA SEED & FRUIT PARFAIT | | 85

*Coconut Yoghurt Available*

*“Simply perfect, everything you want in the same bowl!” Chia seeds, bio-dynamic yoghurt, raw honey.  
Crunchy paleo granola, banana, fresh mango  
& Bedugul’s strawberry jam with cinnamon*

## PROTEIN WAFFLE | F | 65

*Made with unique “Made’s banana flour”  
Organic coconut syrup, whipped cream  
& homemade strawberry jam*



## WHOLESOME BOWL | | 85

*“A bowl full of goodness” Organic red and white quinoa, poached egg, kale, avocado, oven baked cherry tomatoes, tempe, sweet potatoes  
& yoghurt dressing*

## BANANA BREAD PROTEIN SMOOTHIE | F | 85

*Blend of banana, carrot juice, protein powder and cinnamon. Topped with shaved burnt coconut, walnuts, dates, chia seeds  
& grated coconut*

F = FINNS SIGNATURE

 = VEGETARIAN

 = GLUTEN FREE

 = DAIRY FREE

# HEALTHY BOWLS | 85

## CHIA SEED & FRUIT PARFAIT |

### Coconut Yoghurt Available

“Simply perfect, everything you want in the same bowl!”

Chia seeds, bio-dynamic yoghurt, raw honey. Crunchy paleo granola, banana, fresh mango & Bedugul’s strawberry jam with cinnamon

## WHOLESOME BOWL |

“A bowl full of goodness”

Organic red and white quinoa, poached egg, kale, avocado, oven baked cherry tomatoes, tempe, sweet potatoes & yoghurt dressing

## BERRYFUL CHILL SMOOTHIE | F

“To make you berry, berry happy!”

Strawberries, blueberries, raspberries and goji berries. Blended with soy milk & raw honey. topped with paleo granola, almonds, & chia seeds

## ROCKY ROAD SMOOTHIE |

“Dessert-for-breakfast, yes please!”

Blend of almond milk, banana, peanut butter, cocoa powder. Topped with banana, corn flakes, paleo granola, raw cocoa nibs & crushed peanuts

## BANANA BREAD PROTEIN | F SMOOTHIE

“With all the flavor of banana bread minus the calories and sugar, our gluten-free, vegan bowl” Blend of banana, carrot juice, protein powder and cinnamon. Topped with shaved burnt coconut, walnuts, dates, chia seeds & grated coconut

## GREEN DETOX CHILL SMOOTHIE |

Spirulina, avocado, kale, almond milk, banana. Topped with chia seeds, avocado, cashew nuts and a drizzle of raw honey

## THE TROPICAL CHILL SMOOTHIE |

Mango, banana, coconut water, raw honey, homemade paleo granola, shredded coconut pineapple, papaya & goji berries.

## FRUIT PLATE | F | 55

Sliced seasonal fresh fruits

### EXTRAS & SIDES

Chia Seeds | 10

Goji Berries | 10

Avocado | 25

Granola | 10

Protein Powder | 20

Gluten Free Bread (2) | 25

Jam | 10

Nutella, peanut butter/ Vegemite | 10

Sourdough, Multigrain, White or Brown Bread (2) | 15

## WE HAVE GLUTEN FREE BREAD! ALL DISHES AVAILABLE AS VEGETARIAN

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HEALTHY

## GOURMET BREAKFAST | 85

### VEGGIE BURRITO

"Our Mexican option!"

Scrambled eggs (2), tasty black beans slowly cooked with spices, pickled lime onion, smoked corn, tomato salsa, melted cheddar cheese, guacamole & spicy sour cream  
w **bacon** | + 15

### FINN'S ROSTI |

"Crisp & crunchy golden goodness topped with sunny side up"

Tender and juicy grilled chicken sausages with herbs, caramelized onion golden potato hash brown with fresh rosemary & sour cream topped with a fried egg

### SHAKSHUKA |

Two skillet eggs cooked in an organic kale, sauteed pepper & tomato sauce topped with crumbled feta, fresh mint & served with gluten free toast

### BENEDICT FLORENTINE | **F**

"It goes without saying, it's a classic and we love it!"

