

# Rise and Shine

## Breakfast buns

- Egg, relish, rocket.
- Egg, cheese, tomatoes.
- Egg, bacon, cheese, tomatoes.



## Avo toasts

- Avo, cream cheese
- Avo, egg, cream cheese
- Avo, hummus, tomato, feta

*\*Served on wheat-free bread*



## Flatbreads

- Prego chicken  
caramelised onions, tomatoes, rocket.
- Ponzu pork  
peanuts, ponzu mayo, red cabbage, carrot.
- Sticky hoison chicken  
sesame seeds, red cabbage, basil.



## Brunch

- Breakfast Wrap**  
Boiled egg, bacon,  
baby tomatoes,  
cheddar.
- Brunch Flatbread**  
Baked egg, bacon,  
baby tomatoes,  
mozzarella.



# Lureche

## Sarmies

*On wheat-free bread*

- Chicken mayo
- Chicken mayo  
& avo
- Slow beef  
& gherkin
- Cheese &  
Tomato



## Wraps

*Gluten free wrap + R 10*

- Pesto chicken  
& feta
- Hoison chicken  
& cucumber
- Avo, tomato,  
hummus, feta

## Salad bowls

- Chicken, avo, feta & tomato
- Slow beef, avo, feta, greens, & nachos

