



OPEN 7 DAYS 7.30AM - 4PM [menu available 7.30am-3pm]
PLEASE ORDER AT THE COUNTER

[GF] - Gluten Free, [GFP] - Gluten Free Possible, [V] - Vegan, [VP] - Vegan Possible

The Henry & Ted kitchen only use free range eggs, bacon, chicken & pork. We make all our food on-site & endeavour to use as many local like-minded companies as possible, bringing you the very best quality & freshness possible. Please advise us of any intolerances, allergies or dietary requirements.

ALL DAY MENU

MOTHER HEN [GFP] \$12

Free range eggs, poached, scrambled or fried, sourdough or whole grain toast with H&T tomato relish.
ADD: free-range bacon \$4.5, H&T potato hash \$3.5, hollandaise \$3.5, tomato \$3.5, sausage \$4.5, sautéed spinach \$3.5, mushroom \$4, avocado \$4, H&T beans \$4, GF bread \$2

GRANNY'S GRANOLA [GF, V] \$17

H&T made granola with toasted nuts, sous vide saffron poached pear, seasonal fruits, peach & tangelo compote & Raglan vanilla coconut yoghurt. Served with your choice of Organic blue, green, coconut or almond milk

NORMA BENNY [GF] \$21

H&T classic, poached eggs sitting on two H&T hash, sautéed spinach, free-range streaky bacon & hollandaise
OR ADD: Salmon instead \$4.5

FRANKIE'S FRENCH TOAST \$17.5

With caramelised banana, peach & tangelo compote, vanilla & hazelnut mousse, white chocolate crumble, seasonal fruits, drizzled with maple syrup & curled white chocolate
ADD: free range bacon \$4.5

TRIPLE CHOCOLATE WAFFLES [GFP + \$1] \$18.50

H&T waffles with almond brittles, chocolate tuile, Kokako chocolate sauce, Dutch chocolate ice cream, vanilla & hazelnut mousse with curled white chocolate & freeze-dried raspberries

SPRING BRUSCHETTA [VP, GFP] \$19.5

Sautéed edamame beans, zucchini, capsicum, charred artichoke with parmesan crisps, basil oil, balsamic glaze with a free range poached egg, dukkah & served on toasted sourdough
ADD: free range bacon \$4.5

MISH MUSHY [GFP] \$18.5

Creamy local mushrooms, balsamic reduction, confit garlic, parmesan crisp, basil oil with a free range poached egg on toasted sourdough
ADD: free range bacon \$4.5
ADD: an extra free range poached egg \$3

HENZO'S AVO SMASH [GFP, VP] \$18

Smashed avo on toasted whole grain with H&T herby salsa, balsamic reduction, goats cheese & dukkah
ADD: a free range poached egg \$3
ADD: free range bacon \$4.5

THE BEAST [GFP] \$22

Free-range eggs poached, scrambled or fried, mushroom, streaky bacon, H&T hash & smoked beans, sausage, tomato relish, aioli with toasted sourdough or grain bread

LUNCH MENU [available after 11am]

C&C SALAD \$22.5

Za'atar marinated free range chicken breast, dill & mint tzatziki, salted cucumber with herby couscous & baba ganoush
ADD: Mud House Sauvignon Blanc \$9

FRITTERS [GF] \$21

Asparagus, garlic sprout & corn fritter, herby salsa, H&T smoked chipotle romesco, sour cream, micro watercress & snow-pea tendrils
ADD: free range bacon \$4.5
ADD: a free range poached egg \$3
ADD: Mud House Pinot Gris \$9

PORK & PRAWN DUMPLINGS [DF] \$22

Chow's asian broth, fried leek, rice cake, chili oil, with pickled radish & carrot

BABE BURGER [GFP] \$21

Free range pulled pork, honey mustard mayo, apple slaw with a sesame black bun & fries
ADD: The Island Pilsner \$8

VEGAN BURGER [V] \$21

Spiced pumpkin & chickpea pattie, smoked chipotle romesco, vegan aioli, balsamic onion, vegan mozzarella, tomato, lettuce in a bun with fries

LITTLE ONES MENU [available all day]

WAFFLES [GFP + 50cents] \$8.50

with mousse, maple syrup & seasonal fruits
ADD: Dutch chocolate ice cream \$2

MINI PULLED PORK BURGER \$12.5

with slaw and fries & tomato sauce

BACON & SCRAMBLED EGGS [GFP] \$7

- ALSO CHECK OUT OUR FANTASTIC CABINET FOOD -

SIDES:

Potato fries \$8 / free range bacon \$4.5 / H&T potato hash \$3.5 / hollandaise \$3.5 / tomato \$3.5 / sausage \$4.5 / salmon \$8 / sautéed spinach \$3.5 / H&T beans \$4 / mushrooms \$4 / H&T tomato relish \$1.5 / avocado \$4 / gluten free bread \$5 / sourdough bread \$2 / whole grain bread \$2.5

FREE WIFI: H&T HAPPY CUSTOMER PASSWORD: tedsyellow