



MENU



NORTH RYDE

PLEASE ORDER AT THE COUNTER

BRUNCH

TOAST WITH BUTTER AND CONDIMENTS

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

EGGS AS YOU LIKE ^{v gfor} 11

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

GRILLED CHICKEN & MUSHROOM TOASTIE 15

Grilled chicken breast, English cheddar cheese, chives,
caramelized onion & mushroom relish, and truffle mayo
on sourdough bread (3660kJ)

BREKKIE BURGER 16

Bacon, fried egg, hash brown, lettuce, house tomato
relish, tomato, aioli on a soft milk bun (3370kJ)
Add cheese (+276kJ) +1 / avo (+994kJ) +2

BIRCHER MUESLI ^{Vegan} 15

Oat, apple, coconut yogurt, seasonal berries, berry
compote, toasted pistachio (1260kJ)

MUSHROOM & ZUCCHINI OMELETTE ^{v gfor} 18

Shiitake mushroom, king brown mushroom, zucchini,
garlic, eschalot, chive, miso, mozzarella, shiitake XO, fine
herb salad served on a toasted sourdough (2660kJ)

CRUSHED AVO & TOMATO DELIGHT ^{v gfor} 18

Crushed avo, cherry tomato salsa, green balsamic glaze,
poached egg, whipped Persian fetta, yuzu gel, pickled
eschalots, chives with toasted sourdough (2230kJ)

GRILLED HALLOUMI BENNY ^{v gfor} 20

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

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.

ZUCCHINI FRITTERS ^v 20

Tempura zucchini fritter, tomato & avocado salsa,
tomato relish, tzatziki, poached egg, fine herb & radish
salad (1230kJ)

ROASTED CAULIFLOWER VEGAN BOWL ^{v gf} 20

Braised cauliflower, roasted mushrooms, harvest corn,
roasted pumpkin, quinoa, edamame, tahini dressing
(1370kJ)

BREAKFAST GNOCCHI 20

House made potato gnocchi, roasted tomato, chorizo,
chilli, shallots, parmesan snow, poached egg, crispy
potato skins (3590kJ)

Or, swap the chorizo for chicken (+718kJ)

OKONOMIYAKI BENEDICT 24

Sous vide marinated salmon, okonomiyaki pancake,
tempura octopus legs, poached egg, roe, corn salsa,
hollandaise, katsuobushi (bonito flakes) (2660kJ)

BIG BREAKFAST 23

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

SLOW BRAISED PULLED PORK SHAKSHUKA ^{gfor} 21

Braised pork, chorizo, tomato, onions, pinto, kidney, and
borlotti beans, baked egg, and dukkah with toasted
sourdough (2570kJ)

BERRY & BANANA FRENCH TOAST ^v 21

Whipped Nutella, berry coulis, meringue, seasonal
berries, banana, toasted pistachio (3220 kJ)
Add extra ice cream (+645kJ) +3

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

The average adult daily energy intake is 8700kJ

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



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SALADS

ROASTED PUMPKIN SALAD ^v 19

Roasted pumpkin, pepita seeds, whipped Persian fetta, tomato, avo, salad leaf, roasted Spanish onion, balsamic glaze (2300kJ)

Add avo (+994kJ) +4 Add chicken (+718kJ) +5
Add halloumi (+722kJ) +5 Add smoked salmon (+561kJ) +5

SUPERFOOD SALAD ^{v gf} 20

Corn, avocado, onion, chilli, tomato, chickpeas, cucumber, quinoa, kale, roasted pumpkin, seeds, honey mustard dressing (1490kJ)

Add halloumi (+722kJ) +5 Add chicken (+718kJ) +5
Add smoked salmon (+561kJ) +5

GRILLED CHICKEN SALAD ^{gf} 20

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

MAINS

ROASTED PORK BELLY & DUCK RICE BOWL 26

Roasted pork belly, smoked duck breast, broccolini, zucchini, garlic, eschalots, chilli, brown rice, fried egg (2610kJ)

SALMON SOBA NOODLE BOWL 26

Sous vide house marinated salmon, avo, carrot, roe, soba noodles, chives, cucumber, chilli, edamame, Japanese style dressing (2480kJ)

