




MENU



**ORDER & PAY FROM
YOUR TABLE & WE'LL
BRING IT TO YOU!**

BREAKFAST

PASSIONFRUIT FRENCH TOAST _____ **\$22.0** -V
Caramelised spiced brioche french toast, topped w/ our house made passionfruit curd, meringue, seasonal berries and fruit

CREAMY MUSHROOM TRIO _____ **\$23.0** -V -GFM
Sautéed enoki, king and button mushrooms, cooked in a creamy thyme sauce, served on toasted multigrain sourdough, topped w/ pickled radish

CORN FRITTERS _____ **\$23.0** -V -GF -DF -VGM
Sweet corn fritters, served with spiced hummus, house salad and harissa sauce, topped w/ a free range poached egg
*make me vegan = change poached egg to fresh avocado

CLASSIC SMASHED AVO _____ **\$22.0** -V -VGM -GFM
Smashed avocado on toasted multigrain, roasted truss tomatoes, feta, gomasio (sesame seed) and crispy kale

EGGS

ARMORY EGGS BENNE _____ **\$18.0** -GFM
Toasted English muffin topped w/ spinach, 2 free range poached eggs & hollandaise sauce. Add on:
Smoked Salmon _____ \$6.0
Bacon _____ \$5.0

CHILLI SCRAMBLED EGGS _____ **\$21.0** -V -GFM
Free range, chilli scrambled eggs, pineapple salsa & roasted truss tomatoes, served on toasted sourdough with house made harissa sauce

BREAKFAST BURRITO _____ **\$16.5**
Grilled bacon, spinach, cherry tomatoes, free range scrambled eggs, american cheese and aioli

B&E BURGER _____ **\$16.0** -GFM
Free range fried egg, grilled bacon, hashbrown, american cheese & aioli on a toasted milk bun, served w/ harissa sauce

EGGS YOUR WAY _____ **\$14.0** -V
2 free range eggs (poached, fried or scrambled) served w/ toasted sourdough
- add some sides to DIY a big breakfast plate

SIDES

Bacon _____	\$6	Smoked Salmon _____	\$6
Avocado _____	\$5	Mushroom _____	\$5
Hash Brown _____	\$4	Spinach _____	\$4
Free range eggs / *poached (2) / fried (2) _____	\$5		
Free range eggs / *scrambled _____	\$6		

BURGERS

MIGHTY ANGUS BURGER _____ **\$21.0**
Angus beef patty w/ lettuce, american cheese, pickles and aioli on a toasted milk bun, served w/ seasoned fries

KOREAN FRIED CHICKEN BURGER _____ **\$21.0**
Spicy fried chicken coated with a sweet and spicy sauce, kimchi slaw, pickles and american cheese on a toasted milk bun served w/ seasoned fries

MUSHY BURGER _____ **\$21.0** -V -DF -VGM -GFM
Roasted field mushroom with lettuce, pickles, smashed avocado, feta & aioli on a toasted potato bun served w/ seasoned fries

ALL DAY MENU

SALAD

BUDDHA BOWL _____ **\$21.5** -VG -GF -DF *CONTAINS NUTS
Roasted pumpkin with dukkha, gomasio (sesame seed), avocado, pickled cucumber & roasted truss cherry tomato, falafels served w/ brown rice and topped w/ sesame oil.

ADD PROTEIN TO YOUR SALAD;

Fried egg _____ \$3.0 | Smoked Salmon _____ \$6.0
Grilled Prawns _____ \$7.0 | Fried Chicken _____ \$7.5

SEAFOOD

FISH 'N' CHIPS _____ **\$24.0**
Tempura battered fish served w/ seasoned fries, house salad, tartar sauce & lemon

FISH TACOS _____ **\$26.0**
2 soft tortillas filled w/ tempura fish, avocado, pineapple salsa, lettuce & aioli
*Add kimchi slaw \$3.0

FISH OF THE DAY _____ **\$29.5** -GF -DF
Grilled fish of the day, served w/ roasted broccolini, white bean mash, charred lemon & fresh dill

PASTA

CHILLI PRAWN LINGUINE _____ **\$28.0**
Fresh handmade linguine w/ seared prawns, spinach & cherry tomatoes, cooked in a chilli butter & herb sauce topped w/ fresh parmesan

CREAMY WILD MUSHROOM LINGUINE _____ **\$28.0** -V
Sautéed enoki, king & button mushrooms, cooked in a creamy thyme sauce, cooked w/ fresh linguine & topped w/ fresh parmesan

SHARE

SEASONED FRIES _____ **\$8.5** -V
Served w/ Garlic Aioli

DIETARY KEY
V= VEGETARIAN | GF = GLUTEN FREE | VG = VEGAN | DF = DAIRY FREE
VGM = VEGAN W/ MODIFICATION | GFM = GLUTEN FREE W/ MODIFICATION

|- PLEASE NOTE OUR KITCHEN CLOSSES AT 2PM DAILY
|- PLEASE ADVISE STAFF OF ANY ALLERGIES/DIETARY REQUIREMENTS.
|- WE MAKE FRESH FOOD NOT FAST FOOD PLEASE ALLOW MINIMUM 20MINUTES+ DURING PEAK SERVICE PERIODS.
|- ALL ITEMS ARE SUBJECT TO AVAILABILITY

