

Breakfast



Toast - choice of breads and condiments	5.0
Breads - white sourdough, wholemeal rye, soy linseed, Turkish, Turkish raisin, gluten free	
Condiments - vegemite, peanut butter, honey, berry jam, Nutella,	
Bacon & egg roll - with tomato relish and spicy mayo	8.0
BLAT - bacon, lettuce, avocado, tomato and mayo	10.0
Breakfast Burger - with fried egg, bacon, cheese, hash brown, spinach, tomato relish & mayo	11.0
Avocado bruschetta - avocado, tomato, fetta, rocket, onion and zatar	12.0
Porridge - with banana & fresh berries topped with Canadian maple syrup and chia seeds	11.0
Green eggs - scrambled eggs with pesto, grilled haloumi and roast tomato with toast	15.0
Smoked salmon & scrambled eggs - with chives served with toast	15.0
Eggs Benedict - smoked salmon, or smoked ham, poached eggs, wilted spinach and Hollandaise with toast	16.0
Big breakfast - fried eggs, bacon, chipolatas, roast tomato, mushrooms, wilted spinach and hash brown with toast	19.0
Bacon & eggs - bacon, fried eggs and roast tomato with toast	15.0
Cheese omelette - served with toast	11.0
Eggs on toast - fried	9.8
- scrambled or poached	10.0
Add-ons	
bacon, ham, mushroom, avocado, chipolatas, haloumi	4.5
roast tomato, ricotta, extra egg, hash brown, wilted spinach	3.5
smoked salmon	5.0

Please check our daily display for a selection of mini breakfast rolls, croissants, yoghurts and more...

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Lunch



Beef burger - lettuce, tomato, pickles, BBQ sauce and mayo	10.8
Chicken burger - lettuce, tomato, and aioli	10.8
Chicken schnitzel burger - lettuce, tomato, & spicy mayo	10.8
New York sandwich - pastrami, coleslaw, Swiss & Russian dressing	12.0
Steak sandwich - lettuce, tomato, caramelised onion, beetroot and BBQ	12.8
Barramundi burger - lettuce, tomato & aioli	11.8
Lamb wrap - lamb souvlaki, lettuce, tomato, red onion & tzatziki	11.8
Fish hot pot - with rice, coriander & chilli	13.8
Salt and pepper calamari - with chips and aioli	14.8
Fish & chips - served with aioli	14.8
Meals served with chips or salad or mash potato:	
Grilled Barramundi or Salmon fillet - side aioli	17.8
Chicken schnitzel - side mayo	13.8
Chicken parmigiana - grilled eggplant, tomato and mozzarella	15.8

Salads

Smoked salmon salad - mixed lettuce, fresh ricotta, cherry tomato, red onion, baby capers & vinaigrette dressing	16.5
Grilled chicken salad - roast eggplant, sweet potato, mixed lettuce, homemade aioli and dukkah	15.5
Warm lamb salad - lamb backstrap, rocket, roast pumpkin, semidried tomato, pine nuts and balsamic dressing	16.5
Chicken Caesar salad - crispy bacon, poached egg, parmesan, baby Cos, Caesar dressing and croutons	15.5
Greek salad - Add	13.5
Grilled haloumi \$4.5 smoked salmon \$5 grilled prawns, S+P calamari or grilled fish \$6	

Sides

Hot chips - add gravy \$1	4.8/6.8
Wedges with sweet chilli and sour cream	7.8
Garlic Bread	4.8
Salt and pepper calamari (8 pieces) with aioli	6.8
Combo with any meal, chips or salad + 375ml can	5.8



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Ready to go



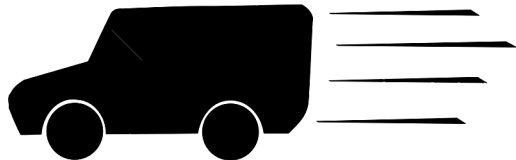
Mini breakfast rolls	5.8
Sandwiches from our deli window	10.0
Salads from our fresh daily display	10.5 / 13.0
Hot meals from our hot food bar	12.0 / 15.5
Soup of the day with bread	8.5 / 9.10

Deliveries

Free delivery inside Sydney Markets Monday to Friday until 2pm
12 noon on Saturday

To make an order please call or text 0451 665 249

Would you like to receive an SMS of our weekly specials ?
Please let us know



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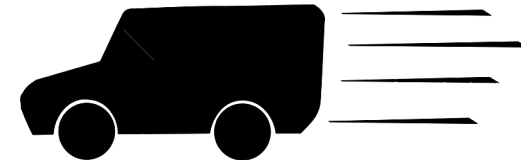
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Drinks



Coffee and Tea

Espresso	3.0
Macchiato, piccolo	3.5
Cappuccino, flat white, latte, hot chocolate, long black	3.8
Mocha, chai latte, Nutella hot chocolate	4.0
Affogato	5.8

Medium	.8
Large	1.5
Soy, decaf, extra shot	.50
Caramel, hazelnut, vanilla, Nutella	.50

English Breakfast, Earl Grey, peppermint, green, camomile, lemongrass	4.0
soy chai tea with organic honey	5.0

Milkshakes

Milo, salted caramel, strawberry, vanilla	6.5
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Smoothies

Banana, mixed berries, mango	7.5
Acai smoothie	9.0

Iced drinks

Iced coffee, iced chocolate, iced mocha	6.5
Coffee frappe, berry frappe	5.5
Iced latte	4.5

Freshly squeezed juices

Orange, apple, pineapple, watermelon, carrot, celery, beetroot, lemon, ginger, spinach	6.5
Choose up to 4 ingredients; any extra is 20cents per ingredient	

Green juice	7.5
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