

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



2021 LOCKDOWN MENU

PLEASE ALLOW UP TO 20
MINUTES FOR YOUR FOOD.
ALL ORDERS MUST BE MADE
VIA THE HEY YOU APP -
DOWNLOAD IT NOW

- **big boy one-pan brekkie / 23.00**
scrambled eggs, bacon, chorizo, hash browns, con it
ield mushrooms, grilled tomato & sourdough served
in a hot skillet (no variations)
- ## ☉ 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

- **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
- **roasted wedge pumpkin / 17.50**
slow roasted pumpkin with israeli pearl cous cous, tabouli,
hummus, and spiced almond dust (vegan)
- **chicken winter vegetable soup / 14**
- **veggie frittata served with green salad / 16.50**

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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

WWW.CUPANDCOOK.COM.AU | | 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.