HOT DRINKS

GRINDERS COFFEE REGULAR	\$4.8
Cappuccino Latte Flat White Long Black	
LOOSE LEAF TEA	\$5.0
English Breakfast Earl Grey Green Peppermint Chai Chamomile	
BONDI CHAI LATTE	\$5.0
CADBURY MILK HOT CHOCOLATE	\$5.0
CADBURY MILK MOCHA	\$5.5

EXTRAS

ALTERNATE MILKS BY MILKLAB	\$1.0
Almond Soy Oat Lactose Free	
FLAVOURED SYRUPS EXTRA SHOT	.70C
Vanilla Caramel Hazelnut Coffee Shot Decaf	
LARGE / UPSIZE	.70C

ICED

ICED COFFEE	\$8.0
Two coffee shots, milk, ice cream, ice & whipped cream	
ICED CHOCOLATE	\$8.0
Chocolate syrup, milk, ice cream, ice & whipped cream	
ICED LATTE	\$6.5
Two coffee shots, milk & ice	
ICED LONG BLACK	\$5.5
Two coffee shots, water & ice	
ICED MOCHA	\$8.5
One coffee shot, chocolate syrup milk, ice cream, ice & whipped cream	
ICED CHAI LATTE	\$7.0
Chai syrup, milk & ice	

COLD

MILKSHAKES	\$7.5
Chocolate Strawberry Vanilla Caramel Banana Coffee	
SMOOTHIES	\$8.5 -DF
PASSION PUNCH	
Mango, passionfruit & pineapple	
COCO BERRY	
Strawberry, lychee & coconut water	
SOFT DRINKS	\$4.5
Coke Coke Zero Fanta Sprite Lift	
SODA BOTTLES	\$4.7
Lemon, Lime & Bitters Ginger Beer	
FUZE ICE TEA	\$4.7
Peach Lemon Mango	

JUICE

COLD PRESSED JUICES	\$8.0
ANTIOX	
Apple, raspberry, passionfruit & rhubarb	
ROOTS	
Apple, beetroot, lemon & ginger	
ENERGISE	
Pineapple, spinach, cucumber, silver beat, lettuce, lime & mint	
BOTANICAL	
Apple, spinach, kale, celery, lettuce, cucumber, lemon & ginger	
IMMUNITY	
Orange, carrot, pineapple, celery, lemon & turmeric	
TROPICAL BLISS	
Orange, mango, passionfruit & lucuma	
PURE ORANGE	
100% Pure Australian valencia oranges	
CLOUDY APPLE	
100% Pure Australian Apples	

ALCOHOL

WINE	GLASS/\$9.5 BOTTLE/\$32.0
Sauvignon Blanc - Adelaide Hills, SA - 2020 (11.5%)	
Pinot Gris - Mornington Peninsula, NSW - 2019 (12.5%)	
Riesling - Clare valley, SA- 2019 (12%)	
Chardonnay - McLaren Vale, SA - 2019 (13.5%)	
Moscato - Margaret River, WA - 2018 (7%)	
Rosé - Buronga, NSW - 2022 (12%)	
Sparkling - Adelaide Hills, SA - 2019 (14%)	
Pinot Noir - North Canterbury, NZ - 2017 (14%) (BY THE BOTTLE ONLY)	
Shiraz - Clare Valley, SA - 2021 (14.5%) (BY THE BOTTLE ONLY)	
BEER	\$9.0
Feral Biggie Juice IPA (6%)	
Hahn Premium Light (2.5%)	
Asahi Super Dry Lager (5%)	
Corona (4.5%)	
Pure Blonde (4.2%)	
Great Northern Super Crisp (3.5%)	
James Squire One Fifty Lashes - Pale Ale (4.2%)	
CIDER/PREMIX	\$9.0
Rekorderlig Strawberry & Lime *Low Sugar (4%)	
Apple Cider James Squire Orchard Crush (4.8%)	
Canadian Club Summer - CC & Dry (4.2%)	

KIDS

BREAKFAST

EGGS & SOLDIERS	\$12.0	-V
Scrambled eggs w/ toasted sourdough slices		
PANCAKE STACK	\$12.5	-V
Served w/ toasted marshmallow, seasonal berries and maple syrup.		
*Add whipped cream \$1.5		
*Add ice cream scoop \$2.0		
MINI SMASH	\$11.0	-VG -GFM
Toasted sourdough topped w/ smashed avocado & cherry tomatoes		

LUNCH

EASY CHEESY PASTA	\$11.0	-V
Pasta w/ napolitana sauce & lots of cheese		
CHEESEBURGER	\$16.0	
Beef patty, cheese & tomato sauce, served w/ seasoned fries		
CHICKEN CHUNKIES	\$12.5	
Chicken nugget pieces w/ tomato sauce, served w/ seasoned fries		
FISH 'N' CHIPS	\$13.0	
Fish fillet w/ tartar sauce, served w/ seasoned fries		

DRINKS

KIDS MILKSHAKES	\$4.5
Chocolate Strawberry Vanilla Caramel Banana	
*Make me loaded, top with whipped cream \$1.0	
BABY CINO	\$2.5
Warm frothy milk topped w/ 100s&1000s & a marshmallow	
KIDS JUICE	\$4.5
Apple or Orange or Pineapple	