

BREAKFAST

BREAKFAST

FROM 8AM - 10AM ON WEEKENDS

Toasted Sourdough butter & choice of strawberry jam, vegemite or peanut butter (v/vo)	\$7
Toasted Banana Bread served with warm butter (gluten free option available)	\$8
Plain Croissant butter & choice of strawberry jam, vegemite, nutella or peanut butter (v)	\$7
Warm Nutella Croissant injected with warm nutella (v) add fresh strawberries	\$12 +\$4
Warm Savoury Croissant shaved double smoked ham & gruyere cheese	\$12
Corn Fritters avocado salsa, spinach, coriander, roasted tomato (v)	\$22
Bircher Muesli coconut yogurt, banana, strawberries, blueberries & toasted almonds (ve)	\$15
Grilled Toastie double smoked ham, dijon mustard, fior de latte mozzarella & fried egg	\$18
Avocado Toast cherry tomatoes marinated in meredith farm feta, watercress & poached egg (v)	\$21
Choice of Egg's & Sourdough toasted sourdough - fried, poached or scrambled eggs & house ketchup (v)	\$14
Ricotta Hotcake banana, honeycomb butter & maple syrup (v) (served hot in cast iron dish)	\$22
Green Pea Pancake poached egg, feta, tomato relish, zucchini & mint salad (v)	\$21
Oven Baked Shakshuka Eggs roasted peppers, spices, tomatoes, basil, smoked mozzarella & sourdough (v) (served hot in cast iron dish)	\$22
Eggs Benedict on crispy potato rosti, poached eggs, cured ora king salmon & hollandaise sauce	\$23
Breakfast Pizza bacon & egg, potato, buffalo mozzarella cheese & basil leaves	\$18
Vegetarian Breakfast Pizza egg, potato, field mushroom, buffalo mozzarella cheese & basil leaves (v)	\$18

BREAKFAST SIGNATURES

FROM 8AM - 10AM ON WEEKENDS

Ora King Salmon Pizza marinated ora king salmon, garlic oil, spanish onion, mascarpone dill crème, avruga caviar & poached egg	\$33
Double Baked Breakfast Souffle bacon & egg, onion, gruyere cheese, chives	\$18
Brioche French Toast strawberry & raspberry sauce, mascarpone crème, caramelised banana, cinnamon sugar, lemon balm, fresh berries & mint	\$21

BREAKFAST EXTRAS

FROM 8AM - 10AM ON WEEKENDS

Poached or Fried Free-Range Egg from Lake Macquarie	\$3
Scrambled Free-Range Eggs from Lake Macquarie	\$7
Grilled Tomato OR Potato rosti	\$4
Bacon OR Ham	\$5
House Cured Ora King Salmon	\$6
Avocado OR Sautéed Mushrooms	\$5
Sautéed spinach OR Organic Halloumi	\$5
Sourdough	\$3
Gluten-free bread	\$5

JUICES/SMOOTHIES/SHAKES

FROM 8AM - 11AM ON WEEKENDS

Cold Pressed Freshly Squeezed Local Juices Orange, Apple or Pineapple Juice	\$8.5
Breakfast Green Juice Kale, green apple, ginger, celery & coconut water	\$8.5
Smoothies Banana & vanilla gelato OR Mango, coconut cream and coconut milk (df/vegan) OR Banana, coconut gelato & plant cream (df/vegan) OR Raspberry, coconut gelato & plant cream (df/vegan)	All: \$9
Shakes Belgian chocolate / Strawberry / Vanilla / Pistachio / Dulche de leche	All: \$9
Death By Chocolate Shake Belgian chocolate, milk, macadamia nuts, belgian chocolate ice-cream, cream, maraschino cherry & chocolate coated toasted giant marshmallow	All: \$15

COFFEE/CHOCOLATE/CHAI

ALL DAY EVERY DAY

Espresso / Short Black	\$3.5
Coffee	\$4.5
Flat white, latte, long black, macchiato, piccolo or cappuccino	
Belgian	\$5
hot melted belgian chocolate, milk or dark	
Chai Latte	\$5
Organic Chai Latte	\$5
Golden Turmeric Latte	\$5
turmeric, ginger, cayenne pepper & vanilla bean	
Matcha Green Tea Latte	\$5
Iced Tea	\$5
Iced Coffee OR Chocolate	\$8
Iced Latte	\$4.5
Large size	+\$0.5
Milklab Almond Milk OR Macadamia Milk	+\$0.5
Lactose Free Milk OR Coconut Milk	+\$0.5
Bonsoy Soy Milk OR The Dairy Co Oat Milk	+\$0.5

