

BREAKFAST

FRUITS and GRAINS

- YOGHURT PARFAIT** 16
- Poached apple, blackberry, pear compote, almond yoghurt & crunchy granola **GF | DF**
- Chia pudding, dark chocolate, macadamia, yoghurt & toasted almonds **GF | DF**
- Raspberry, coconut yoghurt, chia pudding & fresh passionfruit **GF | DF**
- ORGANIC OAT PORRIDGE** 19
Blackberries, vanilla yoghurt, apple & pear compote, raisins, pecans & cinnamon
- THE GROUNDS HOUSEMADE GRANOLA** **GF** 19
Rhubarb, pistachio, greek yoghurt, honey & pumpkin seeds
- FIG, BANANA & MACADAMIA YOGHURT** **DF** 19
Overnight oats, maple & caramelised pecans

Quick and easy

- TOASTED CRUMPETS (2)** 12
with raspberry jam & butter
- DANISH PASTRY** 12
with berries & custard
- BANANA BREAD** 12
toasted with berry compote & mascarpone
- CRUMPET (1)** 12
with cream cheese, chives & hot smoked salmon



THE Classics

- AVO ON TOAST** **V | DF | GF ON REQUEST +2** 22
Poached egg, beetroot, tomato, cucumber, mint, capers, labneh, za'atar, spanish onion, crumbled feta, nuts & seeds
- 3 STACK BUTTERMILK PANCAKES** **V** 23
Maple syrup, anglaise & berry compote
- THE GROUNDS SPICED BREKKIE** **GF ON REQUEST | V** 24
Cannellini beans, chickpeas, spiced tomato stew, labneh, broken eggs, cherry tomatoes, Kalamata olives, goats cheese, toasted cashews & herb toast
- GARDEN BREKKIE SALAD** **V** 22
Seasonal greens, chickpeas, tarragon, cauliflower, soft boiled egg, crumbled feta, focaccia croutons & green goddess dressing
- BREKKIE SANDWICH** 24
Maple roasted bacon, buffalo mozzarella, fried egg, roasted peppers, cherry tomatoes, rocket, basil, pesto mayo, rosemary & olive focaccia

SIDES

- ROASTED TOMATOES** 5
- STREAKY BACON** 5
- HASH BROWNS** 5
- CHORIZO** 6
- AVOCADO & LEMON** 4
- SAUTEED SPINACH** 5
- POACHED EGG** 3
- HALLOUMI** 5
- ROASTED MUSHROOMS** 5
- HOT SMOKED SALMON** 7
- POLENTA CHIPS** 7
GF | with jalapeño mayonnaise

FREE RANGE EGGS



- FOLDED EGGS** **V | GF ON REQUEST +2** 23
Toast, fresh herbs, swiss brown, mushroom tartine, goats cheese, chilli oil, shallot & parmesan
- AUTUMN OMELETTE** **V | GF** 21
Caramelised pumpkin, fontina, kale, maple syrup, pepitas & whipped cream cheese
- MEDITERRANEAN BREKKIE** **GF** 24
Grilled corn polenta, shishito peppers, soft manchego scrambled egg, Spanish chicken chorizo, roasted tomatoes, guindillas & romesco
- EGGS YOUR WAY** **V | GF ON REQUEST +2** 15
Sourdough toast & cultured butter
- EGGS BENEDICT** 26
Toasted sourdough crumpet, ricotta, radish, zucchini, smoked salmon poached eggs & chive hollandaise
- BREKKIE BURGER** 24
Fried egg, bacon, tomato compote, pork sausage, roasted field mushrooms, 3 cheeses & polenta chips

BIG BREKKIE 29

Turmeric spiced zucchini & corn fritters, potatoes, cannellini bean stew, maple roast pork loin, pork sausage, field mushrooms, roasted tomatoes, 2 poached eggs, crumpet, honey roast halloumi, avocado & hollandaise

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

PASSION STATEMENT DF	9
Pineapple, passion fruit, lime, agave, lemon sorbet	
BLUES BROTHERS DF	9
Mixed berries, coconut sorbet, lime & honey	
CREAMY MANGO	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 Australia		
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 Australia		
SHIRAZ	12	60
Maxwell 'Silver Hammer' McLaren Vale, SA		
PINOT NOIR	10	50
Talinga Park Goulburn Valley, NSW		



HOUSE COCKTAILS

AVAILABLE FROM 10AM

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 AND CIDERS

355ML

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

Sodas and water

PINEAPPLE SODA	7
With fresh lime	
ALOE MATE SODA	7
With aloe vera, cucumber, lime & honey	
PUREZZA FILTERED WATER	3PP
Still or Sparkling	

Our menus are subject to change without notice. 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.