

## LIQUIDS

<b>Fresh Juice of the day</b> <i>Ask your waiter for our daily selection</i>	\$8
<b>Fresh Orange Juice</b>	\$8
<b>Vegetable Juice</b> Carrot, Apple, Celery, Beetroot and a Hint of Organic Ginger	\$8
<b>Soy/Rice/Almond/Jersey Cow's Milk</b>	\$4

## SEASONAL FRUIT / ENERGY BOOST

<b>Watermelon Salad</b> Pomegranates, Pomegranate Molasses, Mint, Ricotta	\$12
<b>Bircher Muesli</b> Blueberries, Goji Berries, Natural Raspberry Sherbet, Low Fat Yoghurt	\$9
<b>Natural Muesli</b> Dried Cranberries, Fresh Blueberries, Fresh Toasted Coconut, Low Fat Milk	\$9
<b>Clay Roasted Spelt Granola</b> Air Dried Apple, Banana, Sultanas, Coconut, Low Fat Milk	\$9
<b>Organic Yoghurt Hit</b> Topped with Spelt Toasted Granola, Oats, Toasted Almonds, Marinated Plums	\$9
<b>My Idea of Nut Butter Morning Toast</b> Thick Cut Toasted Fruit Spelt Bread, Yoghurt Macadamia Nut Butter, Riberry Jam, Fresh Kiwi, Macadamias	\$18

## THE PATISSERIE

<b>A selection of Warm Mini Pastries</b> Vanilla Bean Custard Danish, Cinnamon Swirl, Cranberry Twist, Pain au Chocolat, Croissant	\$16
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## BREAD SELECTION

<b>Natural Leavened Stone Baked Bread</b>	
11 Seeded Grain	\$6
Classic Sourdough	\$6
Bagel	\$6
Gluten Free	\$6

## LITTLE ONES

<b>A Real Little One</b> Fruit or Vegetable Purée	\$6
<b>A Little Bit Bigger</b> 1 Free Range Egg, Toast Soldiers	\$9
Croissant, Pain Au Chocolat, Valrhona Chocolate Sauce	\$9
Waffles, Coconut Vanilla Chantilly Yoghurt, Banana & Dark Chocolate Sauce, Lemon Balm	\$12

**Robert Marchetti**  
Creative Food Director

## SUPER FOODS OMELETTE

<b>3 Free Range Egg White Omelette</b> <i>Cooked in Flax Seed Oil</i> Asparagus, Kale, Swiss Chard, Shiitake Mushrooms	\$21
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## QT FAVOURITES

<b>Wholemeal Pancake Stack</b> Sweet Pickled Berries, Crisp Maple Bacon	\$19
<b>Smoked Salmon Omelette</b> Goats Cheese, Asparagus, Chives and Watercress Lemon Salad	\$18
<b>Wood-Fired Clay-Pot Free Range Eggs</b> Baked on Cannellini Beans, Pancetta, Shallots, Parsley, Tomato, Sourdough Bread	\$17
<b>Eggs Rockefeller</b> Free Range Egg, Warm Brioche, Farmed Black Caviar, Steamed Warragul Greens, Tarragon, Hollandaise Sauce	\$29
<b>Huevos Rancheros</b> Soft Black Corn Tortilla, Chilli Beans, Avocado Mousse, Coriander, Lime, Mexican Cheese, Free Range Egg	\$17
<b>Black Truffle Scrambled Eggs</b> Finished with Asiago Cheese, Grilled Asparagus, Lemon Balm, 11 Seeded Bread	\$18
<b>2 Boiled Free Range Eggs</b> Cooked Soft, With Toasted Thick Cut Buttered Bread Soldiers	\$14
<b>Waffles 'n' Cream</b> Coconut Vanilla Chantilly Yoghurt, Banana, Dark Chocolate Sauce, Lemon Balm	\$19

## GOWINGS BREAKFAST

<b>Wood Fire Grilled Farmhouse Breakfast</b> Scrambled Eggs, Garlic, Thyme, Butter Mushrooms, Pork Bratwurst and Chipolata Chorizo Sausage, Roma Tomatoes, Double Smoked Bacon, Asparagus, Sourdough Bread	\$22
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## COFFEE

<b>Express - A Strong Special Blend Coffee</b>	
Small Pot of Black Coffee	\$5
Large Pot of Black Coffee	\$12
<b>Barista Coffee</b>	\$4.5

## TEA

Fair Trade Organic English Breakfast	\$4.5
Organic Chai	\$4.5
French Earl Grey	\$4.5
Peppermint	\$4.5
Liquorice Legs	\$4.5
Lemongrass & Ginger	\$4.5
Detox	\$4.5
Refresh	\$4.5
Chamomile	\$4.5
Japanese Sencha	\$4.5

**GOWINGS**

BAR & GRILL

