

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

Porridge | Organic pinhead Oat Porridge and baked apple served with Coconut sugar, honey and full cream milk 18

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

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

All toast is served w either jam | honey | peanut butter | vegemite

SIDES

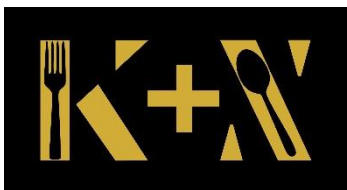
2 Hilltop Farm free range pastured eggs cooked your own way - poached, fried or scrambled 5 Garlic Mushrooms 5

Bacon 5 Grilled Haloumi w lemon 5

Grilled Chorizo 5 Smashed Avocado 5

Smoked Salmon 6 Grilled vine-ripened tomato 4

Fresh tomato w dukkha & fresh herb oil 4



All Day Menu

Burgers + Hot Dogs

Steak Burger | scotch fillet, crispy bacon, beetroot, fresh truss tomato, Spanish onion, ice burg lettuce, american hi melt cheese, american mustard & served w shoestring fries 18

Moroccan Lamb Burger | house made Moroccan seasoned lamb patty, grilled haloumi, Spanish onion, tomato, american hi melt cheese, roquette, balsamic reduction, tzatziki & served w shoestring fries 20

Ultimate Chilli Dog | chilli beef & mustard over a grilled dog w melted cheese & served w shoestring fries 17

Brooklyn's Corniest Dog | bacon, caramelised onion, sauerkraut, avocado, cheese, American mustard & served w shoestring fries 17

Soup

Soup of the day | served with buttered 3 mills toast 14.5

Fish

Fish of the Day | grilled and oven roasted, with sides and sauce 26

Sandwiches

Our sandwiches are made fresh using local 3 Mills white sourdough or wheat & rye. They can also be made into an open sandwich on our homemade paleo gf bread or a salad bowl. Add a side of sweet potato fries or shoestring fries to any dish for \$4.

K & N Reuben Sandwich | house-pulled corned beef, Swiss cheese, sauerkraut & Russian dressing toasted to perfection & served w dill pickle 18

Sticky Pork Sandwich | slow-cooked pulled pork w finely shredded cabbage, pickled carrot & sesame mayo 18

Grilled Chicken Sandwich | chicken w fresh salad mix, avocado, carrot julienne, red onion & mild Japanese katsu curry sauce 18

Double Smoked Leg Ham Sandwich | ham, cheese, fresh vine-ripened tomato & red onion 16

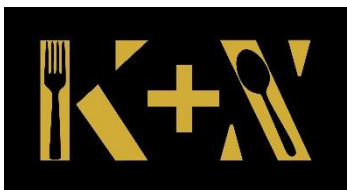
Toasted Vegetarian Sandwich | roasted maple pumpkin, grilled capsicum & eggplant, fresh spinach & tomato, black olives, homemade pesto & feta 18

- make it Vegan, minus the cheese w avocado and grilled using olive oil

Salad

Salmon & Avocado Salad | garlic infused salmon fillet, chargrilled chorizo, radish, cucumber, avocado, spanish onion, fresh mint, cos lettuce & served w dill mayo – GF 25

Fennel & Orange Quinoa Salad | Sous Vide fennel w orange juice & saffron, quinoa, pomegranate, orange segments, toasted pinenuts, sesame seed & tahini dressing – GF 25



All day Menu

Vegetarian

Baked Eggplant Involtni | chargrilled eggplant filled with basil ricotta, topped w fresh tomato napoli sauce, buffalo mozzarella and parmesan – GF 18

Buddha Bowl | a bed of 3 seeds organic quinoa, Brussel sprout, broccoli mushroom, corn, sauerkraut, cherry tomato, cucumber and slivered almonds w miso dressing – vegan + GF 20

Sweet Potato Burger | house made sweet potato patty, onion pickle, avocado, beetroot and aioli, served on a bun w sweet potato fries 18

Chicken, Pork + Beef

Balsamic Honey Chicken Stir Fry | broccoli, red pepper, ginger, garlic, mushroom, spanish onion cooked in sesame oil served w fresh chilli, cilantro and shallots – GF 18

Paleo Meatballs w Organic Pasta | house made pork mince meat balls, made with onions, ginger, shallots, cooked in fresh tomato napoli sauce and served with broccoli, carrot, cherry tomatoes and shallots – GF 20

Pan Fried Breast Chicken or Veal Schnitzel / served with seasonal grilled vegetables/Mash or Chips/salad 20

Add Toppings

Parmi Deluxe-Napoli, ham, mozzarella 5

Bull Dust- Bacon, beef bolognaise, mushroom, mozzarella 7

Godfather-Bacon, chorizo, spinach, Napoli, mozzarella 7

Kith&Nosh- Sausage, bacon, avocado, Napoli, sour cream, chilli jam 8

Seafood

Seafood Risotto | garlic prawns, scallops and marinara mix, cooked in saffron, smoked paprika and tomato puree, served w parmesan cheese – GF 22

To Share

Zucchini and Carrot Bread | served with fresh tomato, goats cheese, rocket, balsamic and dukkha – GF 16

Nacho Bowl | oven baked corn chips, black bean beef chilli, guacamole, jalapenos, tomato salsa and sour cream. 18

Sides

Confit Garlic Mash 7 Sweet potato fries w aioli 5

Kale 6 Shoestring fries w aioli 5

Seasonal Grilled Vegetables 6 Spicy wedges w sweet chilli and sour cream 8