

III ONES MENU 08:00 - 14:45

Eggs on Toast 8 (V,GF*)

Scrambled eggs, multigrain cereal

Seasonal Porridge (VG,V,DF,GF) 8

Rolled oats, coconut milk, roasted plum, pomegranate molasses, blackberry compote, homemade granola, cinnamon, maple syrup

Lil Brekky 9

Sausage, bacon, scrambled egg, sourdough

Pavcakes (V, GF*) 9

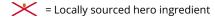
Fluffy buttermilk vanilla pancakes, chocolate, banana

Or have a look at the counter for daily baked goods. Such as croissants, sausage rolls and sweet treats.

DRINKS

Babyccino ON US
Freshly Squeezed Orange 2.5
Vital Greens 2.5 Apple, cucumber, spinach, courgette, kale, mint
Beet the Cold 2.5 Apple, beetroot, ginger, aloe vera
Cranberry 2
Jersey Heritage Cloudy Apple 2.5

V = Vegetarian I VG = Vegan I GF = Gluten free I DF = Dairy free I GF* = Can be made GF



Please inform your server of any allergies or intolerances before placing your order. An allergen chart for all dishes is available on request. While every effort is made to provide accurate allergen information, ingredients and recipes may change. Our kitchen handles gluten, nuts, seafood, dairy, and other allergens; therefore, we cannot guarantee the complete absence of allergens in our food.

A discretionary 10% service charge is added to your bill which is distributed amongst ALL TEAM MEMBERS. Prices are inclusive of 5% GST. GST Registration no.0119317.

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the island!