

THE GROUNDS

COFFEE ROASTERY

At The Grounds, we have a clear dedication to quality and a passion for produce. This is evident throughout this seasonally driven menu - jam-packed with original selections and created using the finest ingredients.

From our rich, fragrant coffee and superb bakery delights to nourishing breakfast, brunch and lunch offerings, The Grounds team is devoted to pushing the boundaries of ingredients and reinventing the classics - to deliver perfect flavour combinations that take your palate to amazing new places.

This menu is bursting with rustic, wholesome food, borne of a paddock-to-plate philosophy. It has been created with love; to share with you our unrivalled passion for quality and to celebrate good food bringing people together under one roof.

Welcome to our home. Welcome to The Grounds.

COFFEES

BREAKFAST

UNTIL 11:45AM

ON THE LIGHT SIDE

- OUR SIGNATURE AVOCADO** (*add poached eggs*) 16
Avocado, heirloom tomato, feta, pomegranate, za'atar, garden mint and micro herbs with The Grounds signature bread
- EGGS ON TOAST** 12
Two eggs; poached, scrambled or fried with The Grounds signature sourdough
- TOAST FROM THE GROUNDS BAKERY** 7
Toasted and served with The Grounds seasonal jams
- BANANA BREAD** 9.5
Our regulars go bananas for this bread, topped with vanilla & blossom honey mascarpone, sliced banana and berries
- BIRCHER MUESLI** (*df on request*) 11
Rolled organic oats, dried apple, dried barberries, toasted almonds, puffed quinoa, grilled banana, berry compote, agave syrup and an dollop of yoghurt
- GROUNDS SEASONAL FRUIT** (*gf*) 10.5
Passion fruit, watermelon, pineapple, black grapes, rock melon, strawberries, honey dew, blueberries, raspberries, chia seeds and low fat vanilla yoghurt
- HIRAMASA KINGFISH** (*df*) 17
Ceviche of kingfish with avocado, fresh lime, chilli, coriander and seeded toast
- SOUTH AUSTRALIAN SMOKED SALMON** (*gf*) 17
Enjoy this title dish with companions that include soft free range egg, saffron labne, soft herb salad, beetroot and The Grounds signature cashew dukkah

EXTRAS

THICK-CUT BACON	5	SMASHED AVOCADO	4
SPICY LAMB MERGUEZ SAUSAGE	5	MANCHEGO CHEESE & SOFT HERB CROQUETTES	5
SMOKED SOUTH AUSTRALIAN SALMON	4.5	CHERRY TOMATO & MICRO BASIL SALAD	4
MUSHROOMS pan fried	4	with extra virgin olive oil	
POLENTA CHIPS	5	GROUNDS SIGNATURE BREKKIE BEANS	4
<i>The Grounds family favourite</i>			
SOFT-POACHED FREE RANGE EGG	2.5		

COFFEES

SUBSTANTIAL EATS

THE BREKKIE BOARD 22

Two free range soft-poached eggs, chicken sausage, heirloom tomatoes, sliced avocado, smoked salmon, marinated persian feta, grilled asparagus and sourdough

CHEF'S BREKKIE PAN 19

Two free range soft-poached eggs, kassler bacon, roast roma tomatoes, button mushrooms, chicken chipolatas, hollandaise and baby Italian loaf

HEALTHY PLATE (gf) 20

Rise and shine with The Grounds gluten free granola, vanilla bean organic yoghurt, fresh mixed seasonal berries, grapes, rambutan, selected nuts, dried organic mango crisps, fresh mango and a kale juice shot

THREE-CHEESE OMELETTE 16

Free range eggs, cheddar, gruyere, parmesan and grilled asparagus with sourdough

BERRY HOTCAKE (gf) 19

An instant classic, dishing up a berry hotcake with vanilla infused mascarpone cheese, blueberry & strawberry salad, puffed quinoa, micro basil and agave syrup

GROUND'S BAKED EGGS 18

Two free range eggs baked in a skillet with a rich tomato sauce, buffalo mozzarella, white beans, dried cherry tomatoes and salsa verde

BREAKFAST BURGER 17

Bacon, fried egg, avocado, lettuce, cheese, tomato relish and smoky mayo on a brioche bun with a side of polenta chips



I'M FREEEE!

