



REGULATOR



Morning Classics

Toast & Preserves – sourdough, multigrain or fruit loaf served with choice of preserves	9.5		Free-Range Eggs on Sourdough Poached or fried Scrambled	13.5 +2.0	
Seasonal Porridge – oats, mixed seeds, brown sugar crumble & seasonal toppings	16.5		Breakfast Sides – Cured salmon / bacon / chorizo Half avocado, grilled mushrooms Grilled tomato, marinated feta	6.5ea 5.5ea 4.5ea	

Main Plates

Duck Waffle Benedict roasted duck, hoisin mayo, pickled shredded cucumber, coriander, sesame	27.0		Pearl Barley Green Salad red onion, currants, almond, fresh garden herbs, rocket, pomegranate, orange vinegarette	14.5 / 19.5	
Smashed Avocado , chimichurri, feta, za'atar, tomato, pomegranate on multigrain add egg +3.5 add bacon +6.0	19.5		Soba Noodle Salad with crispy tofu, edamame, miso, broccolini, sesame, radish, spring onion	24.0	
Chilli Fried Eggs crisp chilli paste, charred sweet corn, tomato, coriander, sourdough	21.0		Curry Chicken Katsu potato salad, shredded cabbage, japanese mayo, togarashi, chives, pickled ginger	26.5	
Miso Mushrooms mushroom medley, miso butter, poached egg, crushed wasabi peas, dark rye	24.5				

Toasties & Sandwiches

Breakfast Burger scrambled egg, bacon, fried shallot, mayo, rocket	16.0	
Open Salmon on Rye cream cheese, cured salmon, cucumber, capers, boiled egg	16.5	
Eggplant Toastie slow braised eggplant, baby spinach, marinated feta	16.0	
Chicken Sandwich chicken, dill mayonnaise, apricot kasundi, avocado, baby spinach	17.5	
Cuban Sandwich roast pork, swiss cheese, mustard, chilli, pickles, toasted milk bun	18.0	

KIDS

Bambini Oat Porridge	8.0
Cheese Toastie classic melter	9.5
Kids egg on toast poached, fried or dippy egg	10.5
French toast ice cream, chocolate sauce, berries	16.5

- Vegan on request
- Low gluten option on request

6% service charge applies on weekends
15% service charge applies on public holidays