



MENU



MACARTHUR SQUARE

PLEASE ORDER AT THE COUNTER

BRUNCH

TOAST WITH BUTTER AND CONDIMENTS

- Sourdough (856kJ) / Quinoa Soy Linseed (1419kJ) 6
- Gluten Free (856kJ) 7
- Fruit Loaf with Ricotta & Honey (2150kJ) 7
- served with strawberry jam (150kJ) / peanut butter (273kJ) / vegemite (35kJ) **add extra condiment +0.5**

TOASTIES

- Ham & Cheese (2010kJ) 9
- Ham Cheese & Tomato (2060kJ) 10
- Chicken & Mushroom (3110kJ) 14

EGGS AS YOU LIKE ^{v gfor} 10

- Served on sourdough toast (see extras)
- Poached (1540kJ) / Scrambled (2000kJ) / Fried (2090kJ)

BREKKIE WRAP

- Bacon, scrambled eggs, hash brown, tomato relish, lettuce, hollandaise sauce in spinach wrap (3370kJ) 13
- Add cheese (+276kJ) +1 / avo (+994kJ) +2**

BREKKIE BURGER ^{gfor}

- Lettuce, tomato, grilled bacon, fried egg, hash browns, house tomato relish, aioli on a milk bun (3370kJ) 14
- Add cheese (+276kJ) +1 / avo (+994kJ) +2**

HOUSE BAKED GRANOLA ^v

- House baked granola, rose water poached strawberry, coconut chia pudding, deli style yogurt (2580kJ) 15

OMELETTE ^{v gfor}

- Roasted mushrooms, slow braised tomato, tempura bits, chives and mozzarella served with a side of toasted bread (2250kJ) 17
- Add chicken (+718kJ) / ham (+453kJ) / smoked salmon (+561kJ) +4**

CRUSHED AVO DELIGHT ^{v gfor}

- Crushed avo, tomato salsa, green balsamic, poached egg, whipped Persian fetta, chilli, chives with toasted sourdough (2640kJ) 17

ZUCCHINI FRITTERS ^v

- Zucchini & fetta fritters, house tomato relish, tomato salsa, chives, whipped Persian fetta, poached egg, fine herbs (1450kJ) 18

Please notify staff of any food allergies.
10% surcharge on public holidays.
To maintain the integrity of the dish, **no changes** to the dish are permitted.
Chicken dishes are Halal-friendly.

^v vegetarian option ^{gf} gluten free ^{gfor} gluten free on request

GRILLED HALLOUMI BENNY ^{v gfor}

- Spiced eggplant, tomato, raisin, coriander, grilled halloumi, sautéed kale, Spanish onion, poached eggs, and hollandaise on a toasted sourdough (2340kJ) 18
- Or, swap the halloumi for smoked salmon (+561kJ) / ham (2920kJ) or bacon! (3210kJ)**

TRUFFLE MUSHROOM BRUSCHETTA ^{v gfor}

- Mushrooms, avocado, spring onion, chilli, eschalots, truffle, thyme and burrata on toasted sourdough (2630kJ) 19

BREAKFAST GNOCCHI

- House made potato gnocchi, roasted tomato, chorizo, chilli, shallots, parmesan snow, poached egg, crispy potato skins (3590kJ) 19
- Or, swap the chorizo for chicken! (+718kJ)**

ALL THINGS GREEN ^{gfor}

- Brown rice, poached egg, asparagus, okra, broccolini, shallot, garlic, edamame, furikake, kale with kombu sauce (1670kJ) 19
- Add sous vide chicken (+718kJ) +4**

OKONOMIYAKI BENEDICT

- Sous vide house marinated salmon, okonomiyaki, kewpie mayo, squid legs, poached egg, roe, hollandaise, soft herbs, corn salsa, katsuobushi (bonito flakes) (2720kJ) 22

LEAF BREKKIE ^v

- Two poached eggs, grilled halloumi, hash browns, mushrooms, sautéed kale, smashed avo, roasted tomato with toasted sourdough (3760kJ) 22

BIG BREAKFAST

- Two eggs your way, chorizo, bacon, hash browns, crushed avo and roasted mushroom with toasted sourdough (4440kJ) 22

