

# TAKEAWAY BREAKFAST MENU



TO ORDER, CALL: **02 8090 5853**

## ALL DAY BREAKFAST

**BANANA BREAD** 5

**COCONUT MANGO BREAD** 5

**TOAST WITH BUTTER & CONDIMENTS** 5

Sourdough (856kj)

Quinoa Soy Linseed (1419kj)

Fruit Loaf (944kj)

Gluten Free (856kj)

*with strawberry jam / peanut butter / vegemite*

### TOASTIES

Cheese & Tomato (1830kj) 7

Ham & Cheese (2010kj) 8

Ham, Cheese & Tomato (2060kj) 9

Chicken & Avo (3110kj) 10

**EGGS AS YOU LIKE** 10

*Served on sourdough toast (see extras)*

Poached (1540kj),

Scrambled (2000kj),

Fried (2090kj)

### BACON & EGG ROLL

Fried bacon, two eggs with choice of sauces 10

### BREKKIE WRAP

Bacon, scrambled eggs and hash brown, tomato relish, mixed leaf, hollandaise sauce on a spinach wrap 13

### AÇAI BOWL

Acai with seasonal fruits, granola, coconut flakes 13

### CRUSHED AVO

Crushed avo, halloumi, poached eggs, and fetta on sourdough 16

### BENNY DELIGHT

Vegetable fritter, smashed avo, sweet corn salsa, poached eggs, pomegranate, hollandaise, with your choice of salmon / bacon / ham 17

### EXTRAS

Poached Egg (345kj) 2.5 Grilled Halloumi (722kj), 5

Hollandaise (503kj) 3 Grilled Bacon (1310kj),  
Hash-Brown (553kj) Smoked Salmon (561kj)

Mushrooms (160kj), 4 Chips with Aioli (2560kj) 2

Fetta (836kj) Sweet Potato Wedges 3  
Ham (364kj) with aioli (1970kj)  
Chorizo (784kj)

*Please notify staff of any food allergies.*

# TAKEAWAY LUNCH MENU



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**LEVEL UP YOUR LUNCH:** add a side of chips +2 / add a side of sweet potato chips +3

## SANDWICHES

*Also available as wraps*

### B.L.A.T.

Bacon, mixed leaf, tomato, avocado, and sweet chilli mayo 12

### VEGETARIAN

Mixed leaf, avocado, mushroom, halloumi, mayo 13

### PULLED CHICKEN

Pulled poached chicken breast, smashed avo, mixed leaf and walnuts with aioli on toasted Sachiacciata 12

### SIRLOIN STEAK

Grain-fed sirloin steak with caramelised onions, baby leaf, tomato and smokey BBQ on baguette 15

### PESTO CHICKEN

Grilled chicken breast, mixed leaf, sundried tomato, spinach onion, pesto mayo 13

### EXTRAS

Poached Egg (345kj)	2.5	Grilled Halloumi (722kj), Grilled Bacon (1310kj), Grilled Chicken (718kj), Smoked Salmon (561kj)	5
Hollandaise (503kj) Hash-Brown (553kj)	3		
Mushrooms (160kj), Smashed Avo (994kj), Fetta (836kj) Ham (364kj) Chorizo (784kj)	4	Chips with Aioli (2560kj)	2
		Sweet Potato Wedges with aioli (1970kj)	3

## GOURMET BURGERS

### METRO BEEF BURGER

House-made beef patty, caramelised onions, mixed leaf, tomato, cheese, BBQ sauce 14

### GRILLED CHICKEN BURGER

Grilled chicken breast, bacon, mixed leaf, tomato, avocado, pesto mayo 14

## MAINS

### CHICKEN PUMPKIN SALAD

Grilled chicken breast, mixed leaf, pine nuts, fetta, roasted pumpkin, avocado, orange dressing 16

### BARRAMUNDI FISH CHIPS

Crisp batter barramundi, Tartare sauce and lemon wedge 16

### CHICKEN SCHNITZEL / PARMAGIANA

Chicken schnitzel top with napolitana sauce, mozzarella cheese, and a side of chips 17

### CREAMY PASTA CARBONANA

Bacon, parmesan shaved with creamy sauce 16

*Check with us for other pasta options*

*Please notify staff of any food allergies.*