



# MENU

 | NORTH RYDE

PLEASE ORDER AT THE COUNTER

## BRUNCH

### TOAST WITH BUTTER AND CONDIMENTS

Sourdough (856kJ)	7
Soy Linseed (1419kJ)	7
Gluten Free (856kJ)	8

Served with strawberry jam (150kJ) / peanut butter (273kJ) / Vegemite (35kJ)  
**Add extra condiment +0.5**

### EGGS AS YOU LIKE <sup>V GFOR</sup>

Served on sourdough toast (see extras)	14
Poached (1540kJ) / Scrambled (2000kJ) / Fried (2090kJ)	

### BREKKIE BURGER

Bacon, fried egg, hash brown, lettuce, homemade tomato relish, tomato and aioli on a soft milk bun (2790kJ)	16
<b>Swap bacon to grilled halloumi cheese upon request (2740kJ)</b>	
<b>Add cheese (+276kJ) +1 / avocado (+994kJ) +2</b>	

### BREKKIE WRAP

Bacon, scrambled eggs, hash brown, tomato relish, lettuce and hollandaise sauce in a spinach wrap (3370kJ)	16
<b>Swap bacon to grilled halloumi cheese upon request (2440kJ)</b>	
<b>Add cheese (+276kJ) +1 / avocado (+994kJ) +2</b>	

### ULTIMATE BREAKFAST BURRITO

Chorizo & baked beans, lettuce, tomato salsa, homemade spicy mayo, pickle, avocado, melted cheddar cheese, spinach tortilla (2640kJ)	19
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### SAUSAGE & EGG BURGER

Grilled chorizo sausage patty, homemade caramelised onion & mushroom relish, pickles, special burger sauce, melted cheddar cheese, fried egg, toasted milk bun (4690kJ)	19
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### STRAWBERRY & RHUBARB BIRCHER MUESLI <sup>V</sup>

Poached strawberries and rhubarb, oats, apple, berries, coconut yogurt, homemade granola, rose petals (1420kJ)	18
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### CRUSHED AVOCADO ON TOAST <sup>V</sup>

Slow roasted cherry tomato, parsley, whipped Persian fetta, homemade chilli oil, pickled eschalots, poached eggs, toasted sourdough (2330kJ)	22
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### TURKISH EGGS

Grilled chorizo, slow roasted cherry tomato, poached eggs, lemon & dill labneh, Aleppo butter, toasted focaccia (3530kJ)	22
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### CORN FRITTERS <sup>V</sup>

Tempura corn fritters, cucumber & avocado salsa, tomato relish, poached eggs (1620kJ)	23
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### CHILLI SCRAMBLED EGGS ON CRUMPET <sup>V</sup>

Slow braised eggplant relish, chilli oil, pan roasted tomato, parsley, grilled halloumi, toasted coconut, soft herbs, toasted crumpet (2140kJ)	22
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### TRUFFLE MUSHROOM BRUSCHETTA <sup>V</sup>

Mushrooms, avocado, parsley, eschalots, garlic, thyme, truffle butter, whipped Persian fetta, fried egg, chilli oil, on a toasted focaccia (2690kJ)	23
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### OMELETTE <sup>V GFOR</sup>

Roasted mushrooms, braised tomato, parsley, mozzarella with toasted bread (2250kJ)	20
<b>Add ham (+453kJ) +4 / add chicken (+718kJ) +7 / smoked salmon (+561kJ) +7</b>	

### ROASTED CAULIFLOWER & TOMATO CHEESE OMELETTE <sup>V</sup>

Slow roasted cherry tomato, spiced cauliflower, potato, parsley, mozzarella cheese, toasted focaccia (1950kJ)	23
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### CHEESY CHORIZO & BEANS OMELETTE

Sautéed chorizo, baked beans, tomato salsa, mozzarella, parsley, toasted focaccia (3020kJ)	23
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### EGGS BENEDICT

Poached eggs, crushed avo, sauteed spinach, hollandaise, toasted homemade crumpet, fine herbs	26
<b>Choice of Salmon (2610kJ) / Bacon (2810kJ) / Halloumi <sup>V</sup> (3230kJ)</b>	

### SMOKED SALMON BENNY ON OKONOMIROSTI

Japanese style rosti, smoked salmon, poached eggs, avocado, roe, corn salsa, hollandaise, fine herbs (2430kJ)	28
<b>Swap the salmon for ham (2630kJ) or bacon (2900kJ) upon request</b>	

