



BREAKFAST

sourdough, selection of butter and preserves	8	full english, eggs your style, rosemary mushrooms, bannock brae bacon, bannock brae beef sausage, oven dried tomato, house smoky beans (df)	22
house made banana bread, honey butter	9		
coconut & quinoa porridge, banana, coconut yoghurt, fresh berries, crunchy granola (v, df)	15	black sesame waffle, karrage chicken, nori crumb, miso maple	20
pumpkin pancakes, fresh berries, coconut yoghurt, maple syrup (v)	14	isles lane eggs benedict, potato cake, jerusalem artichoke purée, red veined sorrel, hollandaise (gf)	18
shiitake, enoki and oyster mushrooms, toasted brioche, crispy fried eggs, ssamjang (df)	16	lamb's fry, bacon, toasted sourdough, caramelized onion gravy (df)	14
eggs your style, sourdough	12	mooloolaba crab omelette, coriander, chilli, spring onion, oyster sauce (gf)	20
spicy lamb mince, poached eggs, polenta cake, charred corn (gf)	20		
avocado on charcoal sourdough, caramelised pear puree, walnut dukkha, pomegranate, edible flowers (df)	16		

EXTRAS

2 eggs / bacon / beef sausage / flaked tasmanian salmon / pulled beef brisket / spicy lamb mince	5.5
mushrooms / oven dried tomato / spinach / avocado / beans / halloumi	4.5

HOT

espresso	3.5
doppio	4
short macchiato	3.5
long macchiato	4
long black	4
piccolo	3.5
cappuccino	4 / 5
flat white	4 / 5
latte	4 / 5
chai latte	3.5 / 5
mocha	4 / 5
hot choc	4 / 5
organic tea pots	5
ask your server	

ICED

latte	6
long black	5
chocolate	6
mocha	6

COLD

antipodes water	
still	5
sparkling	500ml 6
	1 litre 9

COLD

JUICES

fresh cold pressed juice

gardener – spinach, kale, ginger, green apple, celery cucumber, lemon	9
grove – orange, lemon, ginger, carrot	9
forager – beetroot, carrot, apple, ginger, celery	9
orange	8
green apple	8



EXTRAS

lactose free / almond / soy / syrups / extra shot	0.50
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SMALL PLATES

house baked ciabatta, evoo, balsamic (v)	8	lamb koftas, chickpea falafel, roast peppers, charcoal hummus, lemon balm	12
halloumi chips, citrus (gf)	12	chicken liver parfait, berries, pear purée, sourdough toast	12
beer battered fries, aioli	12	octopus & chorizo bruschetta, black garlic aioli	12
chef's croquettes	12	cauliflower florettes, soy, sesame, turmeric yogurt (v)	12
salmon ceviche, spring pickled vegetables, squid ink crisp (gf)	6 EA		

MEDIUM PLATES

beef cut, potato gratin, tomato provençal, broccolini (gf)	24
chicken maryland, sweet potato, charred leek, rocket & golden shallot salad (df, gf)	24
lamb cut, cumin roasted pumpkin, feta, organic green leaves, pine nut, sunflower seed (gf, df)	24
tasmanian salmon, roast pumpkin, puffed quinoa, avocado, crispy fried sprouts, miso butter (gf)	24
chickpea falafel, organic green leaves, grains, nuts, herbs, roast pumpkin, puffed quinoa, avocado (df, gf, v)	22

LARGE PLATES

beef brisket (500g), chimichurri, fermented chilli, burnt onions (df, gf)	40
harissa chicken, smokey lentils, preserved lemon yogurt (gf)	half 35 whole 59
whole lamb shoulder, thyme, rosemary, confit garlic (df, gf)	59
whole lamb leg, sri lankan spice, toasted almond pilaf (df, gf)	69
crispy pork belly (500g), caramelised pear purée, compressed apple (df, gf)	40
baked tasmanian salmon (500g), house pickles, sorrel, dried anchovy (df, gf)	50
grilled market prawns, yuzu aioli (gf)	40

SIDES

mediterranean pearl cous cous (v)	12
root vegetables, fresh herbs, soubise, caramelised milk (gf)	12
potato purée (gf)	12
polenta cake, chilli chutney, sour cream, charred corn, fresh herbs (gf)	12
roast butternut pumpkin, fermented japanese pumpkin, mandarin, ricotta (v)	12
broccolini, brussel sprouts, beans, puffed rice, miso (df, gf)	12
pan roasted chilli, shallots, evoo, coriander, crispy caper (df, gf)	12

SALADS

pumpkin, quinoa, avocado, pepita (df, v)	12
heirloom tomatoes, goat cheese, nasturtium, sorrel (v)	12
salade niçoise, yellowfin tuna (gf)	14
organic leaf, seeds, nuts, grains (df, v)	12

CONDIMENTS

choose your condiment, one included (gf)	3 EA
bone marrow mustard seed jus / smoky bbq sauce	
lamb and rosemary jus / isles lane chimichurri	
assorted mustards & pickles / house-made gravy	
lemon aioli / hommus	



FROM THE FARM TO YOUR TABLE

Our menu has a large emphasis on sharing, as we believe that's how food should be enjoyed. Head chef, Ross Galante dishes up fresh and seasonal produce sourced off the best local Queensland farmers. Ross' food philosophy for this menu is a "Farm to table, nose to tail" approach.

Our neighbouring Post Office Square is incredibly unique to our CBD, so we have deliberately drawn natural light and greenery inwards from it, creating an open, modern and verdant space for you.

We have taken cues from big city eating houses found across the globe and added our own modern Australian twist. We are a CBD destination which caters for all day dining, an after-work knock-off, or any type of celebration.

OUR FARMERS & SUPPLIERS

Kieren and Andrea Luck – **Bannock Brae Meats**

Andrew O'Neil – **Rosbrook Pastoral**

Farmer Bill – **Sunshine Coast Regional Food**

The Neuendorf family - **9dorf Farms**

Sean Naus - **Kai Coffee**

Le Sebastian Bakery