EXTRAS

- | | | | |
|--|---|---|-----|
| Poached Egg (345kJ) / Hash Brown (553kJ) / Roasted Tomato (86kJ) | 3 | Grilled Chicken (718kJ) / Grilled Bacon (1310kJ) / Grilled Halloumi (722kJ) / Smoked Salmon (561kJ) | 5 |
| Sautéed Kale (67kJ) / Mushrooms (160kJ) / Avocado (994kJ) / Chorizo (1310kJ) / Ham (453kJ) | 4 | Potato Chips (1192kJ) | 5 |
| | | Sweet Potato Chips (809kJ) | 7 |
| | | Aioli sauce | 0.5 |

The average adult daily energy intake is 8700kJ



MENU



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BURGERS & SANDWICHES

B.L.A.T. ^{gfor}

Bacon, lettuce, smashed avo, tomato, house sweet chilli mayo on sourdough (3070kJ) 14

PERI PERI CHICKEN WRAP

Grilled marinated chicken breast, cucumber, corn, onion, lettuce, tomato, house peri peri mayo on a spinach tortilla (2400kJ) 14

CHICKEN SCHNITZEL WRAP

Panko crumbed chicken breast fillet, lettuce, avo, tomato, English cheddar cheese, sweet chilli mayo on a spinach wrap (3240kJ) 14

MEATBALL SUB

Slow braised meatball, melted provolone cheese, tomato salsa, sour pickles, on a toasted brioche bread roll, served with a side of house tempura onion fries (3710kJ) 18

CRISPY FRIED CHICKEN BURGER

Crispy fried chicken fillet, lettuce, coleslaw, kewpie mayo, Japanese BBQ sauce on a soft milk bun with chips (5090kJ) 19

VEGAN BURGER ^{VEGAN}

Panko crumbed roasted pumpkin & chickpea patty, cucumber & dill salsa, coconut yogurt mustard sauce, house tomato relish on a toasted whole wheat bun, served with chips (6280kJ) 19

GRILLED WAGYU BEEF CHEESEBURGER

Wagyu beef patty, marinated bacon, lettuce, house relish, tomato, cheddar cheese, tempura onion ring, special burger sauce served on a milk bun with chips (6090kJ) 19

SALADS

ROASTED PUMPKIN SALAD ^v

Roasted pumpkin, pepita seeds, whipped Persian fetta, rocket, avo, roasted Spanish onion, tomato, balsamic glaze (2300kJ) 17
Add avo (+994kJ) +4 Add chicken (+718kJ) +5
Add halloumi (+722kJ) +5 Add smoked salmon (+561kJ) +5

SUPERFOOD SALAD ^{v gf}

Corn, avo, onion, chilli, tomato, chickpeas, cucumber, quinoa, roasted pumpkin, kale, seeds, honey mustard dressing (1490kJ) 19
Add halloumi (+722kJ) / chicken (+718kJ) / smoked salmon (+561kJ) +5

GRILLED CHICKEN SALAD ^{gf}

Grilled chicken breast, green apple, onion, quinoa, avocado, soft boiled egg, carrots, shredded green coral lettuce, parmesan snow, cranberry, honey mustard dressing (1990kJ) 19

MAINS

SALMON RICE BOWL

Teriyaki marinated salmon, brown rice, edamame, avo, greens, kewpie mayo, furikake, chives (3850kJ) 24

CHICKEN SCHNITZEL

Panko crumbed chicken breast fillet, cabbage slaw, chips, and creamy mushroom sauce (3780kJ) 19
Make it parmigiana! (+280kJ) top with tomato ragu and mozzarella +3

FISH & CHIPS

Crispy battered flathead fillets, chips and tartare sauce (3330kJ) 19

KID'S MENU

Served with Kid's AJ (+480kJ)

Kid's Brekkie
Scrambled egg, hash brown, with toast (1590kJ) 10

Kid's Chicken Nuggets
With chips, tomato sauce (2650kJ) 10

Kid's Fish & Chips (2200kJ) 10

Kid's Cheeseburger
With wagyu beef, cheese, BBQ sauce, chips (3960kJ) 14

Kid's Waffle
With ice cream, chocolate sauce, strawberries (2780kJ) 10

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DRINKS



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BREW BAR

COLD DRIP COFFEE

A slow, four to six hour extracted coffee. Sweet, liquor like flavour with low acidity. Sold in a bottle. Served on ice. (2kj) 6

