

BREAKFAST

HOT PORRIDGE 9.50

*Organic rolled oats topped with almonds and raisins, served with brown sugar and milk
(add black doris plums instead of raisins - \$2.50)*

PESTO FIELD MUSHROOM 13.50

With feta cheese and slow-roasted tomato, stacked into wholemeal walnut toast

CORN FRITTER STACK

Served with mixed greens, avocado salsa and your choice of:

free-farmed BACON 15.80

or GRILLED TOMATOES 14.50

EGGS ON TOAST 9.50

Your choice of poached, scrambled or grilled free-range eggs on wholemeal walnut toast, served with TRiNiTi tomato relish.

BREAKFAST TRIO 15.80

Free-farmed bacon, free-range eggs and hash browns on wholemeal walnut toast; served with tomato relish

TRINITY WORKS

Free-farmed bacon, organic breakfast sausages, hash browns, free-range eggs, with onion marmalade and tomato relish on wholemeal walnut toast; served with your choice of:

BLACK PUDDING 19.80

or BUTTON MUSHROOMS 19.80

VEGETARIAN WORKS 18.00

Your choice of poached, scrambled or grilled free-range eggs served with grilled tomato, herb crusted potatoes, roasted field mushroom, wilted spinach and onion marmalade on toasted organic ciabatta bread

CREAMY MUSHROOMS ON TOAST 14.50

Sauteed button and field mushrooms served with a creamy sauce on wholemeal walnut toast

TRINITY OMELETTE

A folded omelette with your choice of fillings, served with toast on the side

SMOKED SALMON, capers, chives and brie 17.50

or MUSHROOM, tomato, marjoram and cheese 15.80

or HAM, tomato, thyme and cheese 16.80

PANCAKE STACK

Served with grilled banana, apricot & vanilla yoghurt, maple syrup and your choice of:

free-farmed BACON 17.50

or BLUEBERRIES 17.50

MEALS PRINTED IN GREEN ARE SUITABLE FOR VEGETARIANS

MINCE ON TOAST		13.80
<i>Savoury organic beef mince served with a poached free-range egg on toasted organic ciabatta bread</i>		
PESTO SCRAMBLED EGGS		15.00
<i>With slow-roasted tomato, avocado and salmon on toasted organic ciabatta bread</i>		
BRIOCHE FRENCH TOAST		
<i>Served with grilled banana and your choice of:</i>		
free-farmed BACON		15.80
or MIXED BERRIES and WHIPPED CREAM		15.80
EGGS BENEDICT		
<i>Free-range poached eggs drizzled with TRiNiTi hollandaise on lightly toasted brioche bread; served with wilted spinach and your choice of:</i>		
free-farmed BACON		16.80
or SMOKED SALMON		17.20
POTATO HOTCAKES		14.80
<i>With spicy chorizo sausage, wilted spinach, sauteed leek, poached eggs and a drizzle of aioli</i>		

BAGELS AND TOAST

BUTTER CAN BE SUBSTITUTED FOR CREAM CHEESE

TOAST: choose from: wholemeal walnut,
or crunchy five-grain,
or organic ciabatta

	<u>TOAST</u>	<u>BAGEL</u>
FRUIT PRESERVES AND CREAM CHEESE	5.50	6.50
AVOCADO, TOMATO AND CREAM CHEESE	8.50	9.50
SMOKED SALMON AND CREAM CHEESE (ADD CAPERS \$1.00)	12.00	13.00

ADDITIONS TO ANY MEAL

AVOCADO	2.50	BACON (free-farmed)	1 for 3.00, 2 for 5.50
BAKED BEANS	3.00	BLACK PUDDING	3.50
EGGS (free-range)	1 for 2.00, 2 for 3.50	HASH BROWN (gluten-free)	1 for 2.00, 2 for 3.00
HOLLANDAISE (TRiNiTi made)	3.00	MUSHROOM - BUTTON	3.50
MUSHROOM - FIELD	4.50	SAUSAGES X 2 (organic, gluten-free)	3.50
SMOKED SALMON	6.50	TOMATO - GRILLED	3.50