LOOSE LEAF TEAS

EACH SERVED WITH YOUR PREFERRED MILK

ALL DAY EVERY DAY

English Breakfast	\$5
black tea & bergamot	
Earl Grey	\$5
ceylon, black tea & blue cornflowers	
Serenity	\$5
chamomile, passionflower, rose petals & lavender	
Green sencha	\$5
green sencha, jasmine flowers & rose petals	
Cleanse	\$5
tulsi, nettle leaf, dandelion, red clover & corn flowers	
Digest	\$5
peppermint leaves, liquorice, fennel & calendula	
Organic Sticky Masala Chai Tea	\$5.5
black tea, evaporated coconut nectar, vanilla bean, brown rice syrup, celtic sea salt, spices & infused with your preferred milk	
Spiced Organic Chai Black Tea	\$5
cinnamon, ginger, cardamon, clove, and black pepper	
Lemongrass	\$5
fresh ginger, cinnamon & honey	
Blackcurrant & Hibiscus	\$5
Peppermint	\$5
whole leaf infusion	
Liquorice Legs	\$5
liquorice root, fennel seeds & peppermint	
Blue Pea Flower Tea	\$5
relax and revive native bush tea, green tea, lavender & blue pea	
Spectacular Blossoming Flower	\$6
jasmine and lily, green tea with blossoming jasmine & lily petals	

SEE OVER PAGE FOR TEA DESCRIPTIONS

COCKTAILS

AVAILABLE AFTER 10AM DAILY

Mimosa Sparkling wine with fresh orange juice	\$15
Bellini - Mango or Peach Sparkling wine with mango or peach puree	\$15
Bloody Mary Ketel One Vodka, tomato juice, lemon juice, Worcestershire, tobasco, horseradish & cracked pepper	\$18
Irish Coffee Jameson Whisky, mr black coffee liqueur, fresh brewed espresso, cream & nutmeg	\$17

LATE BREAKFAST

FROM 10AM - 10:45AM ON WEEKENDS

Toasted Sourdough butter & choice of strawberry jam, vegemite or peanut butter (v/vo)	\$7
Plain Croissant butter & choice of strawberry jam, vegemite or peanut butter (v)	\$7
Toasted Banana Bread served with warm butter (gluten free option available)	\$8
Warm Croissant shaved double smoked ham & gruyere cheese	\$12
Warm Nutella Croissant injected with warm nutella (v) add fresh strawberries	\$12 +\$4
Grilled Toastie double smoked ham, dijon mustard, fior de latte mozzarella & fried egg	\$18
Breakfast Pizza bacon & egg, potato, buffalo mozzarella cheese & basil leaves	\$18
Vegetarian Breakfast Pizza egg, potato, field mushroom, buffalo mozzarella cheese & basil leaves (v)	\$18
Oven Baked Shakshuka Eggs roasted peppers, spices, tomatoes, basil, smoked mozzarella & sourdough (v) (served hot in cast iron dish)	\$22
Double Baked Breakfast Souffle bacon & egg, onion, gruyere cheese, chives	\$18

(GF) Gluten Free (V) Vegetarian (VE) Vegan (VO) Vegan option available.

Our menu contains allergens and is prepared in a kitchen that handles nuts, shellfish, and gluten.

Whilst all reasonable efforts are taken to accommodate guest dietary needs, we cannot guarantee that our food will be allergen free.

Credit card only, cash not accepted. No split bills, a maximum of two credit cards accepted per table.

A surcharge of 10% on Sundays & 15% on public holidays applies. Card Payment Fees: Savings/Cheque - 0%. Mastercard, Visa, Pay Pass/Wave, Amex - 1.5%



TEA DESCRIPTIONS

EACH SERVED WITH YOUR PREFERRED MILK

LEMONGRASS & GINGER

Bright, spicy and invigorating.

Comprising two simple, natural ingredients – intensely fresh lemongrass and satisfyingly warm ginger – this herbal infusion is bright, zesty and invigorating.

This popular herbal infusion pairs two simple ingredients of the highest quality for beautifully balanced, natural flavours. Inspired by Asian culture, we combine whole lengths of Thai lemongrass with real pieces of slow-dried ginger, creating an uplifting and warming infusion. Caffeine-free, it can be enjoyed at any time, particularly on colder days or if you are feeling a little under the weather.

Fine lengths of pale green lemongrass scattered with pieces of ginger. Cleansing aromatic spice with a refreshing citrus edge. Glowing straw-yellow infusion. Bracing lemongrass with warming, spiced ginger tones.

8 AT TRINITY RECOMMENDATION

LIQUORICE LEGS

A super sweet liquorice tisane laced with fresh mint and a scattering of fennel and fennel seeds.

Keep your singing voice tip-top and soothe a sore throat with fennel and peppermint. Minty fresh with a lingering sweet aftertaste, this is the perfect guilt-free treat that'll keep you coming back for repeats!

BLACKCURRANT & HIBISCUS

Bright, fruity and quenching.

