

BREAKFAST MENU

LOW CARB / KETO / NO ADDED SUGAR

~ 7am to 11.30am ~

FRENCH TOAST \$18

(Best Keto French Toast in Melbourne)
(8.5g of carbs)

• **Gluten Free** • **Vegetarian**

Homemade low carb French Toast served with mixed berries, creme fraiche and low carb maple syrup

CHIA PUDDING WITH HOMEMADE GRANOLA \$16.9

(9g of carbs)

• **Gluten Free** • **Dairy Free** • **Vegan** • **Paleo**

Almond milk chia pudding with mixed berries, served with almond, chia seeds, flaxseed seeds, pumpkin seeds, sunflower seeds, walnut granola and cinnamon.

EGG BENEDICT \$12.9

Two poached eggs served on low carb toast with smoked ham and homemade Hollandaise sauce.

Choice of toast:

- With Low carb toast (6.3g of carbs)
- With Gluten-free Bread, add \$2 (4.2g of carbs)
- **Non-low carb option:** With Wholemeal Multigrain Toast (25.3g of carbs)

EGG FLORENTINE \$12.9

• **Vegetarian**

Two poached eggs served on low carb toast & topped with sautéed spinach and homemade Hollandaise sauce.

Choice of toast:

- With Low carb toast (5.8g of carbs)
- With Gluten-free Bread, add \$2 (3.7g of carbs)
- **Non-low carb option:** With Wholemeal Multigrain Toast (24.8g of carbs)

EGGS ON TOAST \$8.5

• **Vegetarian**

Two eggs cooked to your liking - poached/ scramble/ sunny side up or fried.

Choice of toast:

- With Low carb toast (5.2g of carbs)
- With Gluten-free Bread, add \$2 (3.1g of carbs)
- **Non-low carb option:** With Wholemeal Multigrain Toast (24.2g of carbs)

EXTRA SIDE

Sauteed spinach <1g of carbs \$4

Haloumi Cheese <1g of carbs \$4

Mushrooms <1g of carbs \$4

Bacon <1g of carbs \$4

Grilled tomato (2.5g of carb) \$4

Extra egg <1g of carbs \$2

Note: To ensure you are aware how much carbs you are eating to stay in Ketosis, we have provided number of net carbs in each dishes, but please note that these may differ slightly due to seasonal vegies used.

