

OUR EATS

EGGS BENNY 9.5 ^{D, 5, 6}

2 soft poached eggs, deli ham, sourdough bread, dill hollandaise sauce. classic.
also available with smoked salmon +2.5

SMASHED AVOCADO 8.5 ^{V, N}

avocado, black bean hummus, dukkah, pomegranate & lime on sourdough bread
add a sneaky poached egg +1.5, bacon +2.5, feta +2.0

SAUCY EGGS 8.5 ^{D, N}

chickpea shakshuka, 2 poached eggs, feta & tahini served with sourdough bread

ZUCCHINI & CAULIFLOWER FRITTERS 9.5 ^D

beetroot relish, avocado, beetroot yoghurt, spinach, horseradish & dill aioli

TIN TACOS 7.5

3 soft tortillas with moroccan roasted cauliflower, avocado, corn salsa, lime, crispy red cabbage, pomegranate, jalapeño & sriracha mayo

TINMAN PLATE 12.5

2 eggs, bacon, avocado, baked mushrooms, roasted tomatoes & beetroot relish served with toasted sourdough bread

ROASTED CAULIFLOWER BOWL 8.0 ^D

moroccan roasted cauliflower, quinoa, pickled carrot, greens, beetroot yoghurt & parsley ginger dressing

ADD YOUR EXTRAS...

bacon from the sausage man	2.5	baked mushrooms	1.5
poached egg	1.5	roasted tomatoes	1.5
halloumi cheese	2.5	beetroot relish	1.5
feta cheese	2.0		

ALL DAY FAVOURITES

AÇAÍ BOWL 7.9 ^{V, N, 1}

served with fresh fruits, coconut, roasted seed & nut mix

FRENCH TOAST 8.5 ^{D, N, 3}

spiced brioche, espresso mascarpone, mixed berry compote, biscotti crunch, maple syrup & fresh fruit. boom.

HOUSE GRANOLA 7.5 ^{D, 1}

roasted nut, seed, coconut and maple mix, fresh fruit & yoghurt

SOURDOUGH SANDWICHES

TINMAN CLASSIC 6.5 ^{D, 1, 2, 3, 4, 5, 6}

deli ham, cheddar, pickles, carrots & greens

BAMBINO 6.5 ^D

house blended pesto, mozzarella, tomato & rucola

GRILLED CHEESE 6.5 ^{D, 1, 3, 4, 5, 6}

cheddar, emmentaler & mountain cheese, red onion & branston pickles

REUBEN 7.0 ^{D, 1, 3, 4, 5, 6}

pastrami, cheddar, sauerkraut, pickles, red onion & mustard mayo

SWEETS & BAKED GOODS

see the counter for our selection of homemade cakes & cookies

vegan: V, gluten free: GF, dairy: D, nuts: N – please ask us for further information on allergens and additives

FRESH SMOOTHIES & JUICES

PEANUT BUTTER SMOOTHIE 5.9 ^{V, N}

banana, oat milk, peanut butter, oats, coconut & cinnamon.
optional espresso shot +1.0

COCO JUMBO SMOOTHIE 4.9 ^D

mango, banana, yoghurt, coconut milk

THE CADET JUICE 5.9 ^V

orange, avocado, mango & mint

GREEN JUICE 4.9

apple, spinach, cucumber & ginger

KAVORKA JUICE 4.9

orange, carrot & strawberry

ORANGE/APPLE JUICE 4.5

COLD DRINKS

fritz kola	3.0	-raw- kombucha range	3.8
chari-tea range	3.0	philosoffee cold brew	3.8
makava ice tea	3.5	viva aqua water (still/sparkling)	2.0
fountain of youth coconut water	4.5		

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