### BREAKFAST GNOCCHI

Homemade potato gnocchi, roasted tomato, chorizo, chilli, parsley, parmesan snow, poached egg (2810kJ)	26
<b>Swap the chorizo for chicken (2530kJ)</b>	

### BIG BREAKFAST

Two eggs your way, chorizo, bacon, hash browns, crushed avo and roasted mushrooms with toasted sourdough (4440kJ)	26
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### LEAF BREKKIE <sup>V</sup>

Two poached eggs, grilled halloumi, hash browns, mushrooms, sautéed spinach, smashed avocado and roasted tomato with toasted sourdough (3530kJ)	26
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### MIXED BERRY & BELGIAN CHOCOLATE FRENCH TOAST <sup>V</sup>

Seasonal berries, strawberry & rhubarb compote, vanilla mascarpone, belgian chocolate, ice cream, rose petals (5390kJ)	23
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### PISTACHIO FRENCH TOAST <sup>V</sup>

Whipped vanilla mascarpone, seasonal berries, pistachio brittle, vanilla ice cream, pistachio glaze, rose petals (5200kJ)	24
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### EXTRAS

Aioli Sauce (414kJ) / Chili Oil (287kJ)	1	Grilled Bacon (1310kJ) / Chorizo (1310kJ) / Grilled Halloumi (722kJ) /	6
Hollandaise Sauce (414kJ) / Hash Brown (553kJ)	3	Grilled Chicken (718kJ) / Smoked Salmon (561kJ)	7
Poached Egg (345kJ)	3.5	Potato Chips (1192kJ)	8
Sautéed Spinach / Mushrooms (160kJ) / Avocado (994kJ) / Ham (453kJ)	4	Sweet Potato Chips (809kJ)	10

### KID'S MENU

<b>Kid's Brekkie</b> Scrambled egg, hash brown and toast (1590kJ)	12
<b>Kid's Chicken Nuggets</b> With chips and tomato sauce (2650kJ)	12
<b>Kid's Cheeseburger</b> Grilled beef patty, cheese, BBQ sauce and chips (4550kJ)	16
<b>Kid's Waffle</b> With ice cream, chocolate sauce, strawberries (2780kJ)	12

<sup>V</sup>vegetarian <sup>GF</sup>gluten free <sup>GFOR</sup>gluten free on request • The average adult daily energy intake is 8700kJ  
Please notify staff of food allergies • Sorry, we can't remove or swap ingredients • 15% public holiday surcharge • Halal Chicken



# MENU

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## BURGERS & MORE

### TOASTIES

- Cheese & Tomato <sup>V</sup> (1830kJ) 10
- Ham & Cheese (2010kJ) 11
- Ham Cheese & Tomato (2060kJ) 13
- Grilled Chicken, Cheese & Avocado (3110kJ) 16

### GRILLED CHICKEN & MUSHROOM TOASTIE

- Grilled chicken breast, English cheddar cheese, chives, truffle mayo, and caramelized onion & mushroom relish on toasted focaccia (3510kJ) 19

### GRILLED HALLOUMI WRAP <sup>V</sup>

- Roasted pumpkin, avocado, crispy chickpeas, tomato salsa, eggplant, coriander, grilled halloumi, shredded lettuce, aioli on a spinach wrap (2100kJ) 19

### FAJITA CHICKEN & SALAD WRAP

- Marinated fajita chicken, grilled peppers, onion, avocado, tomato salsa, baby cos, mozzarella cheese, and homemade spicy mayo (mild) in a spinach wrap (2410kJ) 19
- Add chips (+715kJ) +4**

### VEGETARIAN BURGER

- Grilled halloumi cheese, tempura corn fritter, lettuce, tomato, caramelized onion & mushroom relish, aioli, toasted milk bun and side of chips (4530kJ) 23

### GRILLED SPICY CHICKEN BURGER (MILD)

- Grilled chicken breast, chili oil, avocado, shredded lettuce, tomato, melted cheddar cheese, aioli, toasted milk bun, chips (4150kJ) 25

### GRILLED BEEF CHEESEBURGER

- Homemade beef patty, homemade tomato relish, lettuce, tomato, pickle, melted cheddar cheese, grilled bacon and special burger sauce served on a milk bun with chips (6140kJ) 26

