

HEALTH CLUB

GRANOLA PANNACOTTA

house made granola, yoghurt pannacotta, apple soaked tapioca, berry, passionfruit & mint 15

AUTUMN PORRIDGE *gf*

polenta & almond meal porridge, berries, earl grey poached pear, maple & roasted nuts 15
 **Try Bonsoy 1 or Almond Milk 3.5

SMASHED AVOCADO *gf**

garden peas, edamame beans, spanish onion, lemon, mint, crumbled feta & organic toast 16
 **Add a Poached egg **Add Bacon

MACRO BOWL *gf vegan*

shirataki glass noodles & green capsicum; pickled beetroot-apple-raisin râper; broccolini & nori jam; chickpea caramelised onion, semi dried tomato quinoa salad; mixed greens & lemon tahini dressing 17
 **Add Mushrooms **Add Chicken

JUST EGGS *gf**

2 eggs poached, scrambled or fried 9

ON THE SIDE

Add An Egg 3

Spinach, Mushrooms, Roast Tomato Istra Bacon, Sicilian Beans, Avocado 4

Karashi Hollandaise, Prosciutto di parma 5

Chicken thighs, Smoked Salmon 6

BREAKFAST

FIG & ALMOND TOAST

with butter & house-made jam 7

ORGANIC TOAST

with butter & a choice of house-made jam, vegemite, peanut butter or nutella 6

PULLED PORK BENEDICT *gf**

poached eggs, pulled pork, teriyaki bok choy, karashi hollandaise, toasted mixed grains, organic toast & teriyaki reduction 19

**Add Mushrooms **Add Bacon

BAKED GNUDI EGG *gf**

spinach & ricotta naked ravioli, napoli sugo, egg & toasted ciabatta 15

**Add Mushrooms **Add Bacon

HOTCAKES

sweet potato hotcakes, mascarpone, Japanese black honey, earl grey poached pear & kinako powder 16

OKONOMIYAKI

cabbage & spring onion vegetable pancakes, bacon, poached egg, herb salad, mayonnaise, okonomi sauce & katsuobushi shavings 17

**Add Smoked Salmon

ROUGH NIGHT?

BLOODY MARY classic cocktail with a cornerstone twist 12
 ESPRESSO MARTINI espresso, liqueur, vodka & sugar syrup 15

LUNCH

POTATO GNOCCHI

wagyu bolognese, house made gnocchi & parmigiano cheese 23

SARDINE BRUSCHETTA *gf**

fresh marinated sardine fillets in white wine, parsley, garlic vinaigrette; salsa verde, pickled tomato, fennel, pomegranate & toasted ciabatta 19

AUTUMN SALAD *gf*

pickled white cabbage, crispy brussel sprout, sauteed abalone mushroom, manchego cheese, balsamic reduction, white bean puree & poached egg 19

KARAAGE CHICKEN BURGER *gf**

crispy fried chicken, house tartare, cabbage, coleslaw, pickled vegetable, brioche bun & salted edamame 15

gf = gluten free
*gf** = gluten free option
 vegan = vegan

KIDS

TOASTIE
 ham & cheese squares 7

PASTA
 home-made Napoli sugo 12

SOLDIERS
 semi boiled egg & soldiers 7

BEVERAGES

FRUITS, SMOOTHIES & SHAKES

FRESH FRUIT JUICE
orange, apple, watermelon 6

IMMUNE BOOST
orange, lemon, carrot, ginger, watermelon 7

GREEN GLOW
cucumber, mint, apple, banana, spinach,
coconut water, pumpkin & chia seeds &
coconut 12

BERRY BOOST
strawberry, watermelon, pitaya, banana,
coconut water, gogi berry, chia
seeds & coconut 12

TOUGH NUTTER
cacao, peanut butter, dates, banana, almond
milk, coconut, cacao nibs & chia seeds 12

SUPERFOOD OR SUPER BAD?

suggestions

add tumeric 1

add spirulina 1
add matcha 1

add acai 1
add ginger 1

CHEEKY COCKTAILS

SPRITZ aperol, prosecco, orange & soda 12

MIMOSA seasonal nectar & sparkling wine 12

BLOODY MARY classic with a cornerstone twist 12

ESPRESSO MARTINI espresso, liqueur, vodka & sugar syrup 15

COLD DRINKS

STILL

aqua panna 4.5
apple juice box 4
shakes choc, vanilla, strawberry 6
iced coffee/chocolate 6

FIZZY

small mineral water 4
cola, blood orange, lemon, ginger 4
large mineral water 8
kombucha 5

HOT DRINKS

COFFEE(S)

small coffee 3.8
large coffee 4.5
single origin 3.8

chai latte 3.8
golden latte 4.5
chamellia fresh chai tea 4
hot chocolate 3.8

LARSEN & THOMPSON TEA

good morning / jasmine
pearls
peppermint / white peony
lemongrass & ginger

MILKS

small almond milk 1.5
large almond milk 2.5
bonsoy 0.5

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BEER

KIRIN Lager, JAPAN 7
ASAHI Lager, Osaka, JAPAN 8
MORETTI Pale Lager, Udine, ITALY 10
MONTEITH'S CIDER, NZ 9

BUBBLES

Sunnycliff Brut N/V, Red Cliffs, VIC 9/37

WHITE

Gregoris, Pinot Grigio, Veneto, ITALY 10/48
Bright Young Things, Sauvignon Blanc, SA 8/39
Parker Coonawarra, Chardonnay, Coonawarra, SA 42

RED

Gemstone Organic Shiraz, McLaren Vale, SA 8/40
Pike & Joyce 'Rapide', Pinot Noir, SA 10/46
Sangervasio, Chianti, Tuscany, ITALY 54

ROSE

Hesketh Saignee Rose, Barossa Valley, SA 11/55

HAPPY HOUR

2 FOR 1 BEERS, WINES
& COCKTAILS
EVERDAY 2-3PM

AFTER SOME NIBBLES?

Salted edamame
Marinated olives
Both 5

At Cornerstone & Co. we love food.

*Italian and Japanese are two of the oldest, healthiest
and most delicious diets on our planet. So it only seemed
right that we should bring to life a truly authentic fusion
of both to offer you "Umami"!*

*Chi mangia bene, vive bene: Who eats well, lives well
Umami: umai うまい "delicious" and mi 味 "taste"*