

BREAKFAST

FRUITS *and* GRAINS

- 5 GRAIN & ALMOND PORRIDGE.** 18
Poached rhubarb & vanilla yoghurt
- THE GROUNDS GRANOLA** 18
Mixed berry compote & macadamia yoghurt
- FRESH CUT FRUIT SALAD.** 19
Lime, mint & coconut yoghurt

Quick and easy

- BANANA BREAD** 12
with vanilla mascarpone
- COCONUT BREAD** 12
with berry compote
- DANISH PASTRY** 12
with rhubarb & custard
- ALMOND CROISSANT** 12
with citrus, pomegranate,
honey & cinnamon yoghurt

THE *Classics*

- SMASHED AVO ON TOAST** 21
Feta, tomato, radish & lemon dressing,
zaatar & chilli
ADD - POACHED EGG +3
VEGAN | GF | DF ON REQUEST
- PANCAKES** 21
Maple ricotta & berry compote
- FRENCH TOAST** 19
Roasted apple compote & mascarpone
- MEDITERRANEAN BOWL** 21
Tabouleh, avocado, fattoush, pickles, labneh,
pearl couscous, hummus, sumac pomegranate,
spiced tomato compote & a poached egg
ADD - BACON OR HOT SMOKED SALMON +4
GF | DF ON REQUEST

RAW *garden* BOWL

- 21** - Tomatoes, avocado, cucumber, lemon
tahini, shredded roots, pickles, cabbage,
pear, roasted almonds & a poached egg
ADD - BACON OR HOT SMOKED SALMON +4
GF | DF



- BAKED EGGS.** 22
Roasted tomato sauce with caramelised
onion, chickpeas & chilli labneh served
with sesame bread
GF | DF ON REQUEST
- FARMER'S OMELETTE.** 19
Kipfler potato, spinach, roast cherry
tomatoes, zucchini, spring onion & cheese
ADD - BACON OR HOT SMOKED SALMON +4
- EGGS YOUR WAY.** 14
On our sourdough toast
GF | DF ON REQUEST
- SWEETCORN & CHILLI FRITTERS** 21
Poached eggs, avocado puree, roasted
cherry tomatoes & seeds
GF | DF
- SESAME BAGEL.** 22
Turkey bacon, cheddar, chicken sausage,
roasted tomatoes, spinach, garlic
& bbq sauce & a fried egg
- BREKKIE BURGER** 22
Bacon, fried free-range egg, avo, lettuce, cheese,
tomato relish & smoky mayo on a brioche bun

SIDES

- | | | |
|-------------------------------------------------------------------|-----------------------------------|-------------------------------------------------|
| POLENTA CHIPS 7
GF with jalapeño mayonnaise | CHORIZO 6 | POACHED EGG. 3 |
| BACON 5 | AVOCADO HALF 4 | HALLOUMI 5 |
| TURKEY BACON 5 | SAUTÉED SPINACH. 4 | POTATO GEMS 6
with parmesan |

BIG AUSSIE BREKKIE

- 22** - Bacon, chipolatas, roast tomato, baked
beans, avocado, field mushrooms, poached
egg & a cheese toastie

DRINKS

Fresh juices

STRAIGHT UP OJ	7.5
Freshly squeezed orange juice	
TROPICAL	7.5
Pineapple, watermelon, passionfruit & OJ	
IMMUNE BOOSTER	8.5
Green apple, cucumber, celery, kale, broccoli & ginger	

SHAKES AND SMOOTHIES

PASSION STATEMENT	9
Pineapple, passion fruit, lime, agave, lemon sorbet	
BLUES BROTHERS	9
Blueberries, coconut sorbet, lime & honey	
MANGO TANGO	9
Back by popular demand!	
THE BIG BANANA	9
Here since the beginning & here to stay	
SUPER CHOCOLATE & HAZELNUT.	9
The chocciest, hazelnuttiest shake in town	

GROUNDS wines

SPARKLING	GLASS	BOTTLE
BRUT (120ML)	9	50
The Grounds & Talinga Park South Eastern, AUS		
WHITES	GLASS	BOTTLE
SAUVIGNON BLANC	8	45
The Grounds & Talinga Park Goulburn Valley, NSW		
PINOT GRIGIO	10	50
Nugan Estate, 'Annelise' Riverina, NSW		
CHARDONNAY	12	60
Margan, Single Vineyard Hunter Valley, NSW		
ROSÉ	GLASS	BOTTLE
ROSÉ	8	45
The Grounds & Talinga Park Riverina, NSW		
REDS	GLASS	BOTTLE
CABERNET MERLOT	8	45
The Grounds & Talinga Park South Eastern, AUS		
SHIRAZ	12	60
Maxwell 'Silver Hammer' McLaren Vale, SA		
PINOT NOIR	10	50
Talinga Park Goulburn Valley, NSW		



HOUSE COCKTAILS

PEACH BELLINI	10
Sparkling wine & peach pureé	
MIMOSA	8.5
Sparkling wine & orange juice	
BLOODY MARY	16
With vodka or tequila	
VIRGIN MARY	10
Tomato juice with our own spice mix	

BEERS

YOUNG HENRYS	9.5
Newtown Pale ale, NSW	
ROCKS BREWING CO	10
Alexandria lager	
YOUNG HENRYS	10
Apple Cider, NSW	

Sodas

PINEAPPLE SODA	7
With fresh lime	
ALOE MATE SODA	7
With aloe vera, cucumber, lime and honey	