

ALL DAY MENU

 | BURWOOD MENU

PLEASE ORDER AT THE COUNTER

TOAST WITH BUTTER AND CONDIMENTS

- Sourdough (856kj), Quinoa Soy Linseed (1419kj) 6
- Fruit Loaf (944kj), Gluten Free (856kj) 7
- with strawberry jam (+150kj) / peanut butter (+273kj) / vegemite (+35kj) (add extra condiment +0.5)

TOASTIES

- Served on milk loaf
- Cheese & Tomato (1830kj) 8
- Ham & Cheese (2010kj) 9
- Ham, Cheese & Tomato (2060kj) 10
- Chicken & Avo (3110kj) 12

EGGS AS YOU LIKE 10

- Served on sourdough toast (see extras)
- Poached (1540kj), Scrambled (2000kj), Fried (2090kj)

CHEESE MELT

- Served on rustic bread
- Mushroom & tomato ^v (1560kj) 13
- Ham & pineapple (1920kj) 13
- Chicken & avocado (2580kj) 15

HOUSE BAKED GRANOLA BOWL ^v

- Açaí berry compote, yogurt, seasonal berries, chia seeds, toasted coconut (3210kj) 16
- add extra berries (+72kj) +4**

OMELETTE ^{gfor}

- Served with rustic bread
- Mushroom, spinach and fetta ^v (1840kj) 17
- Classic ham, cheddar cheese and cherry tomato (2280kj) 17
- Smoked salmon, corn, fetta and chives (3150kj) 18

BREKKIE WRAP

- Bacon, scrambled eggs and hash brown, baby wild rocket, tomato relish, hollandaise sauce in spinach wrap (3370kj) 14
- add cheese (+276kj) +1 / avo (+994kj) +2**

SMASHED AVO DELIGHT ^v

- Smashed avo, finger lime, heirloom cherry tomato salsa, green balsamic, poached egg, grilled halloumi cheese, with toasted sourdough (4160kj) 18
- add extra egg (+345kj) +3**

BREAKFAST GNOCCHI

- House made potato gnocchi, roasted tomato, chorizo, shallot, chilli, parmesan snow, poached egg, crispy potato skin (3590kj) 19

MUSHROOMS ON TOAST ^v

- Shimeji, king brown & oyster mushrooms, spring onion, miso, smashed edamame, tempura enoki, poached egg, chilli, furikake, toasted rustic bread (2100kj) 18

SMOKED SALMON BENNY

- Vegetable fritter, smashed avo, sweet corn salsa, poached eggs, pomegranate, hollandaise, soft herbs (3020kj)
- Make it a bacon benny! swap the salmon for bacon** 18

GRILLED HALLOUMI STACK ^{v gfor}

- Spiced eggplant, heirloom tomato, kipfler potato, raisin, coriander, grilled halloumi, sautéed spinach, harissa, Spanish onion, poached egg on rustic bread (2420kj) 18

ALL THINGS GREEN ^{v gfor}

- Crispy brown rice, poached egg, avocado, edamame, broccolini, broccoli, furikake, sautéed kale with kombu sauce (2430kj) 18
- add grilled chicken (+718kj) +5**

LEAF BREKKIE ^v

- 2 poached eggs, grilled halloumi, hash browns, sautéed kale, smashed avo, mushrooms, roasted tomato with toasted sourdough (3760kj) 22

BIG BREAKFAST

- Two eggs your way, chorizo, bacon, hash browns, smashed avo, mushrooms, roasted tomato with toasted sourdough (4440kj) 22

EXTRAS

- | | | | |
|---|---|---|---|
| Poached Egg (345kj), Hash-Brown (553kj), Roasted Tomato (86kj), Ice Cream (645kj) | 3 | Grilled Halloumi (722kj), Grilled Bacon (1310kj), Grilled Chicken (718kj) | 5 |
| Sautéed Kale (67kj), Mushrooms (160kj), Avocado (994kj), Chorizo (784kj) | 4 | Smoked Salmon (561kj) | 6 |
| | | Potato Chips with aioli (2560kj) | 5 |
| | | Sweet Potato Chips with aioli (1970kj) | 7 |

^v Vegetarian option ^{gf} Gluten free ^{gfor} Gluten free on request

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700 KJ



MENU



BURWOOD MENU

PLEASE ORDER AT THE COUNTER

SALADS

ROASTED PUMPKIN SALAD ^v

Roasted pumpkin, baby wild rocket, pepita seeds, pomegranate, Spanish onion, sundried tomato, toasted pine nut, pesto dressing (1680kj) 16

add avo (994kj) **+4** **add grilled chicken** (718kj) **+5**
add grilled halloumi (722kj) **+5** **add smoked salmon** (561kj) **+6**

PAN-ROASTED PRAWN SALAD ^{gfor}

Spiced eggplant, cherry tomato, red onion, kipfler potato, crispy quinoa, harissa, soft boiled eggs, finger lime, fine herbs, crispy sweet potato (2520kj) 20

BURGERS & SANDWICHES

GRILLED CHICKEN PESTO WRAP

Grilled chicken, English cheddar, sundried tomato, baby wild rocket, grilled mushroom, smashed avo, pesto mayo in spinach wrap (3820kj) 14

B.R.A.T ^{gfor}

Bacon, baby wild rocket, smashed avo, tomato, house sweet chilli mayo on sourdough (3070kj) 14

VEGETARIAN SANDWICH ^v

Grilled halloumi, spiced eggplant, baby wild rocket, heirloom tomato, coriander, raisin, Spanish onion, sourdough (2790kj) 14

CHICKEN KATSU SANDO

Panko crumbed chicken breast, cabbage slaw, Japanese BBQ sauce, kewpie, chives, milk loaf bread, chips (4810kj) 18

MAINS

CHICKEN KATSU (SCHNITZEL)

250g panko crumbed chicken breast, cabbage slaw, chips and creamy mushroom sauce (4810kj) 18

KARAAGE CHICKEN WAFFLE

Waffle, cabbage slaw, bacon, fried egg, soft herbs, sriracha mayo, crushed berry, chilli infused maple (4670kj) 19

WAGYU BEEF BURGER

Baby wild rocket, tomato relish, bacon, cheddar cheese, chips, roasted garlic aioli (5940kj) 19

SALMON WELLINGTON

Salmon, shimeji mushroom, edamame, grilled broccolini, charred lemon, ponzu beurre blanc (3050kj) 24
(please allow a minimum of 15 mins cooking time)

KID'S MENU

Served with Kid's AJ (+420kj)

Kid's Brekkie 10
Scrambled egg, hash brown, with toast (1590kj)

Kids' Chicken Nuggets 10
with chips, tomato sauce (2650kj)

Kid's Waffle 10
with ice cream, chocolate sauce, strawberries (2780kj)

PLEASE NOTIFY STAFF OF ANY FOOD ALLERGIES.

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