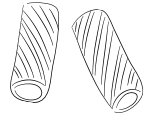


## BRUNCH

- AVOCADO TOAST** <sup>gfo, veg</sup> **16** smashed avocado, marinated feta, pickled onion, heirloom tomatoes, salsa verde, toasted seeds, sourdough  
ADD *poached egg\_3 / bacon (2pcs)\_4*
- BREKKIE ROLL** <sup>gfo</sup> **17** toasted brioche bun, scrambled egg, smoked bacon, cheddar cheese, hash brown, special sauce  
ADD *avocado\_4*
- SMOKED SALMON LOX TOAST\*** **22** wasabi scallion cream cheese, catsmo salmon, poached egg, pink onions, capers, lemon, sourdough  
ADD *avocado\_4*
- PULLED PORK BENEDICT\*** <sup>gfo</sup> **22** slow braised pork, poached eggs, hollandaise, chili threads, fried parsley, sourdough  
ADD *bacon (2pcs)\_4 / avocado\_4*
- KIMCHI SCRAMBLE** <sup>gfo, veg</sup> **20** soft scrambled eggs, chilli crunch, kimchi, scallions, marinated feta, sambal emulsion, sourdough  
ADD *avocado\_4 / bacon (2pcs)\_4*
- APPLE CRUMBLE OATMEAL** <sup>veg</sup> **15** chia, cranberry & coconut oatmeal, caramelized apples, cinnamon crumble, fresh raspberries
- WILD MUSHROOM TOAST\*** <sup>gfo, veg</sup> **19** sautéed mushrooms, garlic, baby kale, chimichurri whipped ricotta, poached egg, parmesan, sourdough  
ADD *bacon (2pcs)\_4 / avocado\_4*
- STUFFED CHEESECAKE WAFFLES** <sup>veg</sup> **18** toasted sugar waffle, spiced apple, strawberry cheesecake, cinnamon crunch, maple syrup
- DAILY BAKED GOODS**  
ask your server about our daily baked goods

## BOWLS

- HITW POWER BOWL** <sup>gf, veg</sup> **19** quinoa, sauteed mushrooms, roasted yams, grilled broccolini, marinated feta, cilantro, sambal emulsion, toasted seeds  
ADD *grilled chicken\_7 / poached egg\_3 / avocado\_4 / shrimp\_8*
- SPICY SHRIMP VODKA RIGATONI** **21** pomodoro sauce, double cream, calabrian chilies, shrimp, toasted garlic crumbs, fried basil
- GREEN CAESAR SALAD** <sup>gf</sup> **18** baby gem lettuce, crispy parmesan wafer, caesar dressing, green parmesan, fried parsley, crispy onions  
ADD *grilled chicken\_7 / poached egg\_3 / avocado\_4 / shrimp\_8*
- LEMON BROCCOLINI ORECCHIETTE** <sup>veg</sup> **17** lemon pesto, capers, garlic crumb, fried parsley  
ADD *grilled chicken\_7 / shrimp\_8*



## SANDOS

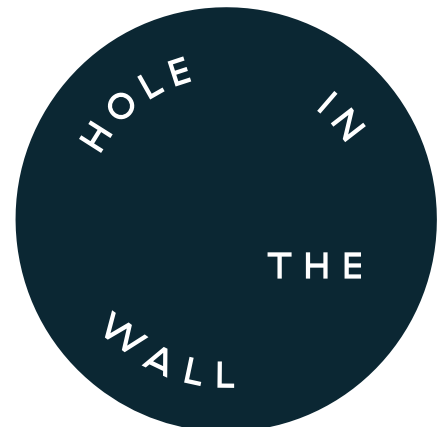
- HITW BREAKFAST BURRITO** **17** flour tortilla, scrambled egg, smoked bacon, crunchy hashbrown, cheddar cheese, chimichurri, french fries
- THE OG BEEF BURGER** <sup>gfo</sup> **20** toasted brioche bun, beef patty, double cheese, smoked bacon, miso onions, pickles, special sauce, french fries  
SUB *impossible patty\_2*
- THE BIG CHEEZY** <sup>gfo</sup> **18** toasted brioche bun, beef patty, double cheese, pickled onions, deli pickles, ketchup, mustard, french fries  
SUB *impossible patty\_2*
- CRISPY CHICKEN SANDO** **19** toasted brioche bun, crispy breaded chicken breast, sticky chili glaze, gem lettuce, pickles, miso ranch, french fries

