



Welcome to Kith and Nosh ... where scrumptious food, family and friends are at the heart of everything we do. We offer you a relaxed eating experience with an emphasis on homemade dishes. Fresh and where possible, locally sourced nourishing ingredients prepared with care and a menu that has something for everyone.

All DAY Menu

K & N Fruit & Nut Muesli individually batch-toasted nuts & seeds w dried fruits, served w seasonal fresh fruit, almond milk & maple	15
Acai mixed berry bowl - acai smoothie pack blend w/ banana, kale, coconut water, topped w seasonal fruits, berries, coconut flakes	15
Coconut Flour Pancakes layered w fresh banana, blackberry drizzle, honey & whipped vanilla coconut cream – GF	20
- add bacon	5
Gourmet Bacon & Egg Roll w caramelised onion jam, bbq sauce & smashed avocado	17
Eggs Benedict w hollandaise sauce, sautéed spinach & kale, baked mushroom & cherry tomatoes on buttered 3 Mills sourdough & local pastured poached eggs – w your choice of bacon, ham or salmon	24
Sweet Potato Rosti smoked leg ham, poached eggs, smashed avocado, green herb oil & homemade tomato relish – GF	22
add haloumi	5
Baked beans - cooked in chorizo, carrot, celery, fresh tomato, prosciutto Fresh chilli served w/grilled chorizo, poached egg & 3 mills toast	18

Big Brekkie | chipolatas, crispy bacon, chorizo, baked mushroom, grilled vine ripened tomato, spinach & kale w potato rosti & two eggs cooked your way served w 3 Mills toast 25

K & N Kickstart Bowl | cauliflower & broccoli rice stir fried in coconut oil w kale & almonds, topped w our own pickled red cabbage, chilli jam, pickled ginger, buckwheat granola & two poached eggs – GF 22

- add smoked salmon 6
- made Vegan, swap out the eggs for garlic mushies

Vegan Nourish Plate | miso roasted eggplant, maple & smoked paprika roasted pumpkin, avocado, green pea puree, fresh tomato w house dukkha, garlic mushrooms & chargrilled vegies w pesto oil – GF 24

- add two poached eggs 5
- add bacon 5

Local 3 Mills toast & butter				
white sourdough wheat & rye fruit bread	One slice	4	Two slices	7
K & N almond chia Paleo loaf grilled in olive oil	One slice	5	Two slices	9
Add- jam honey peanut butter vegemite				1

SIDES

2 Farm free range pastured eggs		Garlic Mushrooms	5
cooked your own way -		Grilled Haloumi w lemon	5
poached, fried or scrambled	5	Smashed Avocado	5
Bacon	5	Grilled vine-ripened tomato	4
Grilled Chorizo	5	Fresh tomato w dukkha & fresh herb oil	4
Smoked Salmon	6		