

## PARFAIT CUP OR BOWL DF

CUP 12 BOWL 16

CHOOSE 1:

POACHED APPLE, BLACKBERRY & PEAR COMPOTE, ALMOND YOGHURT, CRUNCHY GRANOLA GF

FIG BANANA & MACADAMIA YOGHURT, OVERNIGHT OATS, MAPLE & CARAMELISED PECANS

CHIA PUDDING, DARK CHOCOLATE, MACADAMIA YOGHURT, TOASTED ALMONDS GF

RASPBERRY AND COCONUT YOGHURT, CHIA PUDDING, FRESH PASSIONFRUIT GF

## THE CLASSICS

(GLUTEN FREE OPTION ON REQUEST +2.5)

TOASTED BANANA BREAD	berry compote, mascarpone	. . . . .	11
TOASTED COCONUT BREAD	ricotta, banana, honey	. . . . .	11
5 GRAIN PORRIDGE	with blackberries, vanilla yoghurt, apple & pear compote, raisins, pecans, cinnamon	. . . . .	14
THE GROUNDS GRANOLA BOWL <small>GF</small>	with rhubarb, pistachio, greek yoghurt, honey, pumpkin seed	. . . . .	15
BUTTERMILK PANCAKES	with maple, anglaise, berry compote	. . . . .	14
EGGS ON TOAST	2 free range eggs your way with The Grounds sourdough toasted	. . . . .	13
AVO ON TOAST <small>DF/GF ON REQ</small>	with beetroot hummus, cucumber, mint, capers, labneh, zaatar, spanish onion, crumbled feta, toasted nuts, seeds, chilli flakes	. . . . .	16
BREKKIE BURGER	bacon, roast tomato, aioli, cheese, lettuce relish, a fried egg	. . . . .	14
THREE CHEESE & MUSHROOM TOASTIE	with spinach, aioli, parmesan	. . . . .	14
GRUYERE, TOMATO & BASIL TOASTIE	with spinach onion	. . . . .	14
HAM & CHEESE CROISSANT		. . . . .	11
CHEESE & SPINACH CROISSANT		. . . . .	11
SMOKED SALMON TARTINE	ricotta, radish, zucchini, poached eggs, chive hollandaise	. . . . .	17
GARDEN BREKKIE SALAD	with chopped greens, chickpeas, tarragon cauliflower, green goddess dressing, fried egg, crumbled feta, focaccia croutons	. . . . .	16

## SIDES

POLENTA CHIPS <small>GF</small>	. . . . .	4.5	HALLOUMI	. . . . .	5.5
HASH BROWN <small>GF/DF</small>	. . . . .	4.5	BACON	. . . . .	5.5
MUSHROOMS <small>GF</small>	. . . . .	4.5	PORK SAUSAGE	. . . . .	5.5
TOMATOES <small>GF/DF</small>	. . . . .	4.5	FLAKED SALMON	. . . . .	5.5
SAUTEED SPINACH <small>GF</small>	. . . . .	4.5			

THE CLASSICS

<b>ALL DAY BREKKIE BURGER</b> bacon, roast tomato, aioli, grilled cheese, lettuce, relish, fried egg . . . . .	14
<b>AVO ON TOAST</b> with beetroot hummus, cucumber, mint, capers, labneh, zaatar, spanish onion, crumbled feta, toasted nuts, seeds, chilli flakes . . . . .	15
<b>GF/DF ON REQ</b>	
<b>CHEESE BURGER &amp; CHIPS</b> beef patty, cheese, dill cornichon mayo, brioche bun . . . . .	18
<b>BUTTERMILK CHICKEN BURGER &amp; CHIPS</b> hot sauce, tarragon aioli, pickles, cheese, slaw . . . . .	18

(GLUTEN FREE OPTION ON REQUEST)

SANDWICHES

(DAIRY FREE OPTION ON REQUEST)

<b>RAMZEY'S CHICKEN WRAP</b> fried chicken, tomato, iceberg lettuce, basil pesto, chilli mayo . . . . .	15
<b>CHICKEN SCHNITTY</b> carrot salad, cabbage, ranch dressing, chilli oil, fried shallots, white sourdough . . . . .	15
<b>GRILLED LEMON &amp; BASIL CHICKEN</b> provolone, lettuce, tomato, aioli, pesto, wholemeal . . . . .	15
<b>CORNED BEEF</b> mustard, spinach, red onion, cabbage, pickle & horseradish remoulade, smoked barley sourdough . . . . .	16
<b>SALAD</b> hommus, cos lettuce, shredded veggies, green goddess, feta, pumpkin & sunflower seeds, wholemeal . . . . .	14
<b>HAM, EGG &amp; CHIPS</b> maple grilled ham loin, pickle sauce, fried egg, shoestring fries, ciabatta . . . . .	15
<b>HERBED MAYO TUNA</b> gem lettuce, celery salsa and jalapeno, brown rye . . . . .	15
<b>ITALIAN MELT</b> mortadella, roquette, fennel, red pepper, mozzarella, provolone, muracca chilli, seeded sourdough . . . . .	16
<b>FALAFEL WRAP</b> hummus, rocket, tomato, garlic sauce, peri peri, mint . . . . .	13

ADD AVOCADO, FRESH TOMATO, CHEDDAR CHEESE, BEETROOT. . . . . 3

salad BOWLS

(GLUTEN FREE / DAIRY FREE OPTION ON REQUEST)

<b>MIDDLE EASTERN</b> Spiced grilled chicken, freekeh, lentils, chickpeas, maple roast sweet potato, hommus, pomegranate, kale, red onion, pumpkin seed dukkah, turmeric labneh. . . . .	16
<b>CRUNCHY RAW VIETNAMESE SLAW</b> poached chicken, cherry tomatoes, green papaya, beans, vermicelli noodles, bean sprouts, coconut flakes, cashews, Nuoc cham dressing, mint, coriander, lime. . . . .	17
<b>BLACKENED SALMON FILLET</b> roasted cauliflower, pearl couscous, seeds, herbs, preserved lemon, yoghurt & harissa dressing, dukkah. . . . .	17
<b>BROWN RICE &amp; SHITAKE MUSHROOM</b> coriander, edamame, kale, pickled daikon, cucumber, wakame, cabbage, broccoli, sesame dressing, shallots. . . . .	16
<b>WILD RICE BOWL &amp; CHILLI TOFU</b> carrot & ginger puree, cucumber, avocado, corn, kimchi, shallots, glazed pumpkin, turmeric, pickled zucchini, chopped greens . . . . .	16

add a PROTEIN

CHICKEN SCHNITTY, GRILLED CHICKEN, BEEF BRISKET, HALLOUMI, CHILLI TOFU . . . . . 4