

BREAKFAST

AVAILABLE
FROM 7AM

Eggs on Toast (GFO, DFO) 13.0

Your choice of free range scrambled, fried or poached eggs served on toasted ciabatta.

Eggs Benedict (GFO)

Poached eggs on homemade hash browns served with homemade hollandaise sauce, with your choice of:

Spinach 21.0

Bacon 23.0

Salmon 27.0

Tra Breakfast (GFO, DFO, VO) 27.0

(vegetarian option available)

Eggs your way on toasted ciabatta with roasted tomatoes, garlic roasted mushrooms, hash browns, bacon, and a fried sausage served with homemade hollandaise.

Extras

Free range bacon 5.0

Sausage

Homemade hash browns

Wilted spinach

Roasted tomatoes

Garlic roasted mushrooms

Avocado

Eggs

Halloumi 9.0

Salmon 10.0

Homemade hollandaise 3.0

Toast

Toasted Granola (GFO, DFO) 20.0

A blend of oats, almonds, seasonal nuts, goji berries, and jujube, topped with berry compote and served with milk and yoghurt.

Pico De Gallo Loaded Avocado Toast (GFO, DFO, VO) 25.0

Smashed avocado on toasted ciabatta, layered with fresh chopped salsa, sun dried tomatoes, crispy lotus root, and feta, finished with poached eggs, beetroot hummus, and a drizzle of balsamic glaze.

Add bacon +3.0

Homemade Waffles

Buttermilk fried chicken with gojuchang and honey soy infused maple syrup. 25.0

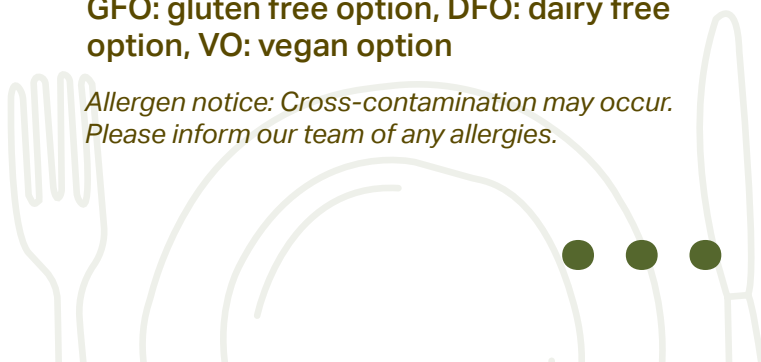
Berry compote and fresh orange segments, drizzled with condensed milk, and finished with orange-infused mascarpone. 23.0

Grilled Salmon Bagel 27.0

Toasted bagel layered with cream cheese, tomato, avocado, cucumber, and lemon infused grilled salmon, topped with dill. Served with a side salad.

GFO: gluten free option, DFO: dairy free option, VO: vegan option

Allergen notice: Cross-contamination may occur. Please inform our team of any allergies.



LUNCH

AVAILABLE
FROM 11AM

**Creamy Mushrooms
on Toast** (GFO) **25.0**

Mixed mushrooms cooked in herby garlic butter, served on toasted ciabatta.

Add bacon **+3.0**

Peri Peri Chicken Salad **24.0**

(vegetarian option available)

Juicy peri peri chicken thigh served with lettuce, cucumber, cherry tomatoes, crispy bacon, and crunchy croutons, tossed in miso green goddess dressing.

Tra Halloumi Burger (GFO) **25.0**

Peri peri fried halloumi with tomato, lettuce, caramelised onion, swiss cheese and sriracha mayo on a toasted brioche bun. Served with fries and tomato sauce.

Tra Beef Burger (GFO) **27.0**

Home made five-spice infused beef patty on a toasted brioche bun with bacon, lettuce, tomato, caramelised onion, swiss cheese and sriracha mayo. Served with fries and tomato sauce.

Pork Belly French Toast **27.0**

Classic french toast topped with roasted pork belly, poached eggs, and homemade hollandaise sauce, served with red onion pickle and kumara purée.

**Bulgogi Steak & Vege
Stack** (GFO) **27.0**

Crispy duck-fat potatoes topped with juicy sirloin steak marinated in our house bulgogi sauce. Served with roasted seasonal vegetables.

**Pan-Fried Fish with
Orzotto** (GFO, DFO) **27.0**

Crispy pan-fried fish with sweet glazed cherry tomatoes, caramelised pineapple, and a fresh coriander-dill herb salad, topped with fried shallots. Served over soft orzo. (Ask our team about today's fish selection)

**Prawn Pasta in
Gochujang Sauce** **25.0**

Juicy tiger prawns tossed in creamy gochujang and tom yum vodka sauce, finished with mozzarella and crispy sesame seaweed.

Home-Style Xíu Mại (GFO, DFO) **23.0**

Homemade pork meatballs in a rich tomato broth, topped with fresh coriander and house-pickled vegetables. Served with a toasted baguette on the side.

Thick Cut Fries **11.0**

Thick cut fries with sriracha mayo and tomato sauce.

WEEKLY SPECIALS

Special of the week

Please see our specials board or ask our friendly staff.

Soup of the week **18.0**

Served with toasted ciabatta. Please see our specials board or ask our friendly staff.

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