SLICES

choose **white | brown**

sonoma **sourdough +2.5 | focaccia +2.5**

SUPPLY PRICE — a.p bakery **brown sesame sourdough +2.5**

wholegreen **gluten free +3**

S'WICH SCHNIT — 24.9
schnit, white cabbage, pickled red onion, mayo, sticky sweet chilli, peanut chilli crack & shallots

avocado **+3.5** | cheddar **+3** | hot chilli **+2** | all **+7.5**

C.L.T. gf option +3 — 22.5
bannockburn free-range grilled chicken, baby cos, fresh tomato, mayo, pesto & umami seeds

schnit swap **+1** | cheddar **+3** | hot chilli **+2** | all **+5**

SCHNIT-C — 24.9
schnit, baby cos, avocado, caesar dressing, mayo & garlic bread crumb

streaky bacon **+4** | cheddar **+3** | fresh tomato **+2** | all **+8**

LE BOOF df gf option +3 — 27.5
wagyu roast beef, horseradish mayo, baby cos, fresh tomato & pickled cucumber

cheddar **+3** | provolone **+3** | swiss **+3**

SPRING CHICKEN df gf option +3 — 22.5
bannockburn free-range chicken shred, mayo, baby cos & fresh cucumber on sourdough

avocado **+3.5** | cheddar **+3** | hot chilli **+2** | all **+7.5**

CALI TURK df gf option +3 — 22.5
oven-roast turkey breast, baby cos, avocado, fresh tomato, cracked pepper & mayo

streaky bacon **+4** | provolone **+3** | cheddar **+3** | pickled cucumber **+1.5**

BACON COS TOMATO df gf+3 — 21.9
beechwood streaky bacon, baby cos, fresh tomato, cracked pepper & mayo

avocado **+3.5** | cheddar **+3** | all **+5.5**

HERBIE SAILOR df gf option +3 — 21.9
herby tuna, baby cos, fresh tomato, jammy egg, pickled fennel & mayo

avocado **+3.5** | provolone **+3** | hot chilli **+2** | all **+7.5**

POMORELLA vg — 21.5
vannella buffalo mozzarella, sun-dried tomato & pesto on focaccia

prosciutto di san danielle **+11.9** | mortadella **+8.5** | hot chilli **+2**

BUGZ BUNNY vg v 19.9 gf option +3 — 21.5
roasted carrots, baby cos, meredith goats cheese, spiced lentils, pickled beetroot, green goddess, dukkah & chives

avocado **+3.5** | jammy egg **+4** | all **+6.5**

MELTS

served on **sonoma sourdough**

3-CHEESE-T vg — 21.5
three cheese & caramelised onion jam

CAPRESE vg — 21.5
three cheese, pesto & sun-dried tomato

TUNA MELT — 22.5
herby tuna, three cheese & pickled red onion

CROQUE LE DIJON — 22.5
double smoked ham, three cheese & dijon mustard w/ pickled cucumber

SALADS

leaf mixed with kale, radish & herbs

CLASSIC CRUMB — 27.9
schnit, white cabbage w/ merlot vinaigrette, parmigiano, pickled red onion, pickled fennel & hot chilli

avocado **+3.5** | peanut chilli crack **+0.5** | roasted carrots **+4.9**

BABY, BABY gf option — 27.9
bannockburn free-range grilled chicken, baby cos w/ house dressing, fresh tomato, barley & quinoa, pesto & umami seeds

avocado **+3.5** | meredith goats **+3.9** | hot chilli **+2** | schnit swap **+1**

OUR CAESAR gf option — 27.9
bannockburn free-range grilled chicken, baby cos, w/ caesar dressing, avocado, fresh cucumber, parmigiano, jammy egg & garlic bread crumb

streaky bacon **+4** | schnit swap **+1** | all **+4.5**

CORE CRUNCH df gf — 27.9
IG @STOREWIDE AT THE PILATES CLASS

bannockburn free-range chicken shred, baby cos & house leaves w/ house dressing, avocado, chives, fresh cucumber, fresh tomato & honey walnut

jammy egg **+4** | hot chilli **+2** | pickled fennel **+1.5** | all **+7**

DE LA MER df gf — 27.9
herby tuna, house leaves w/ lemon & e.v.o.o. fresh tomato, jammy egg, pickled fennel & wild rice

avocado **+3.5** | meredith goats **+3.9** | umami seeds **+0.5**

FARMHOUSE v df gf — 25.9
roasted carrots, house leaves w/ lemon & e.v.o.o. pickled beetroot, spiced lentils, green goddess, dukkah & chives

grilled chicken **+10.9** | avocado **+3.5** | jammy egg **+4**

HOT POTATO v df gf option — 26.9
tahini sweet potato, house leaves w/ lemon & e.v.o.o. avocado, fresh cucumber, barley & quinoa, pickled red onion & dukkah

grilled chicken **+10.9** | jammy egg **+4** | hot chilli **+2**

our kitchen contains traces of nuts & sesame, please let us know of specific dietaries.

S'WICH IT UP

create your own

SLICES $8
choose your bread

sonoma bakery
- white
- brown
- sourdough **+2.5**
- focaccia **+2.5**

a.p bakery
- brown sesame **+2.5**

wholegreen bakery
- gluten free **+3**

SALADS $11
w/ kale, radish & herbs

choose your LEAF
- baby cos
- white cabbage
- house leaves

choose your dressing
- lemon & e.v.o.o.
- house dressing
- merlot vinaigrette
- caesar

LEAF
baby cos | white cabbage | house leaves

PROTEIN
schnit	11.9
grilled chicken	10.9
chicken shred	10.9
herby tuna	9.9
jammy egg	4

VEG
avocado	3.5
fresh tomato	2
fresh cucumber	2
roasted carrots	4.9
tahini sweet potato	5.9
sun-dried tomato	3
shallots	0.5
chives	0.5

SAUCE
mayo	1
vegan mayo	1
horseradish mayo	3
hot chilli	2
dijon mustard	2
sticky sweet chilli	2.5
pesto	2.5
green goddess	2.5

GRAIN
wild rice	1.5
barley & quinoa	1.5
spiced lentils	1.5

CUTS
wagyu roast beef	14.5 | 10.5
roast turkey	10.5 | 8.5
mortadella	8.5 | 6.5
double smoked ham	8.5 | 6.5
prosciutto *di san danielle*	11.9 | 8.5
streaky bacon *beechwood*	6.9 | 4

PICKLE
cucumber	1.5
fennel	1.5
red onion	1.5
beetroot	1.5
cauliflower	1.5

CRUNCH
peanut chilli crack	0.5
dukkah	0.5
umami seeds	0.5
honey walnut	0.5
garlic bread crumb	0.5

CHEESE
provolone	3
parmigiano	3
swiss	3
cheddar	3
goats cheese *meredith dairy*	6.5 | 3.9
buffalo mozzarella *vannella*	6.5

SNACKS

make your **S'WICH a meal**

sweet potato crisps w/ sea salt — 7.9

our pickles — 7.9

mixed olives — 7.9

focaccia — 7.9
w/ balsamic di modena 6yrs & e.v.o.o.

sweet spud — 7.9
w/ tahini, dukkah, mint & parlsey

FRIES

shoestring w/ chicken salt — 11.9

sweet potato w/ paprika salt — 11.9

SAUCE

tomato ketchup | mayo	1
sweet chilli | green goddess	2.5

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sunday surchage 10% | public holiday surcharge 15%