### **BREAKFAST**

ROSTI STACK \$23.50 Sweet potato, zucchini, potato and sweet corn rostis served with house salad, hummus and a poached egg. V-LGF-VGM \$22.50 MORNING TREAT Croffle, chocolate soil, berries and banana, chocolate and caramel sauce served with vanilla bean ice-cream topped with fairy floss. \$23.50 **ULTIMATE MUSHROOMS** Roasted king, oyster and portobello mushrooms with roasted garlic spread on toasted multigrain sourdough served with balsamic glaze, pepitas and sesame gomasio topped with truffle oil. V-GF-VGM THE SMASH AVO \$22.50 Smashed avocado, tomatoes, pepitas, sesame gomasio, feta, radish, balsamic glaze served on multigrain sourdough.V-GFM-VGM ARMORY EGGS BENNY \$18.50 2 free range poached eggs with fresh spinach on toasted English muffins topped with hollandaise sauce. V-GFM ADD ON: Portobello Mushrooms \$5 | Avocado \$5 | Smoked Salmon \$6 | Ham \$5 | Bacon \$6 CHILI CRAB SCRAMBLE CROISSANT \$25.50 Crab meat scrambled eggs served with sriracha mayo, pickled chilli, prawn crackers, crispy shallot and fresh coriander on a toasted croissant. \$16.50 BREAKFAST WRAP Scrambled eggs, ham, tomatoes, spinach, aioli and cheese wrapped in a toasted tortilla. \$18.00 BLT Bacon, lettuce, aioli, tomatoes on toasted sourdough topped with freshly grated parmesan. GFM \*\*Make me a **BLAT** add avocado \$5 \$15.00 EGGS YOUR WAY 2 free range eggs, your choice of poached, fried, or scrambled served with toasted sourdough. V-GFM

#### SIDES -

Bacon \$6 | Smoked Salmon \$6 | Avocado \$5 | Portobello Mushrooms \$5 | Ham \$5 | Hash Browns \$4 | Extra Egg \$3 | Spinach \$4

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## **LUNCH**

ANGUS BURGER  Angus beef patty, lettuce, tomatoes, pickled cucumber, aioli and american cheese on a toasted milk bun served with seasoned fries.	\$23.00
<b>CROFFLE + CHICKEN</b> Southern fried chicken with spicy slaw, pickled zucchini on a croffle served with sriracha mayo and maple soy sauce.	\$24.00
<b>VEGO BURGER</b> Smashed avo, veggie patty (sweet potato, potato, zucchini and sweet corn), lettuce, pickled cucumber and american cheese on a milk bun served with seasoned fries. V-LGFM-VGM	\$21.50
POKE  Marinated Tofu in maple soy sauce, edamame, carrot, slaw, raddish, avo in sesame dressing served with brown rice. V-VEG-GF  ADD ON: Fried Egg \$3   Smoked Salmon \$6    Grilled Chicken \$7.50   Panko Prawns \$8	\$21.50
<b>PRAWN TACOS</b> Two soft tortillas with panko prawns, slaw, pineapple salsa, sriracha mayo, pickled chilli and coriander.	\$26.00
LAMB KOFTA & CAULIFLOWER SALAD Grilled lamb kofta (2 pieces) served with turmeric cauliflower, roasted onion, parsley, spiced chickpea, topped with lemon tahini dressing.	\$25.00
GRILLED MISO SALMON Roasted miso marinated skinless salmon served with soba noodles, carrot, edamame, radish and pickled ginger in sesame dressing GFM	\$30.00
CHICKEN PESTO PASTA  Penne Pasta with sun dried tomatoes and spinach in a pesto sauce served with grilled chicken breast and topped with freshly grated parmesan.  *served cold*	\$23.00
SEASONED FRIES Served with Garlic Aioli	\$9.50
TRUFFLE FRIES Seasoned fries with truffle oil and freshly grated parmesan & Garlic Aioli	\$12.00
<b>ARANCINI</b> Six arancini balls served with sriracha mayo and topped with grated parmesan. V	\$16.00

