

Breakfast



Toast - choice of breads and condiments	5.5
Breads - white sourdough, wholemeal rye, soy linseed, Turkish, Turkish raisin, gluten free	
Condiments - vegemite, peanut butter, honey, berry jam, Nutella	
Buttermilk hotcakes - with fresh ricotta, mixed berry compote & maple syrup	14.3
Bacon & egg roll - with tomato relish and spicy mayo	8.5
BLAT - bacon, lettuce, avocado, tomato and mayo	11
Breakfast Burger - with fried egg, bacon, cheese, hash brown, spinach, tomato relish & mayo	12
Avocado bruschetta - avocado, tomato, fetta, rocket, onion and zatar	13
Porridge - with banana & fresh berries topped with honey and chia seeds	12
Green eggs - scrambled eggs with pesto, grilled haloumi and roast tomato with toast	16
Smoked salmon & scrambled eggs - with chives served with toast	16
Eggs Benedict - smoked salmon, or smoked ham, poached eggs, wilted spinach and Hollandaise with toast	17
Big breakfast - fried eggs, bacon, chipolatas, roast tomato, mushrooms, wilted spinach and hash brown with toast	20
Bacon & eggs - bacon, fried eggs and roast tomato with toast	15.5
Cheese omelette - served with toast	11.5
Eggs on toast - fried	10.5
- scrambled or poached	11
Add-ons	
bacon, ham, mushroom, avocado, chipolatas, haloumi	5
roast tomato, ricotta, hash brown, wilted spinach	4
smoked salmon	5.8

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	11.3
Chicken burger - lettuce, tomato, and aioli	11.3
Chicken schnitzel burger - lettuce, tomato, & spicy mayo	11.3
Steak sandwich - lettuce, tomato, caramelised onion, beetroot and BBQ	13.3
Barramundi burger - lettuce, tomato & aioli	13
Lamb wrap - lamb back-strap, lettuce, tomato, red onion & tzatziki	13
Prawn linguini - with cherry tomato, baby spinach, olive oil, garlic & chilli	19.5
Salt and pepper calamari - with chips and aioli	16.3
Fish & chips - served with aioli	16.3
<u>Meals served with chips or salad or mash potato:</u>	
Souvlakia lamb back-strap skewers with tzatziki + pita bread	18.3
Grilled Barramundi or Salmon fillet - side aioli	19.3
Chicken schnitzel - side mayo	15
Chicken parmigiana - grilled eggplant, tomato and mozzarella	17

Salads

Smoked salmon salad - mixed lettuce, fresh ricotta, cherry tomato, red onion, baby capers & vinaigrette dressing	17.3
Grilled chicken salad - roast eggplant, sweet potato, mixed lettuce, homemade aioli and dukkah	16.3
Warm lamb salad - lamb backstrap, rocket, roast pumpkin, semidried tomato, pine nuts and balsamic dressing	17.3
Chicken Caesar salad - crispy bacon, poached egg, parmesan, baby Cos, Caesar dressing and croutons	16.3
Greek salad - Add	14.3
Grilled haloumi \$5 smoked salmon \$5.3 grilled prawns, S+P calamari or grilled fish \$7	

Sides

Hot chips - add gravy \$1	5/7
Wedges with sweet chilli and sour cream	9.3
Side salt and pepper calamari - with aioli	10.3
Garlic Bread	5.5
Combo with any meal, chips or salad + 375ml can	5.8



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Ready to go



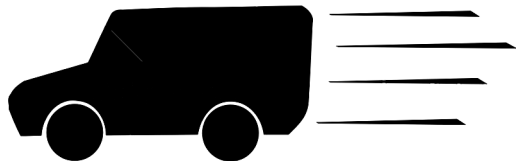
Mini breakfast rolls	5.8
Sandwiches from our deli window	10.5
Salads from our fresh daily display	11 / 13.5
Hot meals from our hot food bar	13.3/ 16
Soup of the day with bread	9 / 11.3

Deliveries

Free delivery inside Sydney Markets Monday to Friday until 1pm
11 am 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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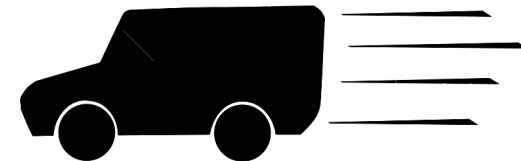
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Drinks



Coffee and Tea

Espresso	3.3
Macchiato, piccolo	3.8
Cappuccino, flat white, latte, hot chocolate, long black	4.0
Mocha, chai latte, Nutella hot chocolate	4.3
Affogato	6.8

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

English Breakfast, Earl Grey, peppermint, green, camomile, lemongrass	4.3
soy chai tea with organic honey	5.3

Milkshakes

Milo, salted caramel, strawberry, vanilla	6.8
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Smoothies

Banana, mixed berries, mango	7.8
Acai smoothie	9.3

Iced drinks

Iced coffee, iced chocolate, iced mocha	6.8
Coffee frappe, berry frappe	5.8
Iced latte	4.8

Freshly squeezed juices

Orange, apple, pineapple, watermelon, carrot, celery, beetroot, lemon, ginger, spinach	6.8
Choose up to 4 ingredients; any extra is 20cents per ingredient	

Green juice	7.8
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