

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. 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

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Chia seeds, bio-dynamic yoghurt. 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, kenari nuts & grated coconut

ROCKY ROAD SMOOTHIE |

“Dessert-for-breakfast, yes please!”

Blend of almond milk, banana, peanut butter, cocoa powder. Topped with pineapple and strawberry

BANANA BREAD PROTEIN | F

“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, 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 black rice 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

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 | 40

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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