### **BEVERAGES**

GRINDERS REGULAR COFFEE Cappuccino   Latte   Flat White   Long Black	\$4.80
LOOSE LEAF TEA English Breakfast   Earl Grey   Green   Peppermint   Chai   Chamomile	\$5.00
BONDI CHAI LATTE	\$5.00
CADBURY MILK HOT CHOCOLATE	\$5.00
CADBURY MILK MOCHA	\$5.50
ALTERNATE MILKS Almond   Soy   Oat   Lactose Free	\$1.00
EXTRAS Upsize   Extra Shot   Decaf   Flavored Syrups - Vanilla, Caramel, Hazelnut	\$0.70ea
ICED COFFEE Two coffee shots, milk, ice cream, ice and whipped cream	\$8.00
ICED CHOCOLATE Chocolate syrup, milk, ice cream, ice and whipped cream	\$8.00
ICED LATTE Two coffee shots, milk, and ice	\$6.50
ICED LONG BLACK Two coffee shots, water and ice	\$5.50
ICED CHAI Chai syrup, milk & ice	\$7.00
MILKSHAKES Choice of Chocolate, Strawberry, Vanilla, Caramel or Banana	\$7.50
SMOOTHIES PASSION PUNCH: Mango passionfruit & pineapple COCO BERRY: Strawberry,lychee & coconut water	\$8.50
COLD PRESSED JUICE  ANTIOX - Apple, raspberry, passionfruit & rhubarb IMMUNITY - Orange, carrot, pineapple, celery, lemon & turmeric TROPICAL BLISS - Orange, mango, passionfruit & lucuma	\$8.00
ENERGISE - Pineapple, spinach, cucumber, lemon & ginger PURE ORANGE - 100% pure Australian valencia oranges CLOUDY APPLE - 100% pure Australian apples	SCAN HERE TO ORDER ONLINE

We make fresh food not fast food during peak service periods please allow 20-30 minutes for food. Please note that our menus are subject to change without notice. Not all ingredients are listed on the menu. Please make staff aware of any dietary requirements when ordering. Please be aware that our menu contains allergens and is prepared in a kitchen with these allergens. Note our kitchen closes at 2pm daily

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### ALCOHOLIC BEVERAGES

WINE Glass \$9.50

Sauvignon Blanc - Adelaide Hills, SA - 2020 (11.5%)

**Bottle** \$32.00

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%) \*Bottle only

Shiraz – Clare Valley, SA – 2021 (14.5%) \*Bottle only

**BEER** \$9.00

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 \$9.00

Rekorderlig Strawberry & Lime \*Low Sugar (4%)

Apple Cider James Squire Orchard Crush (4.8%)

Canadian Club Summer - CC & Dry (4.2%)

### KIDS MENU

SWEET TREAT CROFFLE	\$15.00
Housemade croffle with berries, cream, maple syrup & fairy floss	
KIDS CIRCLE TOAST  Toasted English muffin  ADD: Fried Egg \$3   Avocado \$5   Smoked Salmon \$6    Ham \$5   Bacon \$6	\$7.50
KIDS DIY WRAP  Mini tortilla with double smoked ham, grated cheese, carrot and mixed lettuce	\$11.00
KIDS CHEESEBURGER Beef patty, cheese & tomato sauce served with seasoned fries	\$16.00
KIDS CHICKEN CHUNKIES  Chicken nugget pieces with tomato sauce and seasoned fries	\$13.00
KIDS FISH 'N' CHIPS Battered fish with tartar sauce and seasoned fries	\$13.00
KIDS CHEESY BALLS Cheesy risotto balls served with tomato sauce	\$13.50
KIDS DRINKS	
KIDS MILKSHAKES  Chocolate   Strawberry   Vanilla   Caramel   Banana  *Make me loaded top with whipped cream \$1.00	\$4.50
BABY CINO Warm frothy milk topped with choc and a marshmallow on the side	\$2.50
KIDS JUICE Apple   Orange   Pineapple	\$4.50