## SIDES

Toast 3	Hash Brown (2pcs) 5	Fries 7
GF Toast 3	Grilled Chicken 7	Sweet Potato Fries 7
Poached Egg 3	Fried Chicken 7	Waffles (2pcs) 8
Fried Egg 3	Scrambled Eggs 6	Shrimp 8
Avocado 4	Bacon (2cs) 4	Smoked Salmon 8

gf - gluten free / gfo - gluten free option / veg - vegetarian

\*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOOD BORNE ILLNESS | PRICES DO NOT INCLUDE SALES TAX | PLEASE ADVISE YOUR SERVER OF ANY ALLERGIES | 20% GRATUITY IS AUTOMATICALLY ADDED FOR GROUPS OF 6 OR MORE



## COCKTAILS

- ESPRESSO MARTINI** 15  
vodka, mr black, fresh espresso
- MIMOSA** 12  
oj, orange liqueur, prosecco
- BLOODY MARY** 13  
vodka, our spectacular house made bloody mix
- BRAZILIAN SUNRISE** 15  
rum, shochu, passionfruit, grapefruit, prosecco
- BEES KNEES** 15  
gin, hibiscus, lemon, honey, sage
- ARVO DELIGHT** 13  
mezcal, campari, sweet vermouth, cynar
- WAKE ME UP & F\*\*K ME UP** 15  
tequila reposado, licor 43, fresh espresso, sea salt



- MANHATTAN TRANSFER** 13  
rye, amaro, dry vermouth, lemon oils
- PALOMA ROYALE** 15  
tequila, grapefruit, lime, agave, prosecco
- HOLE'D FASHIONED** 15  
bourbon, mr black, bitters, demerara
- TU BONITA** 15  
mezcal, pineapple, habanero, lime, cilantro

### ZERO PROOF

- LYRES AUSTRALIAN SPRITZ** 8  
bittersweet orange, rhubarb, peach, bubbles
- TOM COOLER** 8  
black tea, lemon, honey, ginger, mint

## BEERS

### DRAFT | 9

**HITW LAGER**  
Rhode Island, USA

**MONTAUK WAVE CHASER IPA**  
Long Island, NY

### TINNIES | 8

**MONTAUK DRIFTWOOD ALE**  
Long Island, NY

**EBBS PILSNER**  
Brooklyn, NY



BEER WON'T SOLVE YOUR PROBLEMS  
BUT THEN AGAIN, NEITHER WILL MILK

## SMOOTHIES & JUICE

**NUTTY ESPRESSO SMOOTHIE** 12  
banana, peanut butter, espresso, oat milk

**BREKKIE SMOOTHIE** 12  
mixed berries, banana, granola, coconut, honey, oat milk

**GREENED OUT SMOOTHIE** 12  
kale, banana, chia seeds, avocado, coconut, honey, almond milk

ADD protein to any smoothie\_2

**GRAPEFRUIT JUICE** 6

**ORANGE JUICE** 6



## WINES

### WHITE

**DOMINI DEL LEONE**  
Pinot Grigio, Venezia, Italy  
14 | 56

**DOMAINE RIMBERT UGNI GLOU**  
Uni Blanc, Loire Valley, France  
12 | 48

**GASPARD**  
Sauvignon Blanc, Loire Valley, France  
16 | 64

### BUBBLES

**TORRESELLA**  
Prosecco, Veneto, Italy  
12 | 48

**AZIMUT CAVA BRUT NATURE ROSÉ**  
Garnacha, Catalonia, Spain  
14 | 56

### ORANGE

**FRUG**  
Gruner Veltliner, Burgenland, Austria  
12 | 60

### RED

**COUJAN LA PINOT NOIR**  
Pinot Noir, Loire Valley, France  
12 | 48

**ORSOLO MONFERRATO ROSSO**  
Barbera, Piedmont, Italy  
16 | 64

**FIELD RECORDINGS FICTION**  
Zinfandel, Cabernet Sauvignon Blend, California, USA  
14 | 56

### ROSÉ

**LA PATIENCE**  
Grenache, Rhone Valley, France  
14 | 56



## COFFEE & TEA

- THE CLASSICS ↘
- BATCH (12 OZ)** 3.50
  - ESPRESSO** 4
  - AMERICANO** 4
  - ICED COFFEE** 4
  - MACCHIATO** 4
  - CORTADO** 4.50
  - FLAT WHITE | CAPPUCCINO** 5
  - LATTE** 5.25



