

BRUNCH

CREAM CHEESE BAGEL				(V)	7
HAM, CHEESE & TOMATO BAGEL				(V)	10
BREAKFAST BAGEL	BACON, CHEDDAR, RUNNY FRIED EGG, BBQ			(V)	14
SALMON, AVOCADO & CREAM CHEESE BAGEL				(V)	14
MACADAMIA NUT GRANOLA	BANANA, BERRY COMPOTE, SEEDS, NUTS, ORANGE SCENTED YOGHURT			(V)	16.5
	GOES WELL WITH COLD PRESSED JUICE	9			
MIKO MATCHA PANCAKES	STRAWBERRY, RHUBARB, VANILLA BEAN GELATO, WHITE CHOCOLATE CRUMBS, MAPLE SYRUP			(V)	21
	GOES WELL WITH BACON	6			
EGGS ON TOAST	POACHED, FRIED OR SCRAMBLED FREMANTLE FREE RANGE EGGS			(V)	14
	GOES WELL WITH COLD PRESSED JUICE	9			
CHILLI SCRAMBLED EGGS	SOURDOUGH BREAD, AVOCADO, DRIED TOMATO			(V)	19
	GOES WELL WITH SAUTÉED MUSHROOMS	6			
STEAK & EGGS BENEDICT	SOURDOUGH, SAUTÉED SPINACH, HOLLANDAISE SAUCE				25
	GOES WELL WITH SMASHED AVOCADO	4			
SALMON & EGGS BENEDICT	SOURDOUGH, SAUTÉED SPINACH, HOLLANDAISE SAUCE				25
	GOES WELL WITH BACON	6			
BACON & EGGS BENEDICT	SOURDOUGH, SAUTÉED SPINACH, HOLLANDAISE SAUCE				25
	GOES WELL WITH SMASHED AVOCADO	6			
AVOCADO TOAST	HUMMUS, HERBED FRESH CHEESE, DRIED TOMATOES, POACHED EGG			(VEGAN OPTION AVAIL)(V)	22
	GOES WELL WITH BACON	6			
MANY MUSHROOMS ON TOAST	HERBED ITALIAN CHEESE, SAUTÉED SPINACH, SOFT EGG			(VEGAN OPTION AVAIL)(V)	22
	GOES WELL WITH CHEESE KRANSKY SAUSAGE	6			
WINTER SUPERFOOD SALAD	ROASTED FENNEL, PUMPKIN, COURGETTES, SQUASH, CHATS, QUINOA, SEEDS, NUTS		(VEGAN)(GF)(DF)		20
	ADD POACHED EGG	4			
	ADD GRILLED CHICKEN	7			
	ADD SMOKED SALMON	7			
BRUNCH GNOCCHI	MANY MUSHROOMS, SOFT EGG, SAUTÉED SPINACH, PARSLEY, REGGIANO CHEESE VELOUTÉ			(V)	24
	GOES WELL WITH BACON	6			
BRAISED LAMB & TOMATO PASTA	DRIED OLIVE, CHILLI, SAUTÉED SPINACH, REGGIANO CHEESE VELOUTÉ				24
	GOES WELL WITH COLD PRESSED JUICE	9			
GRILLED STEAK SANDWICH	PROVOLONE CHEESE, GREEN TOMATO, BALSAMIC ONIONS, STEAK SAUCE, FRIES				24
	GOES WELL WITH COLD PRESSED JUICE	9			
WAGYŪ BEEF BURGER & FRENCH FRIES	AGED CHEDDAR, LETTUCE, TOMATO, PICKLES, CLASSIC SAUCES				24
	GOES WELL WITH COLD PRESSED JUICE	9			
STEAK & FRIES	STIRLING RANGES RUMP CAP, GARDEN SALAD, FRENCH FRIES, OUR OWN STEAK SAUCE			(GF)	27
	GOES WELL WITH SAUTÉED MUSHROOMS	6			

EXPRESS LUNCH

COMPLIMENTARY JUICE, BEER OR WINE ON ARRIVAL

MEAL SERVED IN UNDER 20MIN OR ITS FREE

BRAISED BEEF CHEEK	CREAMY PARIS MASH, TOMATO JUS & GARDEN SALAD			(GF)	25
SLOW COOKED LAMB SHOULDER	CREAMY PARIS MASH, GARDEN SALAD			(GF)	25
PORK & FENNEL BANGERS	CREAMY PARIS MASH, ONION JUS, SALAD			(GF)	25
ROASTED WINTER VEGETABLES	CREAMY PARIS MASH & SALAD			(GF)	25

SIDES

POACHED/FRIED FREE RANGE EGG	4	SCRAMBLED EGGS		8
SAUTÉED SPINACH	DRIED TOMATOES	FRESH MARINATED TOMATOES		4
SMASHED AVOCADO	MUSHROOMS	CHEESE KRANSKY SAUSAGE	BACON	6
SMOKED SALMON				7
SOURDOUGH TOAST	MULTIGRAIN TOAST	GERMAN RYE TOAST	WHOLEMEAL TOAST	6
GLUTEN FREE TOAST				7
FRENCH FRIES	Tiisch MAYO			(GF) 9