## SALADS

### SUPERFOOD SALAD <sup>V</sup> <sup>GFOR</sup>

- Corn, avocado, onion, chilli, tomato, crispy chickpeas, kale, edamame, cous cous, roasted pumpkin, toasted seeds, honey mustard dressing (2060kJ) 23

### ROASTED CAULIFLOWER VEGAN BOWL <sup>V</sup>

- Braised cauliflower, roasted mushrooms, harvest corn, roasted pumpkin, edamame, couscous, miso dressing (1460kJ) 22

### GRILLED TERIYAKI CHICKEN SALAD

- Grilled teriyaki marinated chicken, edamame, carrots, harvest corn, cherry tomato, mint, mixed leafy greens, Japanese style dressing (2020kJ) 23

### ROASTED PUMPKIN & GRILLED CHORIZO SALAD

- Roasted pumpkin, harvest corn, grilled chorizo, seeds, red onion, parsley, whipped fetta, lemon & dill labneh, smoky maple spicy dressing (3220kJ) 23

### ROASTED CORN & BROCCOLINI SALAD WITH CHICKEN

- Grilled chicken breast, roasted corn, grilled broccolini, corn puree, red onion, avocado, soft boiled egg, toasted seeds (2630kJ) 25

## MAINS

### FISH & CHIPS

- Crispy battered flathead fillets, chips, house salad, lemon and tartar sauce (3330kJ) 23

### GRILLED TERIYAKI SALMON SOBA NOODLE BOWL

- Grilled teriyaki marinated salmon, soba noodles, avocado, carrot, chives, cucumber, chilli, edamame, roasted sesame, Japanese style dressing (3760kJ) 31

### CHICKEN BOSCAIOLA SPAGHETTI

- Marinated chicken, bacon, mushrooms, eschalots, garlic, and chives in a rich creamy sauce with parmesan snow (1930kJ) 28

### ROASTED CHERRY TOMATO & SPINACH PASTA <sup>V</sup>

- Creamy corn puree, roasted cherry tomato, baby spinach, eschalots, chilli, garlic, parsley, spaghetti (1530kJ) 26
- Add chicken (718kJ) +7**

### SPICY GARLIC PRAWN SPAGHETTI

- Sautéed prawns, tomato, creamy garlic sauce, shellfish bisque, baby spinach, chilli, parsley, spaghetti (2430kJ) 32



LET'S BE FRIENDS

find us on socials

@leafcafeco\_northryde

### EXTRAS

- |  |     |  |    |
|--|-----|--|----|
| Aioli Sauce (414kJ) /<br>Chili Oil (287kJ)                                   | 1   | Grilled Bacon (1310kJ) /<br>Chorizo (1310kJ) /<br>Grilled Halloumi (722kJ) / | 6  |
| Hollandaise Sauce (414kJ) /<br>Hash Brown (553kJ)                            | 3   | Grilled Chicken (718kJ) /<br>Smoked Salmon (561kJ)                           | 7  |
| Poached Egg (345kJ)  | 3.5 | Potato Chips (1192kJ)  | 8  |
| Sautéed Spinach /<br>Mushrooms (160kJ) /<br>Avocado (994kJ) /<br>Ham (453kJ) | 4   | Sweet Potato Chips (809kJ)   | 10 |

### KID'S MENU

- Kid's Brekkie**  
Scrambled egg, hash brown and toast (1590kJ) 12
- Kid's Chicken Nuggets**  
With chips and tomato sauce (2650kJ) 12
- Kid's Cheeseburger**  
Grilled beef patty, cheese, BBQ sauce and chips (4550kJ) 16
- Kid's Waffle**  
With ice cream, chocolate sauce, strawberries (2780kJ) 12

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# DRINKS

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## BREW BAR

### COLD DRIP COFFEE

A slow, four to six hour extracted coffee. Sweet, liquor like flavour with low acidity. Sold in a bottle. Served on ice. (2kj) 7.5

### ESPRESSO

Ristretto (2kj) 4.2  
Short Black (2kj)  
Long Black (4kj) 4.7  
Macchiato (61kj) 4.7  
Piccolo (197kj)  
Flat White (451kj)  
Latte (541kj)  
Cappuccino (451kj)

upsized +0.8

### SPECIALTY

Chai Latte (910kj) 5  
Green Tea Latte (929kj)  
Taro Latte (1470kj)  
Red Velvet Latte (1530kj)

upsized +0.8

Babycino (133kj) 2

### BELGIAN HOT CHOCOLATE / MOCHA

We use Belgian couverture chocolate, high-quality chocolate that contains a higher percentage of cocoa.

