



MENU



PENNANT HILLS

PLEASE ORDER AT THE COUNTER

EGGS AS YOU LIKE ^{v gfor} 10
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 WRAP 16
Bacon, scrambled eggs, hash brown, tomato relish, lettuce, hollandaise sauce in spinach wrap (3370kJ)
Add cheese (+276kJ) **+1** / **avo** (+994kJ) **+2**

BIRCHER MUESLI ^{Vegan} 16
Oat, apple, coconut yogurt, seasonal berries, berry compote, toasted pistachio (1260kJ)

CRUSHED AVO & TOMATO DELIGHT ^{v gfor} 18
Crushed avo, cherry tomato salsa, green balsamic glaze, poached egg, whipped Persian fetta, yuzu gel, chives, pickled eschalots, with toasted sourdough (2230kJ)

MUSHROOM & ZUCCHINI OMELETTE ^{v gfor} 18
Shiitake mushroom, king brown mushroom, zucchini, garlic, eschalot, chive, miso, mozzarella, shiitake XO, fine herb salad served on toasted sourdough (2660kJ)

ZUCCHINI FRITTERS ^v 18
Tempura zucchini fritter, tomato & avocado salsa, tomato relish, tzatziki, poached egg, fine herb & radish salad (1230kJ)

GRILLED HALLOUMI BENNY ^{v gfor} 19
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) w

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)

BIG BREAKFAST 24
Two eggs your way, chorizo, bacon, hash browns, crushed avo and roasted mushroom with toasted sourdough (4440kJ)

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

B.L.A.T. ^{gfor} 14
Bacon, lettuce, smashed avo, tomato, house sweet chilli mayo on sourdough (3070kJ)

CHICKEN FAJITA WRAP 15
Grilled marinated chicken, mixed peppers, onion, avocado, lettuce, tomato, melted mozzarella cheese, peri peri mayo, on a spinach wrap (1940kJ)

VEGETARIAN WRAP ^v 16
Grilled halloumi, spiced eggplant, lettuce, tomato, coriander, raisin, Spanish onion, aioli on a spinach wrap (2940kJ)

GRILLED WAGYU BEEF BURGER 20
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 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)

CHICKEN SCHNITZEL 21
Panko crumbed chicken breast fillet, cabbage slaw, chips, and creamy mushroom sauce (3780kJ)
Make it parmigiana! (+280kJ) **top with tomato ragu and mozzarella** +3

ROASTED PORK BELLY & DUCK RICE BOWL 25
Roasted pork belly, smoked duck breast, broccolini, zucchini, garlic, eschalots, chilli, brown rice, fried egg (2610kJ)

PRAWN SPAGHETTI 27
Pan-seared prawns, eschalots, chilli, roasted cherry tomatoes, garlic, chives, shellfish bisque, squid ink spaghetti (2060kJ)

BERRY & BANANA FRENCH TOAST ^v 21
Whipped Nutella, berry coulis, meringue, seasonal berries, banana, toasted pistachio (3220kJ)
Add extra ice cream (+645kJ) **+3**

KID'S MENU	
<i>Served with Kid's AJ (+480kj)</i>	
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

Please notify staff of any food allergies.

The average adult daily energy intake is 8700kJ

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

DRINKS



| PENNANT HILLS

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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

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)
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)

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700 KJ

COLD BEVERAGE

ICED ESPRESSO

Iced Long Black (4kj) 6
Iced Latte (1050kj) 6
Iced Coffee (1450kj) 7
Salted Caramel Affogato (1370kj) 6.6

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 (300ml)

BREAKFAST LEMON MINT

Ceylon Orange Pekoe Tea with fresh lemon juice & mint (367kj) 5.4

LEMONGRASS & GINGER

Caffeine-free cold tisane with fresh lemon zest (242kj) 5.4

EGYPTIAN ICE

Liquid Turkish delight (264kj) 5.4

COLD PRESSED JUICE (300ml)

ORANGE | Straight orange juice (360kj) 6.9

GREEN | Apple, pear, spinach & kale (498kj) 6.9

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