A quenching, vivacious blend of juicy blackcurrants and dried roselle hibiscus, eliciting a balanced infusion which is naturally bursting with bold flavour and a gentle tartness.

A bold, bright and natural caffeine-free herbal infusion with whole dried blackcurrants, berries and hibiscus flowers. To ensure a textured natural taste, each ingredient has been dried slowly to retain its essential oil, flavour and aroma. Crafted for the perfect, complementary balance of berry sweetness and tart hibiscus.

Tasting Notes:

Maroon-purple hibiscus petals with small, whole blackcurrants and berries.

Amazingly bold and sweet with berry, floral aromas.

Warm and glowing raspberry red.

A rich spectrum of sweet berry fruits with a gentle tart finish.

EARL GREY

Bold, fragrant, uplifting from Ruhuna, Sri Lanka.

An invigorating black tea lifted by fresh and exuberant citrus. For supreme texture and flavour, a touch of natural bergamot extract tempers the tea's inherent richness. To be enjoyed with or without milk.

Earl Grey tea uses high quality ingredients that complement each other for a perfect balance of flavour. A full-bodied Ceylon tea from Ruhuna, in the south of Sri Lanka, as a rich, smooth base. A touch of natural bergamot extract, which tempers the tea's natural fragrance and imparts the iconic citrus note. To complete the experience, a sprinkling of bright blue cornflowers add a signature visual flare.

Tasting Notes:

Dark Ceylon leaf sprinkled with blue cornflower petals, for added visual charm.

Subtle and light, brightened with fresh citrus.

A dark, coppery walnut infusion.

Refreshing and bold, lifted with bergamot citrus – a perfectly focused classic.

ENGLISH BREAKFAST

Malty, rich, satisfying from Assam, India.

The ultimate single origin 'english' breakfast tea, satisfying and full-bodied with honeyed malty flavour. Expertly blended from selected gardens in Assam, India, for a fortifying and malty black tea that is perfect with or without milk.

To ensure a bold and true expression of Assam character, we have created our single origin breakfast blend using the finest second flush tea leaves. In India's subtropical north east, the Assam terroir borders the Himalayas and is renowned for its rich soils, producing teas that offer the ideal balance of strength, assertiveness and malty flavour – everything that makes the perfect 'english' breakfast tea.

Tasting Notes:

Dark coloured tea leaves scattered with golden tips.

Comforting malt, honey and rich dried fruit.

Deep ruby-red tea infusion.

Amazingly satisfying, rich and malty.

8 AT TRINITY RECOMMENDATION

BLOSSOMING FLOWER

Floral, honeyed, enticing from Fujian, China
Jasmine and lily, green tea with blossoming jasmine & lily petals. Sappy, spring fresh green tea with sweet jasmine blossoms and soft lily petal musk.

To make Flowering Jasmine & Lily, the best single origin green tea is used from the spring crop in cold-store until the summer. The tea leaves are then hand-tied with beautiful natural flowers by skilled artisans.

Tasting Notes:

Long, fine green tea buds tied around bright orange lily petals and jasmine blossoms. Sweet, ripe and honeyed with bold jasmine and lily aromas. Glowing coppery yellow.

SERENITY

A floral blend of calming herbs to gently reduce anxiety and support sleep.

A floral blend of calming herbs, Serenity is both nourishing and warming. Soothing lavender combines with rose, passionflower and chamomile to support the nervous and digestive systems, making this a perfect pre-slumber elixir for a restful night's sleep.

Chamomile is specific for all gastrointestinal disturbances associated with a nervous system connection. Chamomile is great in the treatment of IBS and colitis. It is a powerful anti-inflammatory which makes it useful in almost any condition.

Rose is fragrant, fruity and packed with vitamin C and antioxidants. This means it scavenges free radicals that cause cellular damage.

Lavender is an effective herb for easing headaches, especially when they are related to stress. It has traditionally been used in the treatment of depression, insomnia and anxiety.

Passionflower is traditionally used for its mild sedative and soothing properties, anxiety, stress management and for insomnia- making it perfect for our serenity blend.

A full-bodied green tea base with sweet honey, tropical fruit, lily and jasmine.

8 AT TRINITY RECOMMENDATION

BLUE PEA FLOWER TEA

Butterfly Pea flower is noted for its bright blue edible flowers. Aside from its many culinary uses, the blue butterfly pea vine has been used in Ayurveda as well as traditional Asian and Middle Eastern medicine. Its health benefits are increasingly supported by modern science.

The colour that Peaflower (Clitoria Ternatea) gives off is simply amazing, and completely unexpected. The shade of blue that slowly dances its way into your cup is quite unforgettable, yet this herb does have some very interesting health properties too. Known throughout asia to be great for hair growth and strengthening, and a rare herbal benefit that directly helps eye infections.

In Thailand, some families will apply this tea to the scalp and eyebrows of babies & toddlers to promote strong healthy hair.

