



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.

Breakfast Menu

Available all day

Porridge Organic pinhead Oat Porridge and baked apple served with Coconut sugar , honey and full cream milk	16
Coconut Flour Pancakes layered w fresh banana, blackberry drizzle, honey & whipped vanilla coconut cream	20
- add bacon	5
Gourmet Bacon & Egg Roll w caramelised onion jam, bbq sauce & smashed avocado	15
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	22
Sweet Potato Rosti smoked leg ham, poached eggs, smashed avocado, green herb oil & homemade tomato relish	20
- 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
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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	20
- 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	22
- 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