

BACON & EGGS 15.0 * gfo

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

JUST EGGS 11.0 *gfo

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

EGGS BENEDICT w/ BACON 17.0 / SMOKED SALMON 18.0 *gfo

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

EGGS BENEDICT VEGETARIAN 17.0 vg/ *gfo

w/ Poached eggs, mushroom, tomato, baby spinach, hollandaise sauce & a toasted damper roll

BUDDHA BOWL 17.0 *vg

w/ Baked seasonal vegetables, Du Puy French lentils, a poached egg, soft labneh cheese & pickled chilli

SWEET POTATO FRITTERS 17.0 * vg/ Low GI

w/ Two fritters, avocado, bacon, a poached egg, pepita seeds, dukkha and balsamic glaze

POTATO ROESTI w/ BACON 18.0 / SMOKED SALMON 19.0 / VEGETARIAN 17.0

w/ Poached eggs, field mushrooms, tomato & hollandaise sauce

FIELD MUSHROOMS ON A DAMPER ROLL 12.0 * vg

w/ Feta cheese, spinach, aioli & a toasted damper roll *vg

BACON & EGG ROLL 10.0 *gfo

Bacon and egg on our toasted damper roll with your choice of BBQ, tomato sauce or tomato relish

BREAKFAST WRAP 10.5

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

BREAKFAST WRAP VEGETARIAN 10.5 *vg

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

BLT 11.0 *gfo

w/ Bacon, lettuce, vine tomato, mayonnaise, on a toasted damper roll

BLAT 14.0 *gfo

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

CRUSHED AVOCADO & FETA 15.0 *gfo

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

TOASTIE SANDWICH 9.0 *gfo

w/ Ham, cheese & tomato

MIDDLE EASTERN OAT PORRIDGE 12.0 vg/Low GI

w/ Middle Eastern seasonal fruit compote & cinnamon

P & P ACAI BOWL 15.5 *vg/ df

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

BANANA BREAD (Toasted) 8.5

w/ Vanilla bean mascarpone & local honey

MACADAMIA FRUIT LOAF 8.5

w/ Vanilla bean mascarpone & local honey

SOURDOUGH TOAST & CONDIMENTS 6.5 * gfo/ vg

w/ Choice of honey, house jam, vegemite or peanut butter

EXTRAS - sides of:

Tomato **3.0**

Bacon **or** Avocado **5.0**

1 x Egg **3.0**

2 x Eggs **5.0**

Salmon **6.0**

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

4.0

Ice cream **1.0** scoop

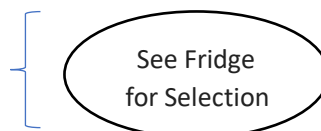
Cream **1.0** dollop

COFFEE, TEA & DRINKS MENU- (DINE IN)



At Palate & Ply we endeavour to provide superior quality and flavour in all our drinks. Our passion and expertise shines through, making you the perfect cup, time and time again. We supply quality beans, offering a Single Origin or a unique Blend to suit your choice of coffee. Be adventurous and try our creamy Nitro infused cold pressed cold coffee. Organic Ceylon Teas are made with choice grade speciality Chamellia loose leaf and our range of Organic Juices, Smoothies, Cold Fizzes and popular Milkshakes are carefully selected to ensure there is something for everyone.