- MOCHA** 5.50
- NUTELLA MOCHA** 6
- HOT CHOCOLATE** 5
- AUSSIE ICED COFFEE** 7.50

↙ THE FUN ONES

### EXTRAS

- Make It Iced 0.50
- Extra Shot 2
- Almond Milk | Oat Milk 0.75

THE WELLNESS ONES ↘

- CHAI LATTE** 5.50
- MATCHA LATTE** 5.50
- TURMERIC LATTE** 5.50
- ENGLISH BREAKFAST TEA** 4
- SENCHA GREEN TEA** 4
- CHAMOMILE TEA** 4
- EARL GREY TEA** 4
- LEMONGRASS TEA** 4
- PEPPERMINT TEA** 4
- ICED BLACK OR BERRY TEA** 4





## FOR THE TABLE

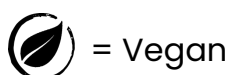
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<b>SALT &amp; PEPPER SQUID</b> shishitos, sweet chili	16
<b>TRUFFLE PARMESAN FRIES</b>  truffle oil, parmesan, garlic mayonnaise, fried parsley	12
<b>FRIED FINGERLING POTATOES</b>  rosemary garlic salt, kimchi aioli	14
<b>PORK SAUSAGE ROLLS</b> sweet chili sauce sauce	15
<b>CRISPY CHAR SIU PORK</b>  cucumber salad	18
<b>WHIPPED RICOTTA</b>  roasted golden tomatoes, salsa verde, toasted pepitas	16
<b>HOLE IN THE WALL WINGS</b> drowned in HITW special sauce	16
<b>BLISTERED BRUSSELS SPROUTS</b>  chili sauce, and herbs	15
<b>CHARRED BROCCOLINI</b>  garlic chili oil, almond crumble	14

## BOWLS

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<b>GREEN CAESER SALAD</b>  baby gem lettuce, crispy parmesan wafer, caesar dressing, green parmesan, fried parsley, crispy onions	18
<b>HITW POWER BOWL</b>  quinoa, sauteed mushrooms, roasted yams, grilled broccolini, marinated feta, cilantro, sambal emulsion, toasted seeds	19



= Vegan



= Gluten Free



= Vegetarian

WHY GET THINNA  
WHEN YOU CAN GET DINNAH

# DINNER FROM 5PM

## PASTA

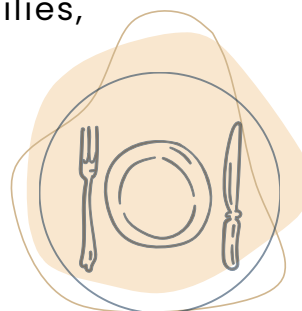
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**LEMON BROCCOLINI ORECCHIETTE**  17  
lemon pesto, capers, garlic crumb, fried parsley

**SPICY SHRIMP VODKA RIGATONI** 21  
pomodoro sauce, double cream, calabrian chilies,  
toasted garlic crumbs, fried basil

### ADD ONS


+ADD grilled chicken 7  
+ADD shrimp 8



## ENTREE

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**OG BURGER** 23  
toasted brioche bun, beef patty, double cheese, smoked bacon,  
miso onions, pickles, special sauce, french fries

**MARKET FISH**  28  
roasted mushroom medley, herb salad, sambal roasted garlic  
pangrattato

**CHICKEN PARMA** 26  
fried chicken parmesan served with mixed green salad or fries

**HITW HANGER STEAK** 34  
broccolini, roast fingerlings, shishitos, lemon gremolata

## SWEETS

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**AFFOGATO**  9  
vanilla ice cream, HITW espresso

**AUSSIE PAV**  11  
mango, strawberry,  
kiwi meringue, vanilla cream

**CHOCO BROWNIE** 11  
Baileys, dulce de leche