GLUTEN-FREE BREAD CAN BE SUBSTITUTED AT NO EXTRA CHARGE

LUNCH

ALL OUR MEALS ARE COOKED INDIVIDUALLY WHEN YOU ORDER;
PLEASE ALLOW US THE TIME TO PREPARE THEM
- CHANGES TO MENU ITEMS MAY INCUR A SMALL CHARGE -

MUSSEL & COURGETTE FRITTERS	14.80
<i>With avocado-tomato salsa, mixed greens and aioli</i>	
GRILLED POLENTA	14.80
<i>With field mushrooms, tomato, blue cheese, wilted spinach, mixed greens and aioli</i>	
BEEF NACHOS	15.50
<i>Beef and spicy chilli beans on a bed of corn chips, topped with cheese. Served with sour cream and a house salsa</i>	
CAJUN CHICKEN SANDWICH	16.00
<i>With brie, tomato, avocado, mixed greens and aioli, stacked into toasted focaccia bread</i>	
BLT	12.80
<i>Free-farmed bacon, salad greens, tomato and aioli on toasted focaccia bread (add brie - \$2.00) (add avocado - \$2.50)</i>	
SAUTÉED PRAWNS	17.50
<i>With bok choy and organic basmati rice, served in a lemon coconut sauce</i>	
ROAST VEGETABLE SANDWICH	14.80
<i>Honey-roasted pumpkin with basil, tomato, feta cheese, mixed greens, hummus and aioli, stacked into toasted focaccia bread</i>	
BEEF AND BACON SANDWICH	15.80
<i>Sauteed organic beef and grilled free-farmed bacon, beetroot, onion marmalade and aioli, stacked into toasted focaccia bread</i>	

PASTA

ALL PASTAS ARE MADE IN A CREAMY WHITE WINE SAUCE, AND ARE TOPPED WITH
SHREDDED PARMESAN CHEESE

CHICKEN AND MUSHROOM LINGUINE	16.80
PUMPKIN AND RICOTTA RAVIOLI	16.80
<i>With spinach, sweet basil, crumbled feta and basil pesto</i>	
SALMON AND SPINACH LINGUINE	17.50
<i>With capers and red onions</i>	

MEALS PRINTED IN GREEN ARE SUITABLE FOR VEGETARIANS

SALADS

SEARED CAJUN CHICKEN SALAD	16.80
<i>With tomato, avocado, onion and cucumber on a bed of crispy noodles, drizzled with a lemon coriander dressing</i>	
WARM OVEN-ROASTED VEGETABLE SALAD	14.80
<i>Honey-roasted pumpkin and other seasonal root vegetables, croutons, feta cheese and aioli</i>	
THAI BEEF NOODLE SALAD	15.80
<i>Thick Udon noodles, snow pea sprouts, red onion, capsicum and cucumber with a mild chilli dressing</i>	
PAN-FRIED HALOUMI SALAD	14.50
<i>Squeaky pan-fried haloumi cheese, kalamata olives, capsicum, cucumber, tomato and mixed greens, drizzled with a tangy lemon dressing</i>	

JUST FOR KIDS

FOR AGES 12 AND UNDER

MINI PIZZA	6.50
<i>With ham, cheese and pineapple</i>	
WAFFLES	9.00
<i>Waffle pieces served with jam and whipped cream</i>	
KIDS BREAKFAST	8.50
<i>Crispy bacon, fried egg, hash brown and a piece of toast</i>	
KIDS FUN PLATTER	7.00
<i>Sandwich with nutella or vegemite, house made cookie, fresh fruit pieces and a small fruit juice</i>	
KIDS PANCAKE	9.50
<i>With maple syrup and sliced banana</i>	

ALL MEALS PRINTED IN GREEN ARE SUITABLE FOR VEGETARIANS