

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
GF | DF

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

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



FRESH FARM EGGS



- BAKED EGGS.** 22
Roasted tomato sauce with caramelised
onion, chickpeas & chilli labneh served
with sesame bread
GF ON REQUEST | DF ON REQUEST
- FARMER'S OMELETTE.** 19
Kipfler potato, spinach, roast cherry
tomatoes, zucchini, spring onion & cheese
GF | 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 with polenta chips

SIDES

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

BIG AUSSIE BREKKIE

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

26

DRINKS

Fresh juices

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

SHAKES AND SMOOTHIES

(DAIRY FREE OPTION ON REQUEST)

PASSION STATEMENT.	9
Pineapple, passion fruit, lime, agave, lemon sorbet	
DF	
BLUES BROTHERS	9
Mixed berries, coconut sorbet, lime & honey	
DF	
MANGO TANGO	9
Mango, vanilla ice cream & mango nectar	
THE BIG BANANA	9
Here since the beginning & here to stay	
SUPER CHOCOLATE & HAZELNUT.	9
The chocciest, hazelnuttiest shake in town	

GROUNDS wines

AVAILABLE FROM 10AM

SPARKLING	120ML GLASS	BOTTLE
BRUT	9	50
The Grounds & Talinga Park South Eastern, AUS		
WHITES	140ML 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	140ML GLASS	BOTTLE
ROSÉ	8	45
The Grounds & Talinga Park Riverina, NSW		
REDS	140ML 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	10
Sparkling wine & orange juice	
BLOODY MARY.	16
With vodka or tequila	
VIRGIN MARY	10
Tomato juice with our own spice mix	

BEERS

355ML

YOUNG HENRYS	9.5
Newtown Pale Ale, NSW	
ROCKS BREWING CO	10
Alexandria Lager, NSW	
YOUNG HENRYS	10
Apple Cider, NSW	

Sodas

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

Please note that a 1.5% surcharge applies to all card payments. A 10% service charge will apply to groups of 10 or more. A 15% surcharge applies on public holidays. Not all ingredients are listed on the menu. Please make your server aware of any dietary requirements before ordering. Please be aware that our menu contains allergens and is prepared in a kitchen that handles nuts, shellfish, gluten and eggs. Whilst all reasonable efforts are taken to accommodate guest dietary needs, we cannot guarantee that our food will be allergen free.