

Breakfast Menu - Monday to Friday

Available 8am to 3pm

Full menu available from 11.30am

Honey Yoghurt

Greek yoghurt, puffed wild rice, dried banana, goji berry

7 | v gf

Pollen's Bread

Sourdough, Brioche or English Muffin with

butter/jam/vegemite/peanut butter 5

add Avocado 3 Mushrooms 4 Scrambled eggs 5

Thick cut Bacon 6 Smoked salmon 7

Steelcut Oatmeal

Oatmeal chilled in apple honey yoghurt, berries, candied almonds, dates

11 | gf

Lemon & Poppy Seed Pancakes

Pollen Preserve blueberry jam, golden syrup

13 | v

Housemade English Muffin

Local eggs, jarlsberg, vegemite butter, arugula

11 | v

French Toast

Strawberries & honey cream

15

Fried Egg Sandwich

Smoked bacon, grygere, pan roasted potato with chorizo

15

Smoked Salmon Benedict

Smoked salmon, spinach, spicy hollandaise, house made biscuit

18

Vegan Benedict

Smoked tofu bacon, quinoa & black bean patty, wilted arugula, vegan muffin and vegan hollandaise

16 | v vg

Mushroom Toast

Whipped black pepper boursin, fennel gremolata, garden herbs, whole grain bread

12 | v

Corn Bacon Hash

Bacon, yellow corn, piquillo pepper, gold yukon potatoes, tomatillo salsa, poached egg

15

Crispy Fried Egg & Polenta

Community grains polenta, sofrito, braised mushrooms, baguette

13 | v

Please see the counter for today's selection of fresh sandwiches, salads and pastries.

In one of the most wasteful industries in the world we are working towards rejecting wastefulness and finding solutions to create a more sustainable dining experience. Some little steps that we are taking include: offering water only on request; using recycled take-away packaging & paper straws; working closely with 'RecyLA' to ensure waste management is kept to a minimum. We are also working with a local farmer and hope to have our bees pollinating and harvesting our own honey - mid 2018.

Honey Yoghurt

Greek yoghurt, puffed wild rice, dried banana, goji berry

7 | v gf

Pollen's Bread

Sourdough, Brioche or English Muffin with
butter/jam/vegemite/peanut butter 5

add Avocado 3 Mushrooms 4 Scrambled eggs 5

Thick cut Bacon 6 Smoked salmon 7

Steelcut Oatmeal

Oatmeal chilled in apple honey yoghurt, berries, candied
almonds, dates

11 | gf

Smoked Salmon Benedict

Smoked salmon, spinach, spicy hollandaise, house made
biscuit

18

Vegan Benedict

Smoked tofu bacon, quinoa & black bean patty, wilted
arugula, vegan muffin and vegan hollandaise

16 | v vg

Crispy Fried Egg & Polenta

Community grains polenta, sofrito, braised mushrooms,
baguette

13 | v

Housemade English Muffin

Local eggs, jarlsberg, vegemite butter, arugula

11 | v

Mushroom Toast

Whipped black pepper boursin, fennel gremolata, garden
herbs, whole grain bread

12 | v

Bacon & Egg

Thick cut smoked bacon, soft poached egg, grilled
halloumi, black sesame harissa avocado, sourdough

17

French Toast

Strawberries & honey cream

15

Lemon & Poppy Seed Pancakes

Pollen Preserve blueberry jam, golden syrup

13 | v

Fried Egg Sandwich

Smoked bacon, gruyere, pan roasted potato with chorizo

15

Avocado Lettuce Wraps

Cucumber, carrot, fresno, pumpkin seed dressing

13 | df gf vg v

Cobb Salad

Bacon, chicken, bibb lettuce, avocado, tomato, egg,
blue cheese crumble

16

Corn Bacon Hash

Bacon, yellow corn, piquillo pepper, gold yukon potatoes
tomatillo salsa, poached egg

15

Organic Roast Chicken Salad

Weiser Farms winter squash, hummus, arugula, butter
lettuce, rosemary vinaigrette

15 | gf df

Pan seared Ora King Salmon

Beluga lentil, mixed greens, cherry tomatoes, sherry
vinaigrette & feta

17 | gf df

Sundried Tomato Tubettoni

Marinated artichokes, bacon lardons, romano cheese

15

Grilled Cheese

Gruyere, cheddar, swiss cheese, tomato soup

13 | v

Pollen Burger

Ground chuck & brisket, cheddar, sesame brioche bun,
pickled arugula, animal sauce served with fries or salad

17 add Bacon 3 Avocado 1.5 Jalapeno .20

Vegan Burger

Chickpea patty, avocado, sprouts, smoked ketchup
served with fries or salad

16 | v vg

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