CAKES & SLICES

MATCHA-PANDAN CAKE	(GF) 5.5	ORANGE & ALMOND CAKE	(GF) 4.5	PROTEIN BALL	(DF)(GF)(VEGAN) 4.5
LEMON DRIZZLE CAKE	4.5	Tiisch MUESLI BAR	4.5	RED VELVET BROWNIE	6.5
PEANUT-BUTTER-CHOC BROWNIE	6.5	MILLIONAIRE CARAMEL SLICE	4.5	BANANA BREAD	4.5

Tiisch

DRINKS

SODA

CAPI GRAPEFRUIT / BLOOD ORANGE / CRANBERRY 6.5

KOMBUCHA

KOMMUNITY BREW ORGANIC & NATURAL PROCESSES 7

WATER KEFIR MADE W JAPANESE WATER CRYSTALS, ORGANIC & NATURAL PROCESSES 7

COLD PRESSED JUICE

VITAMIN C FRESH PRESSED VALENCIA ORANGES 9

AN APPLE A DAY FRESH PRESSED WA APPLES 9

ESSENTIAL NUTRIENTS COCONUT, MELON, PINK LADY APPLE, RED DRAGONFRUIT 9

LEAFY GREENS LEAFY GREEN KALE, PRESSED WA APPLES, FRESH LEMON 9

IMMUNISATION PEAR, CARROT, APPLE, GINGER, PINEAPPLE 9

SMOOTHIES

BLISS BANANA, MANGO, PEACH, PEAR, CITRUS 9.5

EX-HEMP-LARY KIWI, GINGER, LIME, HEMP PROTEIN, BANANA, PEAR, PEACH 9.5

BLACK COFFEE

ESPRESSO SINGLE ORIGIN 4/4.5

LONG BLACK SINGLE ORIGIN 4.5

FILTER -SINGLE ORIGIN AEROPRESS 4.5

COLD BREW -SINGLE ORIGIN DELICATE, FRUITY, AROMATIC, 15 HOUR EXTRACTION 6

MILK COFFEE

FLAT WHITE / CAPPUCCINO / LATTE TIISCH BLEND / SINGLE ORIGIN 4.5

SHORT MACCHIATO TIISCH BLEND / SINGLE ORIGIN 4.5

LONG MACCHIATO / MOCHA TIISCH BLEND / SINGLE ORIGIN 5.5

HOT DRINKS

HOT CHOCOLATE KALI 33% 5

CHAI LATTE LOOSE LEAF BLACK TEA, WHOLE INDIAN SPICES, HONEY 5.5

MATCHA LATTE -SINGLE ORIGIN MIKO MATCHA, NISHIO (JAPAN) 5.5

BABY CINO 2

ALTERNATIVE MILK

LACTOSE FREE / BONSOY / OAT MILK / ALMOND MILK / MACADAMIA MILK / COCONUT MILK .50

COLD DRINKS

ICED LATTE SERVED OVER ICE 6

ICED COFFEE SERVED OVER ICE / W VANILLA BEAN ICE CREAM 8

ICED CHOCOLATE SERVED OVER ICE / W VANILLA BEAN ICE CREAM 7

ICED TEA WHITE TEA & ROSE / BLACK TEA & LEMON 6

ICED CHAI SOUL CHAI, SERVED OVER ICE 6

TEA ORGANIC BLACK

RUBY BREAKFAST RUBY RED CEYLON, ROBUST, SATISFYING, ENERGISING 5.5

FEEL GOOD CHAI WARMING SPICES, LOOSE LEAF CEYLON, WA HONEY, HEARTFELT & COMFORTING 6

EARL GREY CEYLON, ORGANIC BERGAMOT OIL, CORN FLOWERS, CLASSIC & FRAGRANT 5.5

MEANINGFUL RED HANDMADE SRI LANKAN BLACK TEA, REFRESHING HERBS, SWEET & UPLIFTING 6

TEA ORGANIC HERBAL -CAFFEINE FREE

HERB GARDEN BLEND OF AROMATIC & HEALING HERBS, REFRESHING & UPLIFTING 5.5

LEMONGRASS & GINGER HERBAL TISANE - ZESTY, VIBRANT & STIMULATING 5.5

PEPPERMINT PREMIUM WHOLE LEAF PEPPERMINT, STRONG AROMA, LIVELY & FRESH 5.5

TEA ORGANIC CHINESE

MOONLIGHT ROSE WILD ANCIENT WHITE TEA, DELICATE & CALMING ROSE 5.5

ANCIENT BAKED HEART GREEN TEA, LIMITED ARTISANAL RELEASE, MEMORABLE & WHOLESOME 6.5

HONEY I'M HOME YUNNAN BLACK NEEDLE, SOOTHING FLORALS, COSY & COMFORTING 6.5

RARE EARTH PUER FERMENTED BLACK TEA, ASTRAGALUS ROOT, GINSENG, DEEP, THOUGHT PROVOKING 6.5