Our eggs come from happy birds that are

- ✓ **FREE of hormones**
- ✓ **FREE of antibiotics**
- ✓ **FREE from the cage!**

BRUNCH & LUNCH

FROM 12PM

BREAKFAST BURGER	17
Bacon, fried egg, avocado, lettuce, cheese, tomato relish and smoky mayo on a brioche bun with a side of polenta chips	
OUR SIGNATURE AVOCADO	16
Avocado, heirloom tomato, feta, pomegranate, za'atar, garden mint and micro herbs with The Grounds signature bread	
OCEAN TROUT CRUDO (gf)	18
Ocean trout served raw, mixed with avocado, ricotta, chilli, black sesame, snow pea tendrils and lemon	
POACHED EGGS ON TOAST	12
Classic poached eggs served on The Grounds signature sourdough	
THE GROUNDS BREAD PAN FOR TWO	11
Crusty white bread served with rosemary-infused extra virgin olive oil	
CRAB BRUSCHETTA	20
Fresh picked crab, grilled seeded bread, lime aioli, sliced avocado and dressed wild rocket	
GRILLED PRAWN FATTOUSH (df)	19
Char-grilled prawns with our fattoush salad packed with fresh chopped tomatoes, parsley, cucumber, mint, sumac and toasted flatbread	

BRUNCH EXTRAS

THICK-CUT BACON	5
MUSHROOMS pan fried	5
POLENTA CHIPS <i>The Grounds family favourite</i>	5
SOFT-POACHED FREE RANGE EGG	2.5
SMASHED AVOCADO	4.5

LUNCH SIDES

CRUNCHY BATTERED CHIPS chilli mayo & salt	7
GROUNDS GARDEN SALAD	6
STEAMED SEASONAL GREENS	7

COFFEES

THE 'GROUND' BURGER	19
Ground beef brisket, cheese, lettuce, dill cornichon and mayo on a toasted brioche bun, served with crunchy battered chips	
LAMB RAGOUT PAPPARDELLE	19
Slow cooked lamb shoulder in white wine, tomato & herbs, with pasta ribbons, peas, freshly picked mint from the garden and grated parmesan	
ROASTED SALMON FILLET (df, gf)	22
Atlantic salmon fillet, chilli crab rosti, pickled zucchini, purple carrots, celery, popcorn sprouts and chilli mayo	
CHICKEN SCHNITZEL BURGER	21
Crispy free range chicken breast, slaw, vine ripened tomato, rocket and mustard aioli in a pretzel bun with crunchy battered chips	
CHAR-GRILLED STEAK SANDWICH	18
Pasture fed sirloin steak, cheddar cheese, tomato, grilled Spanish onion, horseradish aioli and rocket on toasted vienna bread	
POACHED FREE RANGE CHICKEN SALAD (df, gf)	21
Chicken breast, grilled peaches, jalapeno, bocconcini, avocado, radicchio, sprouts and chilli dressing	
ORGANIC CHICKPEA & BABY EGGPLANT SALAD (gf)	16
Marinated chickpeas, grilled eggplant, mint, red capsicum, goats curd, baby beetroot, chickpea shoots and turmeric viniagrette	
SUMMER BEEF SALAD (df, gf)	18
Braised beef with anise & black vinegar, mango, snow pea tendrils, chilli, dutch carrot, coriander, daikon and roasted peanuts	

LITTLE ONES

FROM 12PM

KIDS' CHEESEBURGER	12	KIDS' CRISPY CHICKEN	12
Baby beef burger with cheese, tomato sauce & mayo on a freshly basked brioche bun and served with chippies		Battered tenderloins with chippies & tomato sauce	

COFFEE ROASTERY

ESPRESSO

ASK ABOUT OUR DAILY SELECTION OF ROASTED BEANS

3.8

RISTRETTO
ESPRESSO
LONG BLACK

Sm **4**

Lrg **5**

+50c
extra shot

LATTE
FLAT WHITE
CAPPUCCINO
MACCHIATO
PICCOLO

ALL BLACK COFFEES
ARE THE GROUNDS

SINGLE ORIGIN

COFFEE



OTHER DRINKS

DECONSTRUCTED
HOT CHOCOLATE 7

DECONSTRUCTED MOCHA 7.5

CHAI LATTE 6

ICY LATTE 7

Seasonal brewed coffee with
cold whipped milk

AFFOGATO 7

House-made tiramisu ice-cream
with milk chocolate crust and
espresso, finished with natural
popping candy

COFFEES

BARISTAS FAVOURITES

FILTER COFFEE



BARISTAS FAVOURITES

COFFEE TASTING BOARD FOR TWO 15

A selection of filter coffees showcasing The Grounds single estate/origin coffee. A unique sensory experience for the palate and a great appreciation of filter coffee

DECONSTRUCTED ICED COFFEE 8

House blend coffee shot, cold brewed coffee ice, sugar syrup with milk



AEROPRESS 7

A unique hand-operated filter coffee. Using the 'inverted' method, this process produces a clean & deliciously juicy coffee with a rounded body. The Aeropress offers a fresh take on filter coffee