PRAWN SPAGHETTI 28

Pan-seared prawns, eschalots, chilli, roasted cherry tomatoes, garlic, chives, shellfish bisque, squid ink spaghetti (2060kJ)

SLOW BRAISED PORK RIBS 28

Slow braised pork ribs, smoky BBQ sauce, Asian cabbage slaw, served with a side of chips (6440kJ)

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BURGERS & SANDWICHES

TOASTIES

Cheese & Tomato ^v (1830kJ) 8
Ham & Cheese (2010kJ) 10
Ham Cheese & Tomato (2060kJ) 11

VEGETARIAN WRAP ^v 16

Grilled halloumi, spiced eggplant, lettuce, tomato, coriander, raisin, Spanish onion, aioli on a spinach wrap (2940kJ)

Add chips (+1192kJ) +4

CHICKEN FAJITA WRAP 16

Grilled marinated chicken, mixed peppers, onion, avocado, lettuce, tomato, melted mozzarella cheese, peri peri mayo, on a spinach wrap (1940kJ)

Add chips (+1192kJ) +4

CHICKEN SCHNITZEL BURGER 21

Panko crumbed marinated chicken thigh fillet, lettuce, Asian cabbage slaw, house spicy mayo served on a toasted milk bun with chips (4770kJ)

GRILLED WAGYU BEEF BURGER 21

Wagyu beef patty, house tomato relish, lettuce, tomato, melted cheddar cheese, sour pickles, tempura onion ring, special burger sauce served on a milk bun with chips (6280kJ)

LEAF HARVEST BURGER ^{Vegan} 22

Grilled HARVEST GOURMET [®] Plant-based patty, caramelized onion & mushroom relish, lettuce, tomato, jalapeno guacamole, plant based smokey chipotle mayo served on a whole wheat bun with chips (3690kJ)

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

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) 6.5

FILTER COFFEE

We batch brew to bring out the subtle nuances that you can only taste in a black coffee. (2kj) 5

ESPRESSO

Ristretto (2kj) 3.5
Short Black (2kj)
Long Black (4kj) 4
Macchiato (61kj) 4
Piccolo (197kj)
Flat White (451kj)
Latte (541kj)
Cappuccino (451kj)

SPECIALTY

Chai Latte (910kj) 4.5
Green Tea Latte (929kj)
Taro Latte (1470kj)
Red Velvet Latte (1530kj)
Turmeric Latte (1040kj)
upsized +0.8
Babycino (133kj) 1.5

upsized +0.8

BELGIAN HOT CHOCOLATE / MOCHA

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

| | |
|------------------------|----------------|
| HOT CHOCOLATE 5 | MOCHA 5 |
| White (979kj) | White (937kj) |
| Milk (1250kj) | Milk (933kj) |
| Dark (1080kj) | Dark (924kj) |

upsized +1.0

upsized +1.0

| | |
|--|------|
| Decaf (2kj) / Extra Shot (2kj) | +0.6 |
| 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. 4.7

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) 6
Iced Latte (1050kj) 6
Iced Coffee (1450kj) 7
Salted Caramel Affogato (1370kj) 6.5

BLENDED

Coffee (1700kj) 7.5
Chai Latte (910kj) 7.5
Green Tea Latte (908kj) 7.5

| | |
|----------------------------|------------------------|
| BLENDED CHOCOLATE 8 | BLENDED MOCHA 8 |
| 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) 6.5

LEMONGRASS & GINGER

Caffeine-free cold tisane with fresh lemon zest (402kj) 6.5

EGYPTIAN ICE

Liquid Turkish delight (439kj) 6.5

COLD PRESSED JUICE

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

FRUITY SMOOTHIE

PASSION TANGO ^{df}

Pineapple, passionfruit, banana & mango (1330kj) 8

SUMMER SUNSET ^{df}

Pineapple, mango, strawberry & kiwi (1290kj) 8

AÇAÍ ^{df}

Açaí, blueberry, blackberry, banana (1420kj) 8.5

MILKSHAKE

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

| | |
|-------------------------------|----|
| WHEY Protein (502kj) | +2 |
| Make it a THICKSHAKE (1290kj) | +2 |

^{df} Dairy free

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700 KJ