

BREAKFAST MENU - Mon - Sat 6.30 -11.30

BACON & EGGS 15.0 * gfo

Local organic free-range eggs (2) Poached or Fried, a good serve of bacon on toasted sourdough bread

BREAKFAST WRAP 10.5

w/ fried egg, bacon, roast potato, cheese, tomato relish in a toasted tortilla

BREAKFAST WRAP VEGETARIAN 10.5

Fried egg, pumpkin, roast potato, spinach, cheese, tomato relish in a toasted tortilla

BREAKFAST BOARD 24.0

w/ two poached eggs, bacon, field mushroom, chorizo, roast tomato, sourdough toast, tomato relish

BACON EGGS BENEDICT 17.0 *gfo

w/ Poached eggs, bacon, toasted damper roll, baby spinach, hollandaise sauce

VEGO EGGS BENEDICT 17.0 vg/ *gfo

w/poached eggs, mushroom, *tomato*, toasted damper roll, baby spinach, hollandaise sauce

SALMON EGGS BENEDICT 18.0 *gfo

w/ Poached eggs, salmon, toasted damper roll, baby spinach, hollandaise sauce

CONFIT TOMATO TARTLET 17.0 *vg

w/ poached egg, goat's cheese, balsamic reduction

HOUSE MADE SWISS POTATO ROSTI **BACON** 18.0

w/ poached eggs, bacon, tomato, field mushrooms, hollandaise sauce

HOUSE MADE SWISS POTATO ROSTI **VEGO** 17.0

w/ poached eggs, mushroom, tomato, field mushrooms, hollandaise sauce

HOUSE MADE SWISS POTATO ROSTI **SMOKED SALMON** 19.0

w/ poached eggs, salmon, field mushrooms, tomato, hollandaise sauce

JUST EGGS 11.0 *gfo

Local organic free-range eggs (2) Poached or Fried on toasted sourdough bread

PALATE & PLY ACAI BOWL 15.5 vg *df

w/ crunchy granola, kiwi fruit, strawberries, banana, toasted coconut flakes

PASSIONFRUIT PANACOTTA 15.5 *vg

w/ honey Crunchy Granola, Rhubarb, fresh fruit

PALATE & PLY PANCAKE STACK (berry) 13.0

OR

PALATE & PLY PANCAKE STACK (bacon) 17.0

w/ maple syrup, berries and ice cream

w/bacon, and Middle Eastern fruit compote

SWEET POTATO FRITTERS 17.0 Low GI

w/ two fritters, a poached egg, avocado and bacon and chilli jam

TRUFFLED FIELD MUSHROOMS 16.0 * vg

w/ poached egg, Meredith goat's cheese, salsa Verde', sourdough toast *

***** **P & P FAVOURITES** *****

BACON AND EGG ROLL 10.0 *gfo

on toasted damper roll with your choice of BBQ, tomato sauce or tomato relish

BLT 11.0 *gfo

w/bacon, lettuce, vine tomato, mayonnaise, on toasted damper roll

BLAT 14.0 *gfo

w/bacon, lettuce, avocado, vine tomato, mayonnaise, on toasted damper roll

BANANA BREAD (Toasted) 8.5

w/ vanilla bean mascarpone and pure local honey

CRUSHED AVOCADO 15.0 *gfo

on toasted sourdough, watercress, cherry tomatoes, Danish Feta & balsamic glaze

HEARTHFIRE MACADAMIA FRUIT LOAF 8.5

w/vanilla bean mascarpone and local honey

Sourdough Toast and condiments 6.5 * vg

w/choice of honey, house jam or vegemite

TOASTED HAM, CHEESE & TOMATO SANDWICH 9.0*

EXTRAS - sides of:

Tomato 3.0

Bacon or Avocado 5.0

2 x Eggs 5.0

Salmon 6.0

Mushroom or Feta or Spinach 4.0

Chicken 5.0

EXTRAS:

scoop **ice cream:** per scoop 1.0

Add cream to any dish 1.0

Add ice cream to any dish -per scoop 1.0

*gfo **gluten free option fee applies** / vg **vegetarian**

LUNCH MENU -Mon -Fri 11.30-2.30 & Sat 11.30-1.30



BEEF BURGER 17.5 * gfo

Mesclun lettuce, tomato, pickled cucumber, chef's special beetroot relish, swiss cheese, bacon

CONFIT TOMATO TARTLET 18.5

w/ goat's cheese, balsamic reduction, rocket and parmesan salad

MEZZE 14.0

Served on a platter w/ toasted Sourdough, grilled vegetables, dips and feta

NASI GORENG CHEF'S SPECIALITY DISH **vego 15.0 / Add chicken 19.0 / Add Prawns 19.0**

w/Balinese spiced rice, fried egg, fresh tomato and chilli (medium spicy)

OPEN DANISH SANDWICH 17.0 *gfo

on sourdough bread with a choice of either: **smoked salmon capers and cream cheese** or **Beef Brisket and Brie cheese** or **Grilled vegetables, olives and mayonnaise**