COLD DRIP 7

An ancient Japanese method. Using the Oji cold drip tower, cold filtered water is set to drip over coffee grounds for eight hours to deliver a brew that's syrupy, rich in flavour and very low in acidity



POUR OVER 7

The pour over filter method results in an incredibly clean cup with superb clarity. Uses a Kalita 102 dripper and a gooseneck kettle to delicately "pour over" the coffee grounds

FRENCH PRESS 7

This classic plunger delivers a brew full of body & flavour. Using a coarse grind and a long brew time, we can develop boldness & richness in the cup

REFRESHMENTS

ORGANIC TEAS

POT OF LOOSE LEAF TEA  4

ENGLISH BREAKFAST

Blended from high quality single origin leaf, our unique breakfast tea sets a new standard in morning sipping. Bright, high-grown Ceylon, rich & malty Assam and complex Yunnan create this stimulating wake-up cup

EARL GREY

Our unique blend combines a feisty Assam leaf, Ceylon and Keemun, with essence of bergamot. Bright, citrus notes predominate to give a fresh take on an old classic

ORGANIC CHAI

This is the authentic recipe for Indian spiced tea, combining both ground and hand crushed whole spices with a robust Assam tea for strength and colour in milk. Warming, tantalising and highly addictive; the ultimate spiced chai

PEPPERMINT

Highest-grade peppermint leaves grown in the pristine organic gardens of Australia's very own country Victoria, with exceptional aromatic qualities. Cleansing, clearing and a digestive

LEMONGRASS & GINGER

Healing blend of calendula petals, lemongrass, mint and fennel seeds. A delicious, uplifting infusion to strengthen the constitution and restore balance.

GUNPOWDER GREEN

Gunpowder green tea, or Lo Chu Cha, is the most assertive green tea in the range. Slightly smoky with a full, stimulating flavour and lingering finish. A versatile all-day tea that complements spicy Asian flavours as well as Middle-Eastern sweets



LIMITED TEAS

ASK OUR FRIENDLY STAFF
TO TEE UP SOME MORE
REFRESHING TEA TIME
OPTIONS



COFFEES

CHILLED DRINKS

SUPER CHOCOLATE & HAZELNUT SHAKE 8.5

COCONUT FIZZ 7
Fresh coconut, lime, fresh mint and soda

POMEGRANATE POP 7
Refreshing pomegranate, molasses and soda

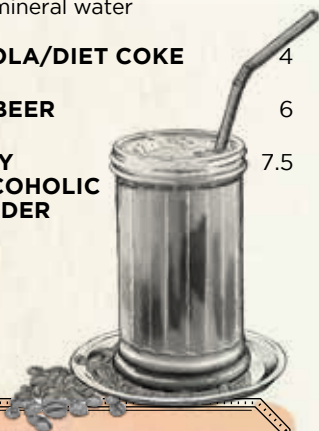
ORANGE TWIST 7
Orange, clove and cardamon soda with added vitamin c

MINERAL WATER 3.5/7.5
250mL/750mL still or sparkling mineral water

COCA-COLA/DIET COKE 4

GINGER BEER 6

HILLBILLY NON-ALCOHOLIC APPLE CIDER 7.5



KIDS' DRINKS

FRESH OJ 6

CHOCXY & HAZELNUT SHAKE 6.5

The chocciest, hazelnuttiest shake in town

FRESHLY SQUEEZED JUICES

PINEAPPLE, WATERMELON AND PASSIONFRUIT 8

CUCUMBER APPLE, GINGER & MINT 8

STRAIGHT UP ORANGE 7.5

SMOOTHIES

BANANA 8.5
Legendary since 2012, enough said

MANGO 8.5
Fresh ripe mango, dried mango and natural low-fat yoghurt with the goodness of chia & flax seeds

BERRY (df) 8.5
Enlivening mix of berries, coconut flesh, coconut water and frozen coconut yoghurt

GROUNDS GREEN (df) 8.5
Unrefined nourishment; kale, celery, spinach, banana, avocado, lotus seeds and almonds

ADD PROTEIN POWDER 2

THE GOODS

EAT HERE OR TAKE HOME TO THE FAMILY

BAKERY

ANY LOAF FOR 6 OR TWO FOR 10

ASH WHITE SOURDOUGH

Everybody's favourite white sourdough! With exceptional character & complexity, this sourdough has been left to rise for over 18 hours to allow flavour development

BAMBOO CHARCOAL LOAF

An innovation of the European sourdough. Bamboo charcoal has been added to this family favourite to give its distinctive jet black appearance

OLIVE & ROSEMARY

Plump with olives, smooth & round, with rosemary that is picked from The Grounds garden every day. Freshness at its bes

