

Parmas

Carrot with chips and salad

Traditional Parma - Chicken whitehead, saffron sauce, ham & marmosine cheese

Smoked Parma - Chicken whitehead, saffron sauce, ham, pineapple & marmosine cheese

Smoked Parma - Chicken whitehead, saffron sauce, fried egg, ham & marmosine cheese

Baked Spuds (GF)

Bake - Buter, marmosine, potatoes, sour cream, & spring onions

Belgian - Buter, marmosine, belgian sauce, sour cream & spring onions

The Lot - Buter, marmosine, sauce, grilled onions, potatoes, sour cream, & spring onions

Chips / Wedges

Bowl of Chips

Bowl of Wedges - carrot with sour cream & sweet chili

Takeaway Chips

Takeaway Wedges

Hot Drinks

Espresso / Cold Lattes / Flat White

Long Black

Milk / White Hot Chocolate

Mocha

Mocha

Chai Lattes (Spiced or Vanilla)

Grey Chai Lattes

Lower Leaf Chai

Tea - English Breakfast / Green / Peppermint / Chamomile / Earl Grey / Lemon/Lime & Ginger

Prosecco

Single

Short Black

Double Espresso

Short Macchiato

Long Macchiato

Extras

Alternative Milks

Any, Almond, Oat & Coconut Free

Spices - Caramel / Vanilla / Mandarin

Extra Shot of Espresso

Cold Drinks

Smoothies

Mandarin with Ice, Ice Cream, yogurt, honey, fruit & milk
Banana, Mango, Mixed Berries, Strawberry

Grainy Poppas

Barista Coffee, Ice, & cold water (no sugar & no milk)

Barista Coffee, sugar, Ice, & cold water (sugar coffee & sugar)

Lighter Coffee, sugar, Ice, & cold water (more sugar than coffee)

Barista Coffee, milk, sugar, Ice & cold water

Poppas - Chocolate, coffee, straw, sometimes blended with Ice, milk & Ice cream

Ice Coffee - Espresso, milk, Ice cream & whipped cream cream

Ice Chocolate - Chocolate syrup, milk, Ice cream & whipped
Ice Chocolate - with Ice only

Ice Mocha - Espresso, chocolate syrup, milk, Ice cream & whipped cream

Ice Lattes - Espresso, Ice & milk

Ice Long Black - Espresso shot, water & Ice

Milkshakes - Chocolate, strawberry, vanilla, caramel, Blue Heaven, & Banana

Thin Mocha - Chocolate, strawberry, vanilla, caramel, Blue Heaven & Banana

Positively Spiced Juice

Any Flavouring - Apple, orange, carrot, celery, pineapple & ginger

Green/Ginger - Pineapple & watermelon

Ginger Ginger - Orange, pineapple & ginger

Red/Pearlita - Banana, watermelon, apple & orange

Healthy Green - Apple, celery, kale, spinach, cucumber & pineapple

ABC - Apple, banana & carrot

Garden - Green your own combination



All Day Breakfast

Toast Options: • Knechtschlag /bricks, Multigrain, wholewheat, Gluten Free, English Muffins-Glutenfree

Egg Cooked: • Poached, Fried or Scrambled

Egg on Toast: • Eggs cooked your way on toast

Egg and Bacon on Toast: • Eggs cooked your way with bacon on toast

Big Breakfast: • Eggs cooked your way, bacon, mushrooms, tomatoes, spinach, sausage, & toast topped served with fruit

Egg Benedict: • Poached eggs, bacon, & spinach topped with hollandaise sauce on an English muffin

Breakfast Bar: • Grated cheese on knechtschlag toast topped with poached egg, cherry tomatoes, hot sauce & a drizzle of balsamic glaze

Chili Scrambled Eggs: • Chili scrambled eggs with sliced chile, bacon, topped with crispy potatoes, sautéed onions, chili oil served on a toasted bun

House Special Omelette: • Meat, mushrooms, spinach, capers, hot & marinara sauce, served on knechtschlag

Vegetarian Omelette: • Capers, tomato, mushrooms, spinach, hot & marinara sauce served on knechtschlag

Addin Extras: • 2 portions of toast

Egg / Sausage / Mushrooms / Cheddar/Tomato / Spinach / Hashbrown / Avocado

Small Bites

Toast with Condiments: • 2 slices of toast with your choice of jam, honey, vegemite, or peanut butter

Bacon Bread: • 2 slices of white toast served with butter

Hot Sandwich: • Toasted sandwich served with butter & jam

Toasted Ham & Cheese Sandwich: • Toasted sandwich with ham & cheese

Yoghurt & Fruit: • Fruit served with fresh yogurt and mixed berries

Banana Bread: • Fresh or toasted banana bread served with butter

Fruit Salad: • Seasonal fresh fruit salad

Wraps

Chicken Sandwich: • Chicken, spinach, cheese, avocado, & roasted mango

Chicken Wrap: • Tomato, onion, cheese, tomato, onion, lettuce, & sweet chili sauce

Chicken Delight: • Bacon, chicken, lettuce, cheese, avocado & mango

Chicken Queso: • Bacon, chicken, cheese, bacon, tomato, lettuce, & roasted mango

Chicken Sausage: • Sweet chicken, lettuce, capers, onion, sun-dried tomato, hot sauce, & sautéed onions

Turkish Rolls

Bacon Chicken: • Sweet chicken, cream cheese, hot sauce, sun-dried tomato, onion, & mango

Chicken Sandwich: • Chicken, spinach, hot sauce, and & roasted mango

Chicken Delight: • Bacon, chicken, onion, hot sauce, spinach & mango

Mango Ham: • Meat, hot sauce, tomato, spinach, onion & honey mustard

Salami: • Salami, potato, roasted eggplant, onion, hot sauce, & olive

Vegetarian: • Potato, roasted eggplant, roasted pumpkin, spinach, sun-dried tomato & hot sauce

Chicken Potato: • Sweet chicken, potato, spinach, onion, mango and cheese

Salami Roll: • Chicken, chicken, onion, lettuce, tomato, hot sauce & chili

Chicken Queso: • Bacon, chicken, hot sauce, onion, tomato, lettuce, & roasted mango

Smoked Salmon: • Smoked salmon, cream cheese, onion, lettuce & mango

Banh Mìs

Homemade egg mayo, chicken, pork, shrimps, spring onions, coriander, cucumber, grilled onions, pickled carrots, hot air sauce + chili optional

Beef Roll

Cornedbeef Chicken

Meatball & Chicken

Vegetarian Tofu

Beef Mì Roll: • With your choice of protein, hot pork & chicken

Beef Pork Roll with honey & cranberry

Salad Bowls

Queso: • Hot lettuce, tomato, cucumber, onion, capers, olive, sun-dried tomato, & hot sauce with Queso queso dressing

Casser: • Hot lettuce, onion, egg, cucumber, & hot sauce with a Queso dressing

Roll Bar: • Bacon, chicken, onion, chicken, chicken

Burgers

Classic Burger: • Beef cheese or onion, cheddar, onion, tomato, pickled onion & cheese with mayo/tomato sauce

Deluxe Burger: • Beef cheese or onion, cheddar, onion, tomato, pickled onion, hot egg, lettuce, tomato, onion, lettuce, & cheese with mayo/tomato sauce

Ultimate Burger: • Beef cheese or onion, cheddar, onion, tomato, pickled onion, hot egg, lettuce, tomato, onion, & cheese with mayo/tomato sauce

Vegetarian also available