OPEN PUMPKIN RAVIOLI 17.0

Goats cheese, raisins, walnuts and brown butter

PORK BELLY THAI SALAD 23.0 g/f

w/ Nam Jim dressing, Asian caramel *

PRAWN AND BACON SALAD 24.0 g/f

w/avocado, cherry tomato, spinach and lemon herb dressing

SWEET POTATO FRITTERS 18.0 vg

w/ 2 fritters, honey carrots, sesame seed and cashew salad

THAI CHICKEN LARB SALAD 17.0 (medium spicy)

Chefs signature spicy summer Thai salad, created w/ herbs, spices coriander, mint

SOMETHING ON THE LIGHTER SIDE

Pumpkin Feta and spiced Pepita Salad 12.0 *

Beetroot, Goat's cheese and Walnut Salad 12.00*

EXTRAS - sides of:

Tomato **3.0**

Bacon **or** Avo **5.0**

2 x Eggs **5.0**

Salmon **6.0**

Mushroom **or** Feta **or** Spinach **4.0**

Chicken **5.0**

Greek salad side **8.0**

Sweets and Treats:

Affogato -Double Espresso over Vanilla Ice Cream **5.5**

We have a great selection of tartlets and house made cakes starting from 5.50 in the cake fridges

***** **P & P FAVOURITES** *****

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on toasted damper roll with your choice of BBQ, tomato sauce or tomato relish

BLT 11.0 *gfo

w/bacon, lettuce, vine tomato, mayonnaise, on toasted damper roll

BLAT 14.0 *gfo

w/bacon, lettuce, avocado, vine tomato, mayonnaise, on toasted damper roll

BANANA BREAD (Toasted) 8.50

w/ vanilla bean mascarpone and pure local honey

CRUSHED AVOCADO 15.0 *gfo

on toasted sourdough, watercress, cherry tomatoes, Danish Feta & balsamic glaze

HEARTHFIRE MACADAMIA FRUIT LOAF 8.5

w/vanilla bean mascarpone and local honey

Sourdough Toast and condiments 6.5 * gfo/vg

w/choice of honey, house jam or vegemite

TOASTED HAM, CHEESE & TOMATO SANDWICH 9.0* gfo

EXTRAS:

Add ice cream to any dish-per scoop **1.0**

Add cream to any dish **1.0**

Legend: *gfo Gluten free fee applies **vg** vegetarian

Low GI

OUR LOCALLY ROASTED COFFEE & DRINKS- DINE IN -MENU



At Palate & Ply we endeavour to provide superior food, flavour and coffee all under one roof. Our beans are supplied by a local roastery, so we can match their roast of Single Origins or their Champion Blend to suit your choice of coffee, making the perfect cup, time and time again.

	CUP	MUG
CHAMPION BLEND		
Flat white / Cappuccino / Latte	4	5
Mocha	4.6	5.6
SINGLE ORIGIN OF THE WEEK		
Espresso -Includes sparkling water to cleanse the palate	3.5	
Piccolo -Includes sparkling water to cleanse the palate	4	
Macchiato/Long Macchiato- Includes sparkling water to cleanse the palate	3.8	4.2
Long Black	3.8	4.7
P&P FAVOURITES		
Babycino	1.5	
Hot Chocolate	4	5
Chai Latte	4	5
Dirty Chai	4.6	5.6
Turmeric latte	4.5	5.5
COFFEE EXTRAS		
Syrups (Vanilla, Caramel, Hazelnut)	0.6	
Soy/coconut/almond/macadamia/lactose free	1	
Extra shot (each)	0.7	
SPECIALITY COLD COFFEES (Great for those hot Summer days)		
Nitro Coffee Delicious cold pressed Nitrogen infused coffee served on tap One size only for Dine In	6.9	
Cold drip over ice/ add milk	5.2	/ 5.7
Affogato -Double Espresso over Vanilla Ice Cream	5.5	
Iced Chocolate /Iced Chai - all made over ice and topped with whipped milk foam	6.2	
Iced Latte (without ice cream \$6) (Add ice cream -additional \$1 per scoop)	6.2	
CHAMELLIA LOOSE LEAF TEA POT		
English Breakfast/Earl Grey/Masala Chai/Peppermint/China Sencha	4	
Chai Infused on milk	5	
Rooibos Tea/ Rooibos Chai	4	4.5
COLD DRINKS		
Daylesford Organic Soft Drinks- Lemonade/Ginger Beer/Cola/Apple /Orange/ B.M.P /Pineapple	5	
Bottled Water – Still/Sparkling	4/	4.2
Parkers Organic Bottled Juices –Lemon Lime Bitters	4.5	
Kombucha	6.5	
Cold Pressed Juices Botanica Orange/ Botanica Bondi (Mixed Fruits & Veg)	5.0 /	5.50
Nexba sugar free drinks (great for diabetics)	4.0	
MILKSHAKES		
Chocolate/Vanilla/Strawberry/Chai/Coffee/Caramel	Kids 3.5	Adults 6
Add Malt	0.5	
Extra scoop Ice cream	1	
SMOOTHIES		
Berry Coconut/Mango Coconut/Banana Almond	8	d/f 9.0
Kick Start Summer smoothie -Banana, Cacao, spinach, blueberries, ice d/f	7.5	
COLD FIZZES		
Berry/mango blended with lemon sorbet and lemonade d/f	7	
Extra 1 x scoop ice cream	1.0	