| | CUP | MUG |
|---|-----------|----------|
| HOUSE BLEND OF THE BEST BEANS | | |
| Flat white / Cappuccino / Latte | 4 | 5 |
| Mocha | 4.6 | 5.6 |
| SINGLE ORIGIN BEAN 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 | 3.7 | 4.6 |
| 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 | 0.9 | |
| Extra Espresso single shot | 0.7 | |
| SPECIALITY COLD COFFEES | | |
| Nitro Coffee- Delicious cold pressed coffee infused with Nitrogen & served on tap | 6.5 | |
| Cold Drip Coffee- over ice/ add milk | 5.2 / 5.7 | |
| Affogato -Double Espresso over Vanilla Ice Cream | 5.5 | |
| Iced Latte / Iced Chocolate / Iced Chai - all made over ice (Add ice cream - \$1 per scoop) | 6.2 | |
| CHAMELLIA LOOSE LEAF TEA POT | | |
| English Breakfast/Earl Grey/Masala Chai/Peppermint/China Sencha (Add milk – 30c) | 4 | |
| Chai Infused on milk | 5 | |
| Rooibos Tea/ Rooibos Chai | 4 | 4.5 |
| COLD DRINKS (Bottled) | | |
| Fruit Juices Organic | 5 | |
| Somersault Organic Slow Brewed Sodas with less sugar | 6 | |
| Organic Soft Drinks | 5 | |
| Bottled Water – Still / Sparkling | 4 | 4.2 |
| Kombucha – Passionfruit / Ginger & Lime | 6.5 | |
| Cold Pressed Juices Botanica Orange / Botanica Bondi(Mixed Fruits & Veg) | 5 / 5.5 | |
| 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 Ice cream | 1 | |
| SMOOTHIES | | |
| Berry Coconut / or Mango Coconut / or Banana Almond | 8 | d/f 9.0 |
| COLD FIZZES | | |
| Berry or mango blended with lemon sorbet & lemonade *d/f | 7 | |



OPEN STEAK SANDWICH 19.0

w/Field mushrooms, Italian salsa verde, seasonal salad greens on sourdough toast

PUMPKIN & CORIANDER SOUP 14.0

w/Pepita seeds, cream, coriander and sourdough toast

EARTHY BAKED SEASONAL VEGETABLES 17.0 * vg/gfo

w/ Du Puy French lentils & soft labneh cheese

INDONESIAN BEEF RENDENG 19.0 *gfo

w/Green beans, fragrant rice & fried shallots

NASI GORENG CHEF'S SPECIALITY DISH * Vego 15.0 / With Chicken 19.0 / With Prawns 19.0

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

OPEN PRAWN RAVIOLI & BUTTER SAUCE 24.0

w/ Goats' cheese, capers, raisins, walnuts & brown butter sauce

PORK BELLY COOKED TO PERFECTION 22.0

w/ Beetroot, goats' cheese, apple puree, macadamia nut dukkha

SWEET POTATO FRITTERS 18.50 *vg/ Low GI

w/ 2 Fritters, honey carrots, sesame seeds, cashew salad, avocado & chilli jam

BAKED RICOTTA 18.0 *vg

w/ Grilled seasonal vegetables, garlic croutons & fresh herbs

BACON & EGG ROLL 10.0 *gfo

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

BLT 11.0 *gfo

w/Bacon, lettuce, vine tomato, mayonnaise, on a toasted damper roll

BLAT 14.0 *gfo

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

CLUB SANDWICH CLASSIC 17.0 *gfo

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

OPEN DANISH SANDWICH 17.0 *gfo - On sourdough bread with your choice of either:Beef & Brie cheese or Smoked Salmon, capers & cream cheese or Grilled vegetables, olives & mayonnaise

SALADS**Pumpkin, Feta & spiced Pepita Salad 12.0 * vg****Beetroot, Goat's cheese & Walnut Salad 12.0 * vg****Chicken Salad w/ eggplant, cranberries, quinoa & orange miso dressing 18.0****BANANA BREAD (Toasted) 8.50**

w/Vanilla bean mascarpone & local honey

CRUSHED AVOCADO & FETA 15.0 *gfo

Sourdough toast, watercress, cherry tomatoes, Danish Feta & balsamic glaze

MACADAMIA FRUIT LOAF 8.5

w/Vanilla bean mascarpone & local honey

SOURDOUGH TOAST & CONDIMENTS 6.5 * gfo/ vg

w/Choice of honey, house jam, vegemite or peanut butter

SWEETS & TREATSHouse made **cakes & tartlets** starting **from 5.5** displayed in the cake fridges**Affogato** -Double Espresso served over Vanilla Ice Cream **5.5****Legend : *gfo= gluten free-extra fee applies *vg= vegetarian****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**Ice Cream **1.0** ScoopCream **1.0** Dollop

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