



MENU

fully licensed cafe bistro

BREAKFAST

served daily 8.00 AM - 11.45 AM

HNT BIG BREKKIE (GFO).....23

smoked bacon, eggs [fried, scrambled or poached] herbed mushrooms, roasted roma tomato + hash browns on toasted ciabatta

LOADED TRADIE ROLL*.....16

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

EGG + BACON BUN*.....12.9

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

BREKKIE BURRITO* (GFO).....18

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

[make it a bowl - GF w corn chips + sweetcorn salsa]

VEGAN BREKKIE BURRITO* (VE GFO)....18

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

[make it a bowl - GF w corn chips + sweetcorn salsa]

EGGS BENEDICT.....14.5

toasted muffin, house made hollandaise + poached eggs w your choice of:

- ham.....+4
- salmon.....+6
- spinach.....+3.5
- boston beans..+5
- bacon.....+5
- avocado.....+5

BOSTON BAKED BEANS.....20

slow cooked beans, smoked pork belly, sticky tomato sauce, toasted ciabatta, fried egg + grated parmesan

HAMMER + TONGS GRANOLA* (V).....16

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

SMASHED AVO BRUSCHETTA (VE GFO)....19

hammer smashed avocado, heirloom cherry tomato, pickled spanish onion, vegan basil pesto, dukkah + evo on toasted ciabatta

ZUCCHINI + HALOUMI FRITTERS (GF VO)19.5

pan fried fritters, smoked salmon, beetroot skordalia + house made dukkah w green goddess dressing + fresh herbs

BUTTERMILK PANCAKES (V).....16.5

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

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

fried, scrambled or poached pasture raised eggs on toasted ciabatta

EXTRAS

- smoked bacon.....+5
- herbed mushrooms..... +4
- roasted roma tomato..... +4
- avocado.....+5
- hash browns.....+4
- harris smoked salmon.... +6
- extra egg..... +2.5
- pan fried haloumi..... +5
- hollandaise..... +2.5
- boston baked beans..... +5
- spinach..... +3.5
- tomato relish..... +1.5
- extra toasted ciabatta...+2
- maidments smoked ham.....+4

KIDS BREKKIE (under 12 only)

EGG + BACON ON TOAST (GFO)9

BERRY YOGHURT + HONEY (V GF)8

1 PANCAKE, FRESH FRUIT + ICE CREAM(V)9.5

V - vegetarian / VO - vegetarian option / VE - vegan / VEO - vegan option / DF - dairy free
GF - gluten free / GFO - gluten free option / * - 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'

Password - WelcomeToHnT

LUNCH

served daily 12.00 PM - 2.30 PM. please see our board for today's specials.

HAMMER SMASHED BURGER*.....21

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

FISH + CHIPS* (DF).....24

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

JERK CHICKEN BURGER*.....21

charred free range chicken, caramelised pineapple, lettuce, onion jam + chilli mango aioli w rustic chips + a side of mayo

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

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

BEEF + MUSHROOM RAGU25

local beef brisket, mushroom in red wine + tomato sauce, pappardelle, parmesan + gremolata

MIDDLE EASTERN PLATE* (VEO).....22

whipped hummus, tabouli, pickled raisins, tzatziki, toasted pita + sumac w choice of local lamb kofta **or** spiced chickpea falafel

CHICKEN QUESADILLA*.....20

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

KERALAN JACKFRUIT CURRY (VE GFO)...22

aromatic jackfruit + sweet potato curry, jasmine rice, fried curry leaves, roti + fresh lime

AUTUMNAL SALAD* (GF VEO V).....18

beetroot, goat cheese, roasted sweet potato, house made dukkah, pecans, baby spinach + vinaigrette

- grilled chicken.....+6 - avocado.....+5

- harris smoked salmon +6

S+P SQUID* (GF DF).....24

australian squid dusted w sea salt + black pepper, served w rustic chips + garden salad

THAI PRAWN + FISH CAKES (GF DF)....22

thai spiced salmon + prawns w sriracha mayo, herb + bean sprout salad + a fried egg

CHICKEN CACCIATORE.....26

roasted chicken maryland, tomato, mushroom + olive sugo w fregola + crispy kale

SIDES*

- rustic chips w mayo (VEO)..... + 8

- fresh garden salad (VE) + 7

- sweet potato fries w mayo (VEO)..... + 9

SOMETHING AFTER...

STICKY FIG + CHOCOLATE PUDDING (V) 14

salted caramel + vanilla bean gelato

AFFOGATO8

vanilla bean ice cream + veneziano espresso add a shot of baileys, kahlúa, frangelico, amaretto or tia maria..+8

KIDS LUNCH* (under 12 only)

FISH + CHIPS (DF).....13.5

battered flathead, chips + sauce

LITTLE SALAD (VE GF).....9

cos, cucumber, cherry tomatoes + carrot sticks

CHEESEBURGER + CHIPS.....13

FRIED CHICKEN TENDERS + CHIPS.....13

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DRINKS

served daily 7.00 AM - 4.00 PM. sundays from 8.00 AM

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
- honey dew green
- earl grey
- lemongrass ginger

MILK OPTIONS.....

- fleurieu milk
- full cream / skim

ALTERNATE MILKS.....50c

- almond
- coconut
- oat
- soy
- lactose free

EXTRAS.....50c

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

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

- coffee frappe
- chocolate frappe
- mocha frappe
- chai frappe

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

- chocolate
- caramel
- banana
- strawberry
- vanilla

SMOOTHIES.....8.5

- 'berry good'.....(GF VEO VO DFO)
- berries / banana / greek yoghurt / coconut milk

'morning glory'.....(GF VEO 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'.....

- choice of orange or apple juice

'summer cruise'.....

- watermelon / pineapple / lime

'goodness me'.....

- apple / pear / celery / cucumber / lime

'beet it'.....

- beetroot / pineapple / apple / lime / ginger

'wellness shot'.....5

- lemon / tumeric / ginger / honey

please visit the vault to view our wine selection.

spirits, cider, cocktails, beer [tap, can + bottle] + soft drinks available at bar.

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