

HONEST FARE

# THE GROUNDS

GOOD TO GO

OF THE CITY

Breakfast until 11:30am Mon to Sun

## MAKE YOUR OWN BREKKIE CUP OR BOWL

with your choice of three layers . . . . . CUP 12 / BOWL 16

### CHOOSE 1 (BASE)

- Granola (GF)
- Chia pudding (GF/DF)
- Almond muesli (DF)
- Maple toasted oats & pecans

### CHOOSE 2 (FILLING)

- Mixed berry compote
- Fresh fruit salad (GF/DF)
- Tropical fruit salad
- Citrus fruit salad
- Apple, pear & cinnamon compote
- Banana & toasted coconut

### CHOOSE 1 (TOPPING)

- Vanilla yoghurt
- Greek yoghurt
- Coconut yoghurt (DF/GF)
- Raspberry yoghurt
- Acai

## 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: poached egg +16 | bacon +4 | salmon +4

## SIDES

POLENTA CHIPS (GF) . . . . . 4.5

HASH BROWN (GF/DF) . . . . . 4.5

MUSHROOMS (GF) . . . . . 4.5

TOMATOES (GF/DF) . . . . . 4.5

SAUTEED SPINACH (GF) . . . . . 4.5

HALLOUMI (GF/DF) . . . . . 5.5

BACON (GF/DF) . . . . . 5.5

TURKEY BACON (GF/DF) . . . . . 5.5

FLAKED SALMON (GF/DF) . . . . . 5.5

CHILLI BRAISED EGGPLANT (GF/DF) . . . . . 5.5

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GOOD TO GO

Lunch from 11:30am Mon to Sun

## THE CLASSICS

### ALL DAY BREKKIE BURGER

bacon, roast tomato, aioli, grilled cheese, lettuce, relish, fried egg . . . . . **15**

### AVO ON TOAST (GF on request/DF on request)

toasted sourdough, feta, heirloom tomato, chilli, lemon, fresh herbs, dukkah . . . . . **15**

**CHEESE BURGER & CHIPS** beef patty, cheese, dill cornichon, mayo, brioche bun. . . . . **18**

**BUTTERMILK CHICKEN BURGER & CHIPS** hot sauce, tarragon aioli, pickles, cheese, slaw . . . . . **18**

## SANDWICHES (GF/DF option on request)

**RAMZEY'S CHICKEN WRAP** fried chicken, tomato, iceberg lettuce, basil pesto, chilli mayo . . . . . **15**

**CHICKEN SCHNITTY** carrot salad, cabbage, chilli oil, shallots, ranch, white sourdough. . . . . **15**

**LEMONGRASS CHICKEN BAGUETTE** pickled carrot, lettuce, chicken pate, cucumber, chilli oil, coriander, spring onions, fried shallots . . . . . **15**

**CORNED BEEF** seeded mustard, Asiago cheese, fennel & celeriac remoulade, pickled chillies, ciabatta . . . . **16**

**LEG HAM, EGG & CHIVE MAYO** roquette, pickled onion, relish, white sourdough. . . . . **16**

**TOMATO & BUFFALO MOZZARELLA** cream cheese, basil, mint, sunflower seeds, wholemeal . . . . . **15**

**HOT SMOKED SALMON** avocado, capers, Spanish onion, watercress, dill creme fraiche, brown rye . . . . **16**

**ITALIAN MELT** mortadella, salami, roquette, eggplant, red pepper, mozzarella, provolone, Muraca chilli, seeded sourdough. . . . . **17**

**FALAFEL WRAP** hummus, rocket, tomato, garlic sauce, peri peri, mint. . . . . **15**

**ADD:** avocado, fresh tomato, cheddar cheese, beetroot . . . . . **+3**

## SALAD BOWLS (GF/DF option on request)

**SPRING GREENS SALAD BOWL** (GF/DF) dukkah avocado, asparagus, broccolini, radishes, peas, zucchini, soft boiled egg, almonds & ajo blanco . . . . . **16**

**SEARED MOOLOOLABA ALBACORE TUNA** (GF/DF on request) dill labneh, zucchini, fennel, baby potatoes, cucumber, semi dried tomatoes, capers & cornichons . . . . . **19**

**GRILLED CHICKEN** (DF) pearl cous cous, chickpeas, pumpkin, cauliflower, tahini, pomegranate, cashews . **17**

**WILD RICE & CHILLI TOFU** (GF/DF/VG) kimchi, greens, pickled daikon, avocado, pumpkin, chilli roast peanuts, Thai basil, soy & sesame dressing . . . . . **16**

**SPICED LAMB MINCE** tabbouli, cabbage, eggplant, zuchini, cauliflower, pickles, tahini, harissa, lemon, spiced pine nuts & feta . . . . . **18**

### ADD A PROTEIN:

Chicken schnitty, grilled chicken, beef brisket, halloumi, chilli tofu. . . . . **+5**