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## BRUNCH

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### Harvest Plate 19

Spiced pumpkin puree, falafel, poached eggs, mushrooms & a cucumber dill salad. Topped w fetta & zaatar. Served on toasted sourdough. *GFO/VgO*

### Avo Smash (N) 19.5

w fetta, cherry tomatoes, beetroot hummus & fresh chilli. Topped w a poached egg & dukkah. Served on toasted sourdough. *GFO | VgO*

### Eggs Benny 20

Soft poached eggs & baby spinach w your choice of smoky BBQ pulled pork, smoked salmon or bacon. Served on toasted sourdough w apple cider hollandaise. *GFO*

### Middle Eastern Breakfast (N) 25

Soft poached eggs, haloumi, mushrooms, beetroot hummus, spinach, makanek sausages & sumac yoghurt. Topped w dukkah & served w toasted sourdough. *GFO*

### Granola Bowl (N) 16.5

w seasonal fruit, passionfruit coulis & Greek yoghurt. *GFO | VgO*

### Muesli Bowl (N) 14.5

w seasonal fruit, passionfruit coulis, Greek yoghurt & milk of your choice. *VgO*

### Eggs Your Way 12

on toasted sourdough. *GFO*

### Big Breakfast 24

Eggs your way, bacon, hash brown, grilled tomato, spinach, mushrooms & avocado. Served w toasted sourdough. *GFO*

### Waffles 18

w fresh berries, berry coulis, ice cream & chocolate sauce. *GFO/VgO*

### Zucchini & Sweet Corn Fritters 17.5

w crispy bacon, poached eggs & tomato relish.

### Hearty Housemade Beans 18.5

housemade baked beans in a rich tomato salsa w chorizo & poached eggs on toasted sourdough. Topped w pecorino *GFO/VgO*

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## SIDES & ADD ONS

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avocado | bacon | mushroom | hash brown | makanak sausages 5.5

smoked salmon | pulled pork | fish goujon | chorizo 5

rocket pesto | extra egg | ham | hollandaise | fetta | baked beans 3

grilled tomato | grilled haloumi | caramelised onion | spinach | beetroot hummus 3.5

saucers & spreads - honey | peanut butter | vegemite | tomato sauce | BBQ sauce | 1

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## BURGERS & FRIENDS

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### 'Shroom Burger 18.5

w a fried egg, haloumi, spinach, tomato, caramelised onion & aioli on a sesame bun. Served w sweet potato fries. *GFO | VgO*

### Pulled Pork Burger 19.5

w apple slaw, sriracha aioli & tasty cheese on a sesame bun. Served w beer battered fries.

### Veggie Burger 19.5

w a fried egg, cos, tomato, cheese & caramelised onion on a sesame bun. Served w sweet potato fries. *GFO | VgO*

### Gangsta Roll 13

Fried egg, bacon, tomato, baby spinach, cheese & aioli on a seeded bun. *GFO*

### Grilled Cubano Sandwich 18.5

w pulled pork, ham, bacon, Swiss cheese, spinach, pickled cucumber, seeded mustard & aioli. Served w sweet potato fries.

### Grilled Reuben Sandwich 17.5

w corned beef, pickled red cabbage & Swiss cheese. Served w Russian aioli & potato crisps.

### Chicken Schnitza on Turkish 19.5

w tasty cheese, cos lettuce, garlic aioli & tomato relish on a toasted Turkish roll. Served w beer battered fries.

### Bowl of Fries

Sweet potato 10  
Beer battered 9

### Buddha Bowl 16

Brown rice, cherry tomatoes, carrots, roasted zucchini, baby spinach & dried cranberries w a garlic soy dressing. Topped with pepitas & mint.

### Salad of the Week *just ask*

Add some fish goujons to szhuszh it up *add 9*

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## LI'L HOOMANS

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### Mini Smash 10.5

w fetta, cherry tomatoes & beetroot hummus on toasted sourdough. *GFO/VgO*

### Kid's Waffle 12

w ice cream & maple syrup. *GFO*

### Chicken Nuggets & Fries 11

### Fruit & Yoghurt (GF) 8

### Fish Goujons, Fries & Dippers 12.5

2 fish goujons, small fries & a selection of dippers.

### Poached Egg & Soldiers 7

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## ALLERGEN ADVICE

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Not all ingredients are listed. Let us know if you have an ALLERGY or special dietary requirement before you order. We will do our best to accommodate your needs however, we cannot guarantee the absence of allergens in our drinks due to being produced in a space that handles nuts, seeds, fish, flour, eggs, & dairy products.

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## HOT DRINKS

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### Cinos

Puppy	1
Baby	<i>free w coffee</i>

### Black Coffee

Short Blk   Espresso	3
Double Espresso   Long Blk	3.5   4   4.5

### White Coffee

Piccolo   Short Mac	3.4
Cap   Flat White   Latte	4   4.5   5
Long Mac	3.9
Mocha	4.5   5   5.5

### Hot Chocolates

Standard Hot Choc	3.5   4   5
Italian Hot Choc <i>thick &amp; rich</i>	3.5   5   6   7

### Chai

Powdered Vanilla   Spiced	3.5   4   4.5
Brewed Leaf	4.5   5   6
Matcha	4.5   5   6

### Tea

3.5 | 5

Chai | Chamomile | Darjeeling | Green |  
Earl Grey | English Breakfast | Lemongrass  
& Ginger | Peppermint | Peppermint &  
Licorice | Russian Caravan

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## TREATS & MUST HAVES

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### Cookies

Dark Choc Chip	1.5
White Choc Chip & Coconut	1.5
Almond Choc Chip (GF)	2.5
Jam Fancy (Vg)	4.5
Giant Yoyo (Vg)	5

### Biscotti (GF)

Pistachio	3.5
Almond (DF)	2.5

### Cakes & Slices

Dark Chocolate Brownie (GF)	6
Almond Blueberry Cake (GF)	6
Banana Bread	4
Muesli Slice (Vg)	4.5
Plain Croissant (Vg)	4
Almond Croissant	6.5

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## COLD DRINKS

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### Shakes

6 | 7

Banana | Blue Heaven | Caramel |  
Chocolate | Coconut | Honeycomb |  
Lime | Strawberry | Raspberry | Vanilla

### Kombucha

4.5

Black Cherry | Blood Orange |  
Kakadu Plum | Pomegranate

### Italian Soda

4.5

Chinotto | Gazzosa

### Iced

Iced Coffee   Chocolate	7   8
Iced Latte	4.5   5   5.5
Iced Chai Leaf Latte	5.5   6
Frappes - Tropical   Mango	7   8

### Water

3

Still | Sparkling

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## SMOOTHIES

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*Coconut Yoghurt & Plant Based Milks add 0.50 each*

### Green Machine

9 | 11

Spinach, Mango, Passionfruit, Coconut Yoghurt  
& Milk

### Raging Mango

9 | 11

Banana, Mango, Raspberry, Honey, Greek  
Yoghurt & Milk

### The Elvis (N)

9 | 11

Banana, Oats, Blueberry, Peanut Butter, Honey,  
Greek Yoghurt & Milk

### Californian Date Shake

10 | 12

Dates, Raw Cashews, Banana, Spices & Almond  
Milk

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## FRESH JUICES

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### Autumn Sunset

8.5 | 10.5

Orange, Pear & Pink Grapefruit.

### The Health Kick

8 | 10

Carrot, Apple, Ginger & Beetroot.

### The Classic

9 | 11

Apple, Carrot, Orange & Ginger.

### Apple | Orange

7.5 | 9.5

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# POPPY

CAFE AND PANTRY