GREEN SENCHA

Verdant, smooth, satisfying from Sasamodo Garden, Shizuoka, Japan.

Mellow, sappy and full of spring leaf freshness, this is a classic Japanese green tea. Expertly steamed and rolled, the vibrant, deep green leaves offer a textured infusion with a classically vegetal, umami flavour.

Grown throughout the country, Sencha is Japan's most popular style of green tea. The leaves are freshly picked and steamed, halting their natural oxidation and encouraging a rich, green colour. They then go through several stages of precise rolling and drying before the tea is finished. It is crafted by tea master Hiromi Wada, from the banks of the Sasama River in Shizuoka, Japan's largest region for tea cultivation. The terroir here is rich and fertile, ensuring an authentic, umami-rich flavour.

Tasting Notes:

Deep green, whole needles of tea.

Creamy sweet, fresh and grassy.

A light and vibrant yellow-green infusion.

Sweet and refreshing green tea with a satisfying, thick texture.

CLEANSE

The purifying properties of Cleanse remove impurities from the liver and blood. Contains tulsi, nettle leaf, dandelion and red clover.

The purifying properties of Cleanse remove impurities from the liver and blood. This balanced botanical blend is a refreshing assemblage of herbs that support liver detoxification, improve digestion and help the body to naturally cleanse itself of toxins.

Tulsi has traditionally been prescribed to purify the blood and support cleansing of the liver. Tulsi has been found to have an adaptogenic property, that is, that it assists the body to cope during times of stress.

Nettle Leaf is a great detoxifier. The consumption of nettle leaf has been found to reduce inflammation in the body and support the detoxification processes of the liver & kidneys. Nettle leaf is a great plant source of nutrients including chlorophyll, potassium, iron and magnesium.

The leaves of dandelion are used to help the kidneys cleanse, and to regulate fluid balance. This cleansing action is used in the treatment of skin conditions such as acne, rosacea and eczema. Red Clover's main use is in detoxification. It's main actions are assisting the liver to rid the body of toxins.

DIGEST TEA

An aromatic tea created to support digestion and cleanse the palate. Refreshing with a subtle lingering sweetness, Digest tea contains a mix of therapeutic herbs that soothe the entire digestive system for gut healing. Enjoy this cleansing blend after a meal. Contains peppermint, licorice, fennel and calendula.

Peppermint has excellent antispasmodic actions, calming and soothing the entire length of the digestive tract. Licorice has been used for many years as a general body tonic. Licorice has been found to in particular tonify the adrenal glands, which may help your body to cope in times of stress. Licorice aids in the digestive processes by soothing inflammation in the stomach and intestines, creating a healing barrier.

Fennel is one of the most effective carminatives, which helps to relieve digestive cramping and spasms. It relaxes the smooth muscles of the intestines which may relive griping and flatulence. Calendula also known as Marigold has many medicinal actions. When taken internally, calendula is anti-inflammatory, and especially has it's effects on the length of the digestive system.

SPICED ORGANIC CHAI BLACK TEA

An aromatic blend of high-grade organic Ceylon black tea and hand-ground herbs.

Indian Masala Chai was traditionally consumed to warm and support digestive function and improve circulation. This aromatic blend of high-grade organic Ceylon black tea and hand-ground herbs and spices retains these restorative, therapeutic properties in a deliciously sweet and spicy brew.

Black tea has many health benefits. It is rich in antioxidants, supports cardiovascular health, and has been found to provide protection against cardiovascular disease and several cancers.

Cinnamon acts systemically as a smooth muscle relaxant. It has been found to balance blood sugar levels, and, as a carminative, is warming to the intestinal tract. Ginger is a stimulating tonic for the digestive system. It has been found to reduce cramping, gas and nausea.

Cardamon is native to the evergreen forests of India. Cardamon has been found to improve digestive and cardiovascular health. Clove helps to induce the production and release of bile from the liver and gallbladder, which aids in digestion and detoxification.

PEPPERMINT

A peppermint tisane with a strong, uplifting mint profile that's super fresh and sweet.

A well-rounded flavour captures the sweet essence of all things minty with a cool lingering aroma to freshen your day. A fresh and uplifting golden-green infusion with a sensationally minty, sweet, smooth taste.

8 AT TRINITY RECOMMENDATION

ORGANIC STICKY MASALA CHAI TEA

Vegan Sticky Chai is a low-fructose alternative to traditional sticky chai, and its spices support digestion and health.

Sticky, sweet and spicy, this feel-good masala chai is a low-sugar indulgence. A medley of black tea and spices are gently tossed through coconut nectar and brown rice syrup to infuse the masala chai blend with caramel sweetness. Vegan Sticky Masala Chai is a low-fructose alternative to traditional sticky chai, and its spices support digestion and healthy circulation