HOT CHOCOLATE	6	MOCHA	6
White (979kj)		White (937kj)	
Milk (1250kj)		Milk (933kj)	
Dark (1080kj)		Dark (924kj)	

upsized +1.5

upsized +1.5

Decaf (2kj) / Extra Shot (2kj)	+0.6
Almond Milk (231kj) / Soy Milk (361kj) / Oat (413kj) / Lactose Free (534kj)	+0.8
<b>FLAVOUR</b>   Caramel (270kj), Hazelnut (274kj), Vanilla (274kj), Mint (280kj)	+0.8

### ORGANIC LOOSE LEAF TEA

Temperature controlled, brewed to perfection. 5.2

#### GOOD MORNING

Our luxurious take on English Breakfast Tea (2kj)

#### EARL GREY BLUEFLOWER

Ceylon Orange Pekoe Black Tea infused with bergamot (2kj)

#### GENMAICHA (KYOTO JAPAN)

Brothy Kyoto Green Tea with toasted rice (2kj)

#### SILVER JASMINE (ZHEJIANG)

Silver tipped Green Tea, infused with jasmine blossoms (2kj)

#### DOUBLE MINT

Mint & spearmint, lavender and fennel seeds to aid digestion (2kj)

#### LEMONGRASS GINGER

Lemongrass and ginger blend to restore minerals (2kj)

#### CHAMOMILE LAVENDER

A floral bouquet with sweet honey notes that soothe (2kj)

#### MASALA CHAI

Authentic Indian recipe of spices w/ Assam Tea base & honey (465kj)

<sup>df</sup> Dairy free

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700 KJ

## CHILLED BAR

### ICED ESPRESSO

Iced Long Black (4kj) 6.5  
Iced Latte (1050kj) 6.5  
Iced Coffee (1450kj) 7.5  
Affogato (729kj) 7

### BLENDED

Coffee (1700kj) 8.5  
Chai Latte (910kj) 8.8  
Green Tea Latte (908kj) 8.8  
Taro Latte (1020kj) 8.8  
Red Velvet Latte (1020kj) 8.8

BLENDED CHOCOLATE	10	BLENDED MOCHA	10
White (3020kj)		White (2110kj)	
Milk (2957kj)		Milk (2100kj)	
Dark (2900kj)		Dark (2080kj)	

### HANDCRAFTED SODA

New Zealand Golden Kiwi & Mint (860kj) 7  
Lychee (712kj) 7  
Cranberry & Lime (759kj) 7

### ORGANIC ICED TEA

**BREAKFAST LEMON MINT** | Ceylon Orange Pekoe Tea with fresh lemon juice & mint (611kj) 7.5

**LEMONGRASS & GINGER** | Caffeine-free cold tisane with fresh lemon zest (402kj) 7.5

**EGYPTIAN ICE** | Liquid Turkish delight (439kj) 7.5

### COLD PRESSED JUICE

**ORANGE** | Straight orange juice (600kj) 10

**GREEN** | Apple, pear, spinach & kale (830kj) 10

**RED** | Watermelon & strawberry (665kj) 10

### FRUITY SMOOTHIE

**AÇAÍ** <sup>df</sup> | Açai, blueberry, blackberry, banana (1420kj) 9

**PASSION TANGO** <sup>df</sup> | Pineapple, passionfruit, banana & mango (1330kj) 9

**SUMMER SUNSET** <sup>df</sup> | Pineapple, mango, strawberry & kiwi (1290kj) 9

### PROTEIN SMOOTHIE

**BERRY** | Coconut water, mixed berries, honey & vanilla protein (1410kJ) 11

**BANANA** | Banana, almonds, chia seeds, honey, & vanilla protein (1480kJ) 11

**CHOC NUT** | Peanut butter, honey & chocolate protein (1070kJ) 11

**SNAP** | Coconut water, coconut milk, banana, dates, chia seeds & whey protein (959kJ) 11

### MILKSHAKE

Chocolate (1690) / Vanilla (1540kj) / Salted Caramel (1470kj) / Strawberry (1550kj) / or Banana (1290kj) 7

WHEY Protein (502kj)	+2.5
Make it a THICKSHAKE (1290kj)	+2.5