

MENU



| PENNANT HILLS

PLEASE ORDER AT THE COUNTER

TOAST WITH BUTTER AND CONDIMENTS

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

EGGS AS YOU LIKE

- Served on sourdough toast (see extras) 10
Poached (1540kj), Scrambled (2000kj) or Fried (2090kj)

HOUSE BAKED GRANOLA BOWL ^v

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

BREKKIE WRAP

- Bacon, scrambled eggs and hash brown, baby wild rocket,
tomato relish, hollandaise sauce in spinach wrap (3370kj) 13
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

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

BREAKFAST GNOCCHI

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

OMELETTE ^{gfor}

- Served with rustic bread
Mushroom, spinach and fetta ^v (1840kj) 16
Classic ham, cheddar cheese and cherry tomato (2280kj) 17
Smoked salmon, corn, fetta and chives (3150kj) 17

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

EXTRAS

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

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

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) +5**

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 (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
add extra wagyu patty (+2120kj) +5

GRILLED SALMON ^{gfor}

- Smashed edamame, grilled broccolini, charred lemon,
ponzu beurre blanc (2720kj) 22

FRENCH TOAST ^v

- Espresso, whipped matcha ricotta, black sesame maple,
salted pistachios, seasonal berries (3180kj) 18
add extra ice cream (+645kj) +3

KIDS' MENU (Served with Kids' AJ)

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|-----------------------------------------------|----|
| Kids' Brekkie | |
| Scrambled egg, hash brown, with toast | 10 |
| Kids' Fried Chicken | |
| with cabbage slaw, chips, tomato sauce | 12 |
| Kids' Waffle | |
| with ice cream, chocolate sauce, strawberries | 10 |

PLEASE NOTIFY STAFF OF ANY FOOD ALLERGIES.

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

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700 KJ