



Dench Bakery toast with spreads	6.5 (V,GF0)
Little poppy-seed Waffles With CS jam	8 (V+,GF)
Chai smoothie bowl Banana, coconut yogurt, cacao nibs, chai and CS granola add collagen 2	15 (V+,GF0)
Porridge Oats, pumpkin, nutmeg, nut crumb, rhubarb, bee pollen and lavender honey Change Buckwheat porridge 2	14 (V,GF)
Root veg Gratin With charred asparagus, wilted spinach and poached eggs add salmon 5	17.5 (V,GF)
Turmeric Scrambled Eggs With mushrooms, banana peppers, leeks, kipflers, grain bread and hot sauce	18 (V,GF0)
CS Avo cup Cultured cream, hibiscus jelly, mixed herbs, feta, nuts, seeds, poached egg, grain bread	18.5 (V,GF0)
Coconut Charcoal Waffles Coconut yoghurt, blood orange syrup, macerated berries	17 (V+,GF)
Hang-over Cure Bacon, heirloom tomatoes, baked beans and poached eggs on sourdough add Antioxidant shooter 2	21 (GF0)
Eggs you way on grain bread	10 (V,GF0)
Add Ons We are happy to add any additional menu items not found here to your meal, just let us know what you want!	
egg / fried heirloom tomatoes / CS baked beans	3.5
avocado / coconut kale / mushrooms	4
bacon / smoked salmon / chilli tofu	5
cacao maple bacon	5.5
beef brisket /12hr lamb shoulder	7



Soup of the day With sourdough	14
Baked Root Veg Rosti Lentils, brussel sprouts, fennel and mint with roast capsicum dressing add slow cooked lamb 7	17.5 (V+,GF)
Buckwheat salad Okinawa sweet potato, pickled chilli, soused onion, feta, herbs, nuts & seeds	17.5 (V,GF)
Kale Bowl Coconut kale, quinoa, cauliflower, tofu and mustard cream, broccoli, broccoli sprouts, moringa dust, nuts and seeds and egg	18.5 (V,GF)
Koji Chicken Chargrilled chicken thigh with potato waffles, fermented slaw and kewpie style mayo	20 (GF)
Beef brisket With cheesy gratin, chimichurri, green oil and collagen jus	24 (GF)
Open sandwiches (toastie T/A) Slow cooked Lamb, feta, fermented slaw Beef Brisket, spinach, cheddar, CS kewpie mayo Avocado, grilled heirloom tomato, leaves, feta (V)	14 (GF0)
Little Ones Dippy egg and vegemite soldiers	7
Baked beans and cheese toastie	7

Sourdough and Gluten free available on request

Most dietary requirements can be catered for - Let us know how we can help!

Evidence based nutrition

We welcome questions and conversations about the food and ingredients, don't be afraid to ask!

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