HARIO V60

Hario V60 pour over gives the barista complete control over brewing extraction. This produces a clean after taste with a well rounded flavour of our single origin coffee. (2kj) 6

ESPRESSO

Ristretto (2kj) 3.3
Short Black (2kj)
Long Black (4kj) 3.8
Macchiato (61kj) 3.8
Piccolo (197kj)
Flat White (451kj)
Latte (541kj)
Cappuccino (451kj)

upsized +0.7

SPECIALTY

Chai Latte (910kj) 4.3
Green Tea Latte (929kj)
Taro Latte (1470kj)
Red Velvet Latte (1530kj)
Turmeric Latte (1040kj)

upsized +0.7

Babycino (133kj) 1.5

BELGIAN HOT CHOCOLATE / MOCHA

We use Belgian couverture chocolate, high-quality chocolate that contains a higher percentage of cocoa.

HOT CHOCOLATE 4.8	MOCHA 4.8
White (979kj)	White (937kj)
Milk (1250kj)	Milk (933kj)
Dark (1080kj)	Dark (924kj)

upsized +1.0

upsized +1.0

Decaf (2kj) / Extra Shot (2kj)	0.5
Almond Milk (231kj) / Soy Milk (361kj)	0.7
FLAVOUR Caramel (270kj), Hazelnut (274kj), Vanilla (274kj), Mint (280kj)	0.7

ORGANIC LOOSE LEAF TEA

Temperature controlled, brewed to perfection. 4.5

GOOD MORNING

Our luxurious take on English Breakfast Tea (2kj)

EARL GREY BLUEFLOWER

Ceylon Orange Pekoe Black Tea infused with bergamot (2kj)

GENMAICHA (KYOTO JAPAN)

Brothy Kyoto Green Tea with toasted rice (2kj)

SILVER JASMINE (ZHEJIANG)

Silver tipped Green Tea, infused with jasmine blossoms (2kj)

DOUBLE MINT

Mint & spearmint, lavender and fennel seeds to aid digestion (2kj)

LEMONGRASS GINGER

Lemongrass and ginger blend to restore minerals (2kj)

CHAMOMILE LAVENDER

A floral bouquet with sweet honey notes that soothe (2kj)

MASALA CHAI

Authentic Indian recipe of spices with an Assam Tea base (465kj)

COLD BEVERAGE

ICED ESPRESSO

Iced Long Black (4kj) 5.5
Iced Latte (1050kj) 5.5
Iced Coffee (1450kj) 6.5
Salted Caramel Affogato (1370kj) 6

BLENDED

Coffee (1700kj) 7
Chai Latte (910kj) 7
Green Tea Latte (908kj) 7

BLENDED CHOCOLATE 7.5	BLENDED MOCHA 7.5
White (3020kj)	White (2110kj)
Milk (2957kj)	Milk (2100kj)
Dark (2900kj)	Dark (2080kj)

HANDCRAFTED SODA

New Zealand Golden Kiwi & Mint (860kj) 6.5
Lychee (712kj) 6.5
Cranberry & Lime (759kj) 6.5

ORGANIC ICED TEA

BREAKFAST LEMON MINT

Ceylon Orange Pekoe Tea with fresh lemon juice & mint (611kj) 6

LEMONGRASS & GINGER

Caffeine-free cold tisane with fresh lemon zest (402kj) 6

EGYPTIAN ICE

Liquid Turkish delight (439kj) 6

COLD PRESSED JUICE

ORANGE | Straight orange juice (600kj) 9
GREEN | Apple, pear, spinach & kale (830kj) 9
RED | Watermelon & strawberry (665kj) 9

FRUITY SMOOTHIE

STRANANA 7.5
Strawberry, banana, milk & honey (1290kj)
PASSION TANGO ^{df} 7.5
Pineapple, passionfruit, banana & mango (1330kj)
SUMMER SUNSET ^{df} 7.5
Pineapple, mango, strawberry & kiwi (1290kj)
AÇAÍ ^{df} 8.5
Açaí, blueberry, blackberry, banana (1420kj)

MILKSHAKE

Chocolate (1690) / Vanilla (1540kj) / Salted Caramel (1470kj) / Strawberry (1550kj) / or Banana (1290kj) 6

Add WHEY Protein (502kj)	2
Add Extra Ice Cream (645kj)	1

^{df} Dairy free

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700 KJ