

BREAKFAST (all day)

Hamptons Bakery Sourdough [gfa]	8.5
Wholemeal Pumpkin & Soy Stone Ground vegemite peanut butter marmalade berry jam	
Vanilla + Wattleseed Muesli [v]	20
Coconut chia, watermelon, seasonal berries + baby herbs	
Melba French Toast [v]	19
Raspberry + grilled fresh peach, goats curd, berries + almond sorbeto <i>Add crispy free range bacon + 7.5</i>	
RHI Smashed Avo [v, gfa]	21
Lemon, capers, pickled onion, dukkah, poached egg, sourdough <i>Add Huon smoked salmon + 7.5</i>	
Chilli Folded Eggs [v, gfa]	24
Sambal, marinated feta, fresh herbs	
Soft Omelette [v, gfa]	21
Sautéed mushrooms, basil, feta cheese, sourdough <i>Add free range smoked leg ham + 6</i>	
Arepa Benedict (gf)	25
Sautéed baby spinach, poached eggs, Chimichurri, hollandaise + a choice of smoked salmon or crisp bacon	

LUNCH (from 11:00am)

Turmeric Roast Cauliflower [gf]	24
Quinoa, currents, green peas, hummus, feta	
Pasta du jour	MP
Please ask our friendly wait staff, or check our Specials menu	
Pan Fried Potato Gnocchi [v]	25
Sauted seasonal greens, pecorino, herb salsa	
Grilled Chicken Salad	26
Black barley, guacamole, seasonal leaves, chipotle dressing + totopos crisps	
Eggs Your Way	13.5
Poached, Scrambled or Fried	
Sides	
Hollandaise	3
Roast tomato Fresh tomato Feta	5.5
Cheese Sautéed spinach	
Potato Hash Avocado Halloumi Roast mushrooms	6
Free range ham Bacon Smoked salmon	7.5
Fries - Small or Large Bowl	6 11

SANDWICHES

Falafel & Mushroom Bruschetta [v]	21
Roast Portobello, pickled onion, chimichurri mayo & mixed leaves	
Fish 'n' Chips	23
Panko crumbed fish, crisp hash, tartare, lemon + Hamptons Bakery milk bun	
Manny's Chicken	22
Poached chicken, lime, coriander, chilli, aioli, red onion, multigrain	
Rumours' Rueben	25
Braised corn beef, pickled cabbage, melted cheese, dijon	
Wagyu Beef Burger	26
Fresh tomato, crisp lettuce, American cheese, mustard, milk bun	

DRINKS

Milkshakes	6.5 9
Chocolate Strawberry Caramel Vanilla	
Cold Pressed Juice	9
Orange Apple Watermelon, pineapple + mint	
Smoothies	10
BFT's Coco Berry <i>Berries, cacao, protein powder, banana, oat milk, honey</i> Tropical Sunset <i>Mango, banana, turmeric, honey, OJ, coconut milk</i>	
Coke Coke Zero	4
StrangeLove Soda	5.5
Lemon squash Double Ginger Beer Very Mandarin Cloudy Pear	
StrangeLove	
Still Sparkling (350ml)	4.5
Beers & RTD's (Cans)	12
Beechworth Pilsner Beechworth Larger	
BLB Pale Ale BLB Hi Fi (Low Carb)	
ISLA Vodka Watermelon ISLA Vodka, lime + soda ISLA Blood Orange	

RUMOUR
HAS IT

