

## MAKE YOUR OWN BREKKIE CUP OR BOWL

CUP 12 BOWL 16

### CHOOSE 1 (BASE)

GRANOLA GF  
COCONUT  
CHIA PUDDING GF | DF  
ALMOND & GOJI MUESLI  
ALMOND MILK OATS DF

### CHOOSE 1 (FILLING)

MIXED BERRY COMPOTE  
FRESH FRUIT SALAD  
RHUBARB & ORANGE  
PINEAPPLE, MINT & LIME  
APPLE, MAPLE &  
CINNAMON COMPOTE

### CHOOSE 1 (TOPPING)

COCONUT YOGHURT DF  
GREEK YOGHURT  
VANILLA YOGHURT

## THE CLASSICS

(GLUTEN FREE OPTION ON REQUEST +2.5)

FRESH FRUIT SALAD with vanilla yoghurt . . . . .	14
THE GROUNDS SOURDOUGH CRUMPET with butter & avocado . . . . .	12
HOUSE BIRCHER MUESLI DF with green apple, nectarine, raspberry, raisins, toasted coconut & coconut yoghurt . . . . .	14
TOASTED BANANA BREAD with macadamia butter & blackberry jam . . . . .	12
THE GROUNDS GRANOLA BOWL GF with Greek yoghurt, honey, bananas & berries . . . . .	15
HAM & CHEESE CROISSANT. . . . .	11
BUTTERMILK PANCAKES bananas, pomegranate, mascarpone & vanilla chantilly, date syrup & pistachio . . . . .	14
EGGS ON TOAST 2 free range eggs your way with toasted Grounds sourdough . . . . .	13
AVO TOAST tomatoes, beetroot, cucumber, mint, capers, labneh, zaatar, Spanish onion, feta, nuts, seeds & chilli flakes . . . . .	16
BREKKIE BURGER bacon, tomato, aioli, cheese, lettuce, relish, fried egg. . . . .	14
MUSHROOM & CHEESE TOASTIE with spinach, aioli & parmesan . . . . .	14
THREE CHEESE, TOMATO & BASIL TOASTIE with spinach & onion. . . . .	14
SMOKED SALMON CRUMPETS ricotta, radish, zucchini, poached eggs, chive hollandaise. . . . .	17
GARDEN BREKKIE SALAD GF tomatoes, zucchini, squash, cauliflower, chickpeas, avocado, hummus, jobs tears, balsamic vinaigrette, poached egg . . . . .	16
ADD BACON +4   ADD SALMON +4	

## SIDES

POLENTA CHIPS GF . . . . .	4.5	HALLOUMI . . . . .	5.5
HASH BROWN GF/DF . . . . .	4.5	BACON . . . . .	5.5
MUSHROOMS GF . . . . .	4.5	PORK SAUSAGE . . . . .	5.5
ROASTED TOMATOES GF/DF. . . . .	4.5	FLAKED SALMON . . . . .	5.5
SAUTEED SPINACH GF . . . . .	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> tomatoes, beetroot, cucumber, mint, capers, labneh, zaatar, Spanish onion, feta, nuts, seeds & chilli flakes . . . . . GF/DF ON REQ	16
<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, brioche bun . . . . .	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, chilli oil, shallots, ranch, white sourdough . . . . .	15
<b>LEMONGRASS CHICKEN BAGUETTE</b> pickled carrot, lettuce, chicken pate, cucumber, chilli oil, coriander, spring onions, fried shallots . . . . .	15
<b>CORNED BEEF</b> seeded mustard, Asiago cheese, fennel & celeriac remoulade, pickled chillies, ciabatta . . . . .	16
<b>LEG HAM, EGG &amp; CHIVE MAYO</b> roquette, pickled onion, relish, white sourdough . . . . .	16
<b>TOMATO &amp; BUFFALO MOZZARELLA</b> cream cheese, basil, mint, sunflower seeds, wholemeal . . . . .	15
<b>HOT SMOKED SALMON</b> avocado, capers, Spanish onion, watercress, dill creme fraiche, brown rye . . . . .	16
<b>ITALIAN MELT</b> mortadella, salami, roquette, eggplant, red pepper, mozzarella, provolone, Muraca chilli, seeded sourdough . . . . .	17
<b>FALAFEL WRAP</b> hummus, rocket, tomato, garlic sauce, peri peri, mint . . . . .	15

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

salad **BOWLS**

(GLUTEN FREE / DAIRY FREE OPTION ON REQUEST)

<b>SPRING GREENS SALAD BOWL</b> GF/DF dukkah avocado, asparagus, broccolini, radishes, peas, zucchini, soft boiled egg, almonds & ajo blanco . . . . .	16
<b>SEARED MOOLOOLABA ALBACORE TUNA</b> GF/DF ON REQUEST dill labneh, zucchini, fennel, baby potatoes, cucumber, semi dried tomatoes, capers & cornichons . . . . .	19
<b>GRILLED CHICKEN</b> DF pearl cous cous, chickpeas, pumpkin, cauliflower, tahini, pomegranate & cashews. . . . .	17
<b>WILD RICE &amp; CHILLI TOFU</b> GF/DF/VG kimchi, greens, pickled daikon, avocado, pumpkin, chilli roast peanuts, Thai basil, soy & sesame dressing . . . . .	16
<b>SPICED LAMB MINCE</b> tabbouli, cabbage, eggplant, zucchini, cauliflower, pickles, tahini, harissa, lemon, spiced pine nuts & feta. . . . .	18

add a **PROTEIN**

CHICKEN SCHNITTY, GRILLED CHICKEN, BEEF BRISKET, HALLOUMI, CHILLI TOFU . . . . . 5