

HONEST FARE

THE GROUNDS OF THE CITY

GOOD TO GO

Breakfast until 11:30am Mon to Sun

BANANA BREAD TOAST with berry compote & mascarpone.	10
COCONUT BREAD TOAST with ricotta, banana & honey	10
THE GROUNDS PANCAKES with peaches, raspberries & vanilla yoghurt.	13

MAKE YOUR OWN BREKKIE CUP OR BOWL

(GF/DF on request) with your choice of three layers **CUP 10 / BOWL 15**

CHOOSE 1 (BASE)

- Toasted Muesli *(DF)*
with dried fruits and nuts
- Coconut Chia Pudding *(GF/DF)*
- Apple Bircher *(DF)*
with flax and teff seeds
- GF Granola

CHOOSE 2 (FRUIT)

- Tropical Fruit Salad
with lime and mint
- Fresh cut fruit salad
- Berry compote
- Sliced bananas and cacao
- Rhubarb and orange compote

CHOOSE 1 (TOPPING)

- Coconut yoghurt *(DF/GF)*
- Almond and maple yoghurt *(DF/GF)*
- Vanilla yoghurt
- Acai
- Pitaya

THE CLASSICS *(Gluten free option on request)*

AVO ON TOAST with feta, tomato, chilli, lemon & dukkah.	14
EGGS ON TOAST your choice of 2 free range eggs with toasted sourdough & butter	11
OMELETTE 3 cheese, caramelised onion, asparagus & spinach with toast	14
BREKKIE BOWL turmeric & raisin quinoa, avocado, cauliflower rice, sesame roasted sweet potato & crunchy harissa, poached egg.	13
THE GARDEN BOWL green veggies, shredded leafy greens, beetroot, lentils, white couscous, almonds, poached egg hummus, green salsa.	13
WARM VEGGIE BREKKIE BOWL sumac roast tomatoes, mushrooms, sauteed corn & spinach, crunchy slaw, polenta chips, scrambled egg, bbq sauce	13
ADD: pork sausage, bacon, turkey bacon, house smoked ocean trout	4

BREKKIE BURGER OR WRAP	14
WITH HASH BROWN	17

- Spinach, halloumi, caramelised onion, mushroom, white slaw, aioli
- Bacon, roast tomato, aioli, grilled cheese, lettuce, relish & free range egg
- Hot-smoked salmon, scrambled egg, lemon hollandaise
- Turkey bacon, hummus, chilli braised eggplant, fried egg & sumac

SIDES

POLENTA CHIPS <i>(GF)</i>	4	HALLOUMI <i>(GF/DF)</i>	5
HASH BROWN <i>(GF/DF)</i>	4	BACON <i>(GF / DF)</i>	5
MUSHROOMS <i>(GF)</i>	4	TURKEY BACON <i>(GF / DF)</i>	5
TOMATOES <i>(GF/DF)</i>	4	FLAKED SALMON <i>(GF/DF)</i>	5
SAUTEED SPINACH <i>(GF)</i>	4	CHILLI BRAISED EGGPLANT <i>(GF/DF)</i>	5

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THE GROUNDS

GOOD TO GO

OF THE CITY

Lunch from 11:30am Mon to Sun

SALAD BOWLS

POKE SALAD *(GF/DF)*

brown rice, cabbage, broccoli, edamame, coriander, coconut, kaffir lime & wasabi **12**

MEDITERRANEAN BOWL *(GF/DF on request)*

cauliflower, roasted eggplant, chickpeas, sweet potato, hummus, herb pesto, sumac & yoghurt **12**

MEXICAN BOWL *(GF/DF on request)* guacamole, sour cream, black beans,

pico de gallo, apple slaw, coriander, tomato salsa, spiced sweet potato **13**

ASIAN BOWL *(VG/GF/DF)* sesame wild rice with soy & honey, edamame, cucumber, broccolini,

snow peas, satay sauce, pickled mushrooms, daikon, seaweed, carrots, sprouts & soy **12**

EASTERN BOWL *(DF on request)* pearl couscous with raisin, fattoush, tabbouleh, pickles, cucumber,

red cabbage, tomato salsa, pomegranate, labneh, hummus, sumac, sesame, lemon, cabbage & tahini **14**

ADD A PROTEIN:

Fried chicken, poached salmon or beef brisket **4**

Halloumi, grilled chicken or feta **3**

THE CLASSICS

ALL DAY BREKKIE BURGER

Bacon, roast tomato, aioli, grilled cheese, lettuce, relish & free range egg **14**

AVOCADO ON TOAST *(GF on request/DF on request)*

Toasted sourdough with feta, heirloom tomato, chilli, lemon, fresh herbs & dukkah **14**

RAMZEY'S CHICKEN WRAP Fried chicken, tomato, iceberg lettuce, basil pesto & chilli mayo **12**

CHEESE BURGER & CHIPS Beef brisket, cheese, dill cornichon, mayo on a toasted brioche bun **16**

BUTTERMILK FRIED CHICKEN Hot sauce, tarragon aioli, pickles, cheese & slaw **16**

FRIED FISH FILLET Chopped tartare sauce, crunchy cos heart & malt vinegar mayo, glazed milk bun **16**

SANDWICHES *(GF/DF option on request)*

SCHNITTY SANGA Crumbed chicken schnitzel, lettuce, swiss cheese, pickles, dill & tarragon mayo **14**

PULLED PORK SHOULDER Barbeque sauce, fennel and kale slaw & jalapenos on wholemeal **13**

LEG HAM & CHEDDAR pickles, lettuce, slaw, sweet & sour onion with relish on sourdough **14**

VIETNAMESE STYLE CHILLI PRAWN sesame & lime mayo, vegetable salad, peanuts & coriander **16**

GARDEN SALAD & EGG ROLL with chilli, roast eggplant, green tahini & hummus **12**

FALAFEL PITA with feta, pomegranate vinegar, tahini, cucumber olive & mint, pickles **13**

GRILLED CHICKEN CAESAR Parmesan, crispy bacon, caesar dressing & gem lettuce **14**

POACHED CHICKEN

Celery & chive mayo sandwich with heirloom tomatoes, spinach & spanish onion **14**

DELI SANDWICH

 Prosciutto, mortadella, salami, swiss, salsa verde, peppers,

heirloom tomato, bocconcini, lemon roquette, panini **15**

ADD: Bacon, avocado or cheese **3**