

all day dining.

dine in. takeaway.

- **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
- **açaí 5.0 smoothie bowl / 18.50**
açaí with chia, supernuts, granola, coconut & seasonal fruit
- **brekkie bacon & egg bun / 9.50**
double bacon, egg, cheddar cheese, bbq sauce
add smashed avocado 2.50
add hash brown 1.00
add spiced tomato relish 2.00
- **berry jelly peanut butter hotcakes / 17.00**
warm peanut butter hotcakes drizzled with berry syrup,
served in a skillet with ice cream and cream (contains nuts)
- **huevos rancheros / 17.50**
eggs baked in lightly spiced capsicum & tomato "ranchero"
sauce with blackbeans, lime and warm tortilla (v) (df)
add smashed avocado 2.50
add grilled chorizo 5.00
- **lazio brunch plate / 19.50**
charcoal toast, poached eggs, semi-dried tomato
tapenade, prosciutto, ricotta salata, sweet & sour
vinaigrette (gf)
add haloumi 5.00 *add* hash browns 4.00
- **an oriental affair / 20.00**
pulled chicken breast, shitaki dumplings, asian greens
and wild mushrooms, simmered in fragrant chicken
broth, drizzled with roast chili oil & sesame
- **this little lamb / 25.00**
warm salad of char grilled lamb backstrap, butternut
pumpkin spiked with honey & preserved lemon,
radicchio, baby beets, feta, mint & flame grilled red
peppers, agro dolce dressing (gf)

- **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)
- **the burger / 20.00**
180g charred beef pattie, spiced tomato relish, bacon,
cheddar, mizuna, kewpie mayo & fries
- **sides** shoestring fries / 5.00
sweet potato fries / 7.00
- **sweets & treats** please see our counter display

- the cup & cook top 5 favourites...**
- **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)
 - **power veg bowl / 20.00**
sweet potato, roast beetroot, kale, avocado
smash, lentil & tri quinoa salad, turmeric roasted
cauliflower, edamame, pepitas (vegan) (gf) (df)
add poached egg 3.00
add pulled chicken breast 9.00
 - **signature salmon salad / 24.00**
flaked, oven-baked atlantic salmon, whipped
chipotle & cashew, coriander, cumin roast sweet
potato, currants, cucumber, savoy cabbage,
sweet corn (df) (gf)
 - **crab linguini / 23.00**
linguini tossed with blue swimmer crab, chilli,
garlic, roast tomato sugo, baby spinach

kids dining served with a fruit popper

- kids fruit salad / 8.00
- kids fried egg & bacon / 10.00
- kids pasta served with fresh tomato sauce
& parmesan / 12.00
- junior hotcakes with fresh sugared berries
& maple syrup / 12.00 *add* ice cream \$1.00
- grilled chicken tenders & fries / 12.00
- cheese burger with beef pattie, tomato sauce
& fries / 12.00

CUP & COOK

kyle bay
ESTD 2017

WWW.CUPANDCOOK.COM.AU | OPEN 7 DAYS | 6:30AM – 3:00PM   CUPANDCOOK

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

coffee. drinks.

dine in. takeaway.

speciality by friends of ours

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

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
- 'winter green' apple, mint, spinach, cucumber, celery / 9.00

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

frappés

- greek style frappé / 7.50
- 'tropical slushie' passionfruit & mango blended with ice (df) / 8.50

cold

- iced coffee blended with ice cream, vanilla bean & whipped cream / 8.50
- iced chocolate blended with ice cream, chocolate decadence & whipped cream / 8.50
- iced mocha coffee & chocolate blended with ice cream, vanilla bean & whipped cream / 8.50
- nutella thickshake / 9.50
- big peeps sized milkshake / 6.00
- little peeps sized milkshake / 5.00
- coke / coke sugar-free / lemonade / lift / lemon, lime & bitters / 4.00
- mineral water / 4.00
- fiji still water / 4.00
- kids poppers (apple or orange) / 2.50

beer

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

whites

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

reds

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

all wines glass 9.50 / bottle 37.00 | spirits available on request

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