

BREAKFAST

served daily 8.00 - 11.45 AM

HNT BIG BREKKIE (GFO).....21

smoked bacon, eggs (fried, scrambled or poached), herbed mushroom, roasted roma tomato + hash browns on toasted ciabatta

LOADED TRADIE ROLL*.....15

w double bacon, double fried free range egg, double swiss cheese, hash browns + house made BBQ sauce

EGG + BACON BUN*.....11

croissant style bun w free range egg, smoked bacon, swiss cheese + tomato relish

BREKKIE BURRITO* (GFO).....17

smoked bacon, chipotle scrambled eggs, potato, guacamole + sour cream rolled in a toasted tortilla

[make it a bowl - GF with corn chips + rice]

VEGAN BREKKIE BURRITO* (VE GFO)....17

roasted mushroom, spinach, avocado, roasted roma tomato, potato + relish rolled in a toasted tortilla

[make it a bowl - GF with corn chips + rice]

EGGS BENNIE BEHAN (GFO).....17

toasted english muffin, smoked ham, poached eggs + house made hollandaise

EGGS FLORENTINE (V GFO).....16

toasted english muffin, baby spinach, poached eggs + house made hollandaise

MEXICAN CHORIZO & MANCHEGO CHEESE OMLETTE.....20

w crunchy sweet corn salsa + hammer hot sauce

HAMMER + TONGS GRANOLA* (V).....14

roasted almond, pecan + cranberry w fleurieu yoghurt, fresh fruit + local honey

HNT BREKKIE BRUSCHETTA (VEO).....17

- harris smoked salmon, basil pesto, heirloom cherry tomatoes, pickled spanish onion + capers

- hammer smashed avocado, heirloom cherry tomatoes, pickled spanish onion, vegan basil pesto, dukkah + EVO

DONBURI BREAKFAST BOWL* (GF DF)...18

harris smoked salmon, avocado, pickled radish, house made kim chi, poached egg, wakame + rice w sesame dressing

BUTTERMILK PANCAKES (V).....16

2 house made pancakes w passionfruit curd, fresh fruit + pure maple syrup

EGGS ON TOAST (GFO).....12

two free range eggs (fried, scrambled, poached) w toasted ciabatta

EXTRAS

- smoked bacon.....+4
- herbed mushroom.....+3
- roasted roma tomato.....+2
- avocado.....+4
- hash browns.....+3
- harris smoked salmon....+5
- extra egg.....+2.5
- pan fried haloumi.....+4
- hollandaise.....+2

KIDS BREKKIE (under 12 only)

EGG + BACON ON TOAST (GFO)8

BERRY YOGHURT + HONEY (V GF)7

1 PANCAKE, FRESH FRUIT + ICE CREAM(V) 9

V - vegetarian / VE - vegan / VEO - vegan option / DF - dairy free / GF - gluten free / * - takeaway

Despite all due care, our kitchen does use allergen containing ingredients such as nuts, gluten, dairy, fish etc. Please let us know if you have any specific dietary requirements so that we can accommodate your needs.

Please note a surcharge of 10% applies on public holidays.

Wifi network - 'Hammer n Tongs'

LUNCH

served daily 12.00 - 3.00 PM

HAMMER SMASHED BURGER*.....20

two 100% local brisket patties, american cheese, tomato, pickles, lettuce, burger sauce + rustic chips w a side of mayo

FISH + CHIPS* (DF).....22

ale battered S.A. gulf flathead, rustic chips, dill mayo, slaw + lemon

SOUTHERN FRIED CHICKEN BURGER*.....20

brioche bun, blue cheese ranch, hot sauce, slaw + rustic chips w a side of mayo

ROASTED PORK BANH MI* (DF).....17

baguette filled w wood oven pork, beansprouts, pickled carrot, cucumber, coriander + nuoc cham mayo

CHICKEN + CHORIZO RISOTTO.....22

saffron poached chicken, skara chorizo, smoked paprika, garden peas, parmesan + lemon

CHICKPEA + LENTIL FALAFEL* (VE)....17

spiced chickpea falafel, pita, tabouli, whipped hummus + pickled raisins

CHICKEN QUESADILLA*.....19

free range chicken + gruyere, crema, guacamole, grilled corn + tomato salad + house made hot sauce

5 SPICE EGGPLANT (VE GF).....17

spiced eggplant, chilli caramel, hoisin mayo, fresh herb salad + toasted sesame seeds

ROAST PORK BELLY (GF DF).....24

slow roasted pork belly, indian spiced lentil puree, roasted cauliflower + pickled onion salad, papadum shards

S+P SQUID (GF DF).....20

australian squid dusted w sea salt and black pepper, served w rustic chips and house slaw

THAI PRAWN & FISH CAKES22

Thai spiced salmon and prawns with siracha mayo, herb and bean sprout salad and a fried egg

HAMMER SUPERFOOD SALAD* (GF DF)....17

cos, roasted cauliflower, edamame, pickled onion, kim chi, chia, fresh herbs + tomato w hummus and champagne vinaigrette

- add grilled chicken 6

- 5 spice eggplant - 4

- harris smoked salmon - 5

- S+P squid - 6

LEMON DELICIOUS PUDDING (V).....12

w citrus syrup + vanilla bean gelato

SIDES*

- rustic chips w mayo [side] (VEO)..... + 5

- hammer n tongs slaw (VE)..... + 4

- rustic chips w mayo [bowl] (VEO)..... + 8

- fresh garden salad (VE) + 6

- sweet potato fries w mayo (VEO)..... + 8

KIDS LUNCH* (under 12 only)

FISH + CHIPS.....12

LITTLE SALAD (VE).....8

cos, cucumber, cherry tomatoes + carrot sticks

CHEESEBURGER + CHIPS..... 12

FRIED CHICKEN TENDERS + CHIPS..... 12

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DRINKS

served daily 7.00 - 4.00 PM

BARISTA MADE.....CUP 4 / MUG 5

- flat white
- latte
- mocha
- prana chai
- iced long black
- cappuccino
- long black
- chai
- hot chocolate
- iced latte

BARISTA MADE..... 3.5

- espresso
- macchiato
- babycino [2]
- ristretto
- piccolo

TEAPOT.....5

- english breakfast
- peppermint
- earl grey
- lemongrass ginger

MILK OPTIONS.....

- fleurieu milk
- full cream
- skim

ALTERNATE MILKS.....50c

- almond
- coconut
- oat milk
- soy
- lactose free

EXTRAS.....50c

- coffee shot
- decaf
- flavoured shot
- vanilla / hazelnut / caramel

ICED DRINKS (GF VO DFO).....8.5

- coffee frappe
- chocolate frappe

MILK SHAKES (GF VEO DFO).....7

- chocolate
- caramel
- banana
- strawberry
- vanilla

SMOOTHIES.....8.5

'berry good'..... (GF VO DFO)
berries / banana / greek yoghurt / almond milk

'morning glory'..... (GF VO DFO)
banana / dates / peanut butter / greek yoghurt / almond milk

'tropicola'..... (GF VE DF)
mango / pineapple / passionfruit / banana / coconut milk

FRESH JUICES (GF VE DF).....8.5

'straight up'.....
one fruit of your choice

'summer cruise'.....
watermelon / pineapple / lime

'feel good'.....
apple / cucumber / spinach / celery / lime / ginger

'goodness me'.....
apple / pear / celery / cucumber / lime

'beet it'.....
beetroot / pineapple / apple / lime / ginger

'juiced up'.....
apple / carrot / celery / ginger

'wellness shot'.....4.5
lemon / tumeric / ginger / honey

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