

# EAT ME

## ☉ BREKKIE ☉ ALL DAY

- **sourdough toast / 6.50**  
choose your condiment – the usual line up  
gluten free white, charcoal & turkish options available
- **sour cherry & raisin toast / 6.50**  
*add* ricotta & honey 2.00
- **eggs your way on toast / 11.00**  
poached, scrambled or fried  
*add* sides to build a brekkie...
  - extra egg 3.00
  - ricotta / feta / roast tomatoes 3.50
  - garlic sautéed kale / avocado / hash browns (x3) 4.00
  - bacon / salmon gravlax / grilled haloumi / chorizo / confit field mushroom 5.00
- **tooty fruity fresh fruit bowl with chia / 10.50**  
*add* yoghurt 2.00  
*add* coconut yoghurt (df) 3.00  
*add* paleo muesli (df) (gf) (rsf) 3.00  
*add* granola 3.00
- **coconut & black sticky rice bowl / 17.00**  
served warm, with banana, berries, chia, shaved coconut, passionfruit curd (gf) (v)
- **sooky dooky avo smash / 19.50**  
smashed avocado & feta on sourdough,  
poached eggs, chopped bacon, house made dukkah,  
caramelised apple balsamic (contains nuts)  
*add* charcoal toast 3.00
- **super açai 5.0 smoothie bowl / 19.00**  
açai with chia, supernuts, granola, coconut,  
banana & seasonal fruit  
*add* warm peanut butter 1.00
- **brekkie bacon & egg bun / 9.50**  
double bacon, egg, cheddar cheese, bbq sauce  
*add* smashed avocado 2.50  
*add* hash brown 1.00
- **the cool hand luke brekkie burger / 15.00**  
avo, hash browns, tomato chutney, bacon, egg



- **big boy one-pan brekkie / 23.00**  
scrambled eggs, bacon, chorizo, hash browns, confit field mushrooms, grilled tomato & sourdough served in a hot skillet (no variations)
- **truffled smashed peas / 18.50**  
edamame with ricotta, caramelised apple balsamic, preserved lemon, two poached eggs, parmesan chips and prosciutto on a slice of sourdough  
*add* charcoal toast 3.00
- **summer fruits buttermilk pancakes / 19.00**  
fresh fruits & berries, lemon curd, ice cream, macadamia crumble, maple syrup (contains nuts)

## ☉ LUNCH ☉ FROM 11AM

- **the robert / 22.00**  
180g beef chuck and brisket pattie, housemade tomato chutney, aioli, pickles onions, baby cos lettuce, cheese on a lightly toasted milk bun served with beer battered chips
- **black betty / 21.00**  
karaage chicken burger on charcoal milk bun with shaved cabbage, mint, coriander, chives, dijon & chipotle aioli served with beer battered chips
- **king prawn salad / 24.50**  
aussie banana prawns with wakame, quinoa, kale, cos lettuce and sesame ginger dressing

- **signature salmon salad / 24.00**  
grilled atlantic salmon, whipped chipotle & cashew, coriander, cumin roast sweet potato, currants, cucumber, savoy cabbage, sweet corn (df) (gf)
- **chicken summertime salad / 21.50**  
grilled rosemary chicken with charred corn purée & salad of blueberry, almond, spanish onion, feta & leafy greens with a lemon poppy seed dressing (contains nuts) (gf)
- **crab linguini / 23.00**  
linguini tossed with blue swimmer crab, chilli, garlic, roast tomato sugo, baby spinach
- **vegan cauliflower tacos / \$19.50**  
tempura cauliflower & avocado with tomato, capsicum & red cabbage slaw in a flour tortilla, spiced cashew "mayo", jalapeño & fresh lime (contains nuts) (vegan) (df)
- **roasted wedge pumpkin / 17.50**  
slow roasted pumpkin with israeli pearl cous cous, tabouli, hummus, and spiced almond dust (vegan)

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**SIDES** | shoestring fries / \$5 | beer battered fries / \$6  
| sweet potato fries / \$7  
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• **sweets & treats** please see our counter display  
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## ☉ KIDS DINING ☉ *served with a fruit popper*

- **kids fruit salad - 8.00**
- **kids fried egg & bacon - 10.00**
- **junior hotcakes** with fresh berries & maple syrup - **12.00** *add* ice cream **1.0**
- **house made chicken nuggets & fries - 12.00**
- **cheese burger** with beef pattie, tomato sauce & fries - **12.00**
- **kids pasta** served with fresh tomato sauce & parmesan - **12.00**

df - dairy free | gf - gluten free | rsf - refined sugar free | v - vegetarian | vegan

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|| OPEN 7 DAYS ||

6:30AM - 3:00PM



CUPANDCOOK

# DRINK ME

## ☉ SPECIALITY BY FRIENDS OF OURS ☉

- ristretto / espresso / 4.00
- long black / 4.50
- cold batch filter / 6.00

## ☉ HOT ☉

- macchiato / piccolo / 3.80
- flat white / cappuccino / latte / chai latte / turmeric latte / mocha / 4.30
- whoopi (double ristretto 3/4 latte) / 4.30
- belgian mixed hot chocolate / 4.80
- mr potato head baby cino (served with lollies & marshmallows) / 2.50
- extra shot / soy / decaf / almond / oat / macca / mug / caramel / vanilla / hazelnut 50c extra

## ☉ LOOSE LEAF HERBAL TEAS ☉ / 4.50

jasmine green / peppermint / chamomile / lemongrass ginger / english breakfast / earl grey / malabar chai infused / 6.30

## ☉ SMOOTHIES ☉

- 'banana smoothie' with honey, cinnamon & moo / 9.00
- 'berry, berry nice smoothie' mixed berries with ice & a splash of moo / 9.00
- 'açai brekkie smoothie' acai, berries, granola & almond milk (df) / 9.50
- 'sam's super smoothie' banana, peanut butter, coconut water, protein, honey & cinnamon / 9.50



## ☉ JUICES ☉

- freshly squeezed apple juice / 9.00
- freshly squeezed orange juice / 9.00
- 'revitaliser' mixed seasonal fruit / 9.00
- 'roger rabbit' carrot, apple, lemon, ginger, turmeric / 9.00
- 'spring green' kale, apple, pineapple, cucumber / 9.00

## ☉ BEER ☉

- young henrys newtowner pale ale on tap / 8.50
- young henrys cloudy apple cider & natural lager / 8.50
- kirin tap beer / 9.00

## ☉ WHITES ☉

- veneto pinot grigio, italy
- chain of ponds, millers creek chardonnay, adelaide hills
- seesaw organic prosecco, orange

## ☉ REDS ☉

- rolf binder shiraz, barossa valley
- chain of ponds, section 400 pinot noir, adelaide hills
- petits detours rosé, france

all wines | glass / 9.50 | bottles / 37 | spirits available

Please note that during peak periods you may incur longer waiting time. We appreciate no changes to menu during peak periods. 10% surcharge applies on Public Holidays.