Sautéed spinach, poached eggs (2), homemade Hollandaise sauce, sourdough Served with a few greens & oven baked cherry tomatoes  
w **ham** | + 30k      w **cured salmon** | +50k

## TARTINE

With homemade bread, baked daily, gluten free available

### SALMON DELIGHT | 125

Homemade seaweed bread toasted with silky scrambled eggs (2), house cured Tasmanian salmon, sautéed kale and fresh watercress Pickled shallots, tomatoes, crunchy nori, dill & lemon yoghurt sauce

### FINNS AVOCADO TARTINE | **F** | 85

"Our gourmet twist on Smashed Avocado" Avocado smashed with white & black sesame on multigrain bread, Tahini, feta, smoked salt, kale and oven baked cherry tomatoes, poached egg (1) sprinkled with shichimi togarashi & lime

## BRIOCHE | 65

Chef Ben's brioche, buttery and tasty comfort food

### SMOKY | **F**

Scrambled eggs (2), bacon, old fashion smoked ham, double smoked cheddar cheese & chipotle mayo in warm brioche bun

### CALIFORNIAN

Scrambled eggs (2), avocado, tomatoes, lettuce, red onions, coriander & chili

## MADE'S BANANA FLOUR WAFFLE | 55

Made with unique "Made's banana flour"  
Organic coconut syrup, whipped cream & homemade strawberry jam



### EXTRAS & SIDES

Bacon (2) | 30

Avocado/Guacamole | 25

Kale | 25

Gluten Free Bread (2) | 25

Mushrooms | 25

Cured Salmon | 50

Chicken Sausages (3) | 30

Spinach | 25

Egg (1) | 15

Ham | 30

Prosciutto | 50

Potato Rosti | 20

Sourdough, Multigrain, White or Brown Bread | 15

Cream Cheese | 30

Grilled Tomato | 15

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**GOURMET, TARTINE, BRIOCHE, WAFFLE & PANCAKE**

# OMELETTE'S | 95

All served with toast of your choice (multigrain, sourdough, gluten free, white or brown)

## EGG WHITE | F

"Healthy high protein, vitamins and anti-oxidant brekky"  
5 egg whites, mushrooms, grilled asparagus & spinach

## MEDITERRANEAN | F

"Fresh Mediterranean flavor"  
3 eggs with lemon zest, prosciutto, sun dried tomatoes,  
feta cheese, parmesan, truffle, sautéed mushrooms,  
cherry tomatoes, chili & Sicilian olives

## OMELETTE WRAP |

Bacon, cheese & spinach wrapped with 2 egg thin omelette  
Served with oven baked cherry tomatoes and avocado

## EGGS YOUR WAY | 75

"Just like home - Your choice"  
2 eggs (fried, scrambled, omelette, poached or boiled)  
Served with toast of your choice (multigrain, sourdough, gluten free, white or brown)  
roasted tomatoes with herb crust, potato rosti & a few greens

### EXTRAS & SIDES

Bacon (2)   30	Mushrooms   25	Spinach   25	Cream Cheese   30	Prosciutto   50
Avocado/Guacamole   25	Cured Salmon   50	Egg (1)   15	Toast   15	Potato Rosti   20
Kale   25	Chicken Sausages (3)   30	Ham   30	Grilled Tomato   15	Nutella, peanut butter or Vegemite   10
Gluten Free Bread (2)   25	Sourdough, Multigrain, White or Brown Bread   15			

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# KIDS MENU

## KID'S EGG YOUR WAY (1 EGG) | 45

*fried / scrambled / poached egg with one slice of bacon  
your choice of multigrain, sourdough, gluten free, white or brown bread*

## GRILLED HAM & CHEESE SANDWICH | | 55

*topped with fried egg*

## KID'S FRUIT PLATE | F | 55

*sliced seasonal fresh fruits*

## TOAST | | 45

*white bread toast, jam, Nutella & butter*

## KID'S YOGHURT BOWL | 45

**Coconut Yogurt Available**

*yoghurt with granola, strawberry & banana*

### EXTRAS & SIDES

Bacon (2) | 30

Mushrooms | 25

Spinach | 25

Cream Cheese | 30

Prosciutto | 50

Avocado/Guacamole | 25

Cured Salmon | 50

Egg (1) | 15

Toast | 15

Potato Rosti | 20

Kale | 25

Chicken Sausages (3) | 30

Ham | 30

Grilled Tomato | 15

Nutella, peanut butter  
or Vegemite | 10

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