FIG & WALNUT

The ultimate combination of chewy & light. With 20 hours of prep time per loaf, this fave is loaded with sweet figs and contrasted by the crunch of Californian walnuts

LENTIL DU PUY

A versatile loaf, packed with French du puy lentils, yellow mung beans and red lentils. With a thick blonde crust and light crumb, this bread has a warm, earthy flavour

PIGEON SEED

An aromatic loaf with distinctive & refreshing flavour, hits from fennel. Closely related to the soy bean, pigeon pea gives this fragrant loaf a great dimension

WHOLEMEAL BREAD

Baked with our own blend of organic wheat flour & wholemeal flour, this low-GI loaf is sturdy in flavour with a chewy dough and tangy undertones

THE GROUNDS GROCER

HOUSE-MADE SEASONAL FRUIT JAM (Small/Large) 6.5 /12

SEASONAL BLEND COFFEE 14
A rich, full flavoured & versatile blend suited to all espresso based applications

SINGLE ORIGIN COFFEE (Filter/Espresso) MARKET PRICE
Carefully selected seasonal varieties, well suited to black coffees

GROUNDS GLUTEN FREE GRANOLA 17

GROUNDS LIGHTLY TOASTED GRANOLA 15

COFFEES

PÂTISSERIE

CAKES AND TARTS



ALL 7

PASTRY TRAY 18

TRY THREE OF OUR
ALL TIME FAVOURITES

STRAWBERRY TARTLET

Shortbread base with vanilla custard and fresh strawberries

MIXED FRUIT TARTLET

Shortcrust base with vanilla custard and mixed fresh fruit

LIME & MERINGUE TARTLET

Lime crèmeux and shortbread base with Italian meringue

SALTED CARAMEL & CHOCOLATE TARTLET

Short pastry, salted caramel with milk chocolate ganache

PISTACHIO, OLIVE OIL & POLENTA CAKE (gf)

Pistachio, olive oil & polenta gluten free cake with strawberry confit

PASSIONFRUIT CHEESECAKE (gf)

Polenta & lemon biscuit with passionfruit cream cheese, passionfruit coulis

ROYAL CAKE

Hazelnut dacquoise with crunchy almond base and milk chocolate mousse

MILLEFEUILLE

Vanilla cream sandwich between layers of puff pastry

CROQUEMBOUCHE

Profiteroles filled with vanilla custard and coated with toffee

“AMANDINE” TART

Biscuit base with almond cream and fresh seasonal fruit

CHOCOLATE BROWNIE

Dark chocolate brownie with toasted walnuts, peanuts and dark chocolate ganache

TAKE A BOX HOME

(OR TRY NOW)

1	for	7
3		20
6		36
12		70

PASTRIES



ALL 5

CROISSANT

CHOCOLATE CROISSANT

ALMOND CROISSANT

CUSTARD FILLED DANISH (Seasonal fruits)

BRIOCHE (Plain, custard, custard & fruit)

PASTRY SNAILS (Cinnamon, plain, hazelnut)

COOKIES

THE GROUNDS

THE GROUNDS

CAFE

Discover a dedication to quality and passion for produce in every aspect of The Café, from the finest coffee and daily baked breads; to our abundant garden overflowing with fresh produce.



A place to meet, eat, drink and relax. Full of hanging plants, terracotta pots and timber beams. Honest food and hearty ingredients meet hungry mouths and good-natured banter. Craft beers on tap, great tasting wines and unique cocktails.

THE GROUNDS

COFFEE ROASTERY

The Grounds Roastery stands by its code to Perfect and Serve. With an ever-evolving roasting approach that continues to produce a high quality coffee for our café and wholesale customers.

THE GROUNDS COFFEE ACADEMY

EST. • TO PERFECT & SERVE • 2012

From a rich knowledge base of award winning baristas and coffee roasters, the Coffee Academy is committed to educating our customers and staff alike, in the art of coffee.

EVENTS *at* THE GROUNDS

The Grounds events team creates truly memorable experiences for a variety of occasions. From large-scale soirees through to intimate celebrations.



Festooned with greenery, this romantic events space is Parisian inspired with a rustic nursery tone. Featuring wooden tables & bentwood chairs, brass finishes and green accents.

THE GROUNDS

GARDEN

Creeping vines, bountiful greenery and a generous scattering of fairy lights throughout the garden, creates an inner-city sanctuary. By day, brimming with activity of the BBQ and farmyard, by night the ultimate events space.



Hidden behind a huge door, The Lock In offers an events space for guests and their friends to escape the humdrum of the day and unwind without disruption. It's a place where staff takes your coat and you can take your time.