



CAFE MENU

62 GILES ST, KINGSTON ACT 2604 | PH. 6239 4142

○ Breakfast

POACHED SPECIAL II (*GF) 18.00

Poached Egg, Bacon, Cherry Tomatoes, Avocado, Rocket, Fried Scallions, Feta, Balsamic Reduction on Toast

BENEDICT (*GF) 18.00

Bacon, Smoked Salmon or Ham, Poached Eggs, Sautéed Spinach, Brown Butter Hollandaise on Toast

THE BIG (*GF) 25.00

Bacon, Ham or Smoked Salmon, Fried or Poached eggs, Roast Tomato, Smashed Avocado, Sausage, Beans, Spinach, Portabello with Toast

EGGS YOUR WAY (*GF) (V) 11.00

Fried or Poached

Scrambled +1.00

SMOKEY BEAN RAGU BOWL (*GF) (V) 17.00

Navy Beans, Roast Capsicum, Tomato and Cayenne Sauce s/w Poached Egg and Grain Toast

DOUBLE EBR (*GF) 15.00

Fried Eggs, Bacon, Cheese, Rocket, Our Spiced Tomato Relish on Ciabatta Bun

HONEY TOASTED GRANOLA (V) 15.00

Oats, Pumpkin Seeds, Almond, Sunflower Seed, Coconut with Our Selection of Dried Fruits, Honeyed Yoghurt and Milk of Your Choice

CORN FRITTERS 20.00

Avocado, Tomato Salsa, Smoked Salmon, Corianda Aioli, Fried Capers, Poached Egg.

ARTISAN LIEGE WAFFLES 16.50

Blueberry Compote, Vanilla Cream, Toasted Coconut

TOAST SELECTIONS (*GF) (V) 5.50

Sourdough, Sourdough Grain, Fruit or Rye with Butter/Vegemite

Baked Raspberry Jam, Local Almond Butter, Whipped Maple Butter, Manuka Honey + 3.00

BREAKFAST FRUIT TOAST (*GF) (V) 15.00

Seasonal Fruit, Honeyed Labneh, SuperSeed Sprinkle on Fruit Toast

MUSHROOM BRUSCHETTA 18.00

Grilled Portabellos, Salsa Verde, Rocket, Fetta, Poached Egg On Toast

○ Sides

| | | | |
|-------------------|------|--------------------|------|
| Hollandaise Sauce | 3.00 | Our Beans | 4.50 |
| Poached Egg | 3.00 | Bacon | 4.50 |
| Smashed Avocado | 4.50 | Our Sausage | 5.50 |
| Roast Tomatoes | 4.50 | Smoked Salmon | 5.50 |
| Portabello | 4.50 | *Deeks Gluten Free | |
| Spinach | 4.50 | Bread | 2.00 |

Breakfast from 7am to 12pm Weekdays and 8am to 1pm Saturday.

Please advise staff if you have an allergy condition before ordering.

Please note no changes to the menu thank you.



DRINKS MENU

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Smoothies and Frappe 8.50

BERRY BANANA

Skim Milk, Yoghurt and Honey

MANGO PASSION

Milk, Ice Cream, Honey and Passion Fruit

BANANA ALMOND

Milk, Ice Cream, Peanut Butter, Honey and Almond Meal

BERRY BOOST

Apple Juice, Banana, Ice Cream and Ice

MANGO AND PINE

Apple Juice, Banana, Pineapple, Mango and Ice

TRADITIONAL ICED COFFEE

2 Espresso Shots, Ice Cream, Syrup, Milk and Whipped Cream

ICED CHOCOLATE FRAPPE

Chocolate Fudge, Ice Cream and Ice

ICED COFFEE FRAPPE

2 Espresso Shots, Ice Cream, Syrup, Milk and Ice

LATTE ON ICE 7.50

2 Espresso Shots, Milk and Syrup over Ice

ESPRESSO OVER ICE 6.50

Double Long Black over Ice

Freshly Squeezed Juices 8.50

THE AWAKENING

Pear, Apple, Kale and Mint

THE SENIOR

Carrot, Orange and Apple

THE REFRESHED

Celery, Apple and Ginger

THE HANGOVER

Apple, Strawberries, Watermelon and Orange

THE DE-STRESS

Pineapple, Orange, Apple, Pear and Lemon

THE DETOX

Pear, Lemon, Pineapple, Blueberries and Mint

THE IMMUNITY

Pineapple, Apple, Lemon and Ginger

THE HYDRATOR

Kale, Cucumber, Celery and Apple

Superior Blend

| | | | |
|------------|------|----------------|------|
| Espresso | 3.50 | Long Macchiato | 4.00 |
| Ristretto | 3.50 | Flat White | 4.00 |
| Long Black | 4.00 | Cappuccino | 4.00 |
| Macchiato | 3.80 | Café Latte | 4.00 |
| Piccolo | 3.80 | | |

Tea (Loose Leaf)

| | | | |
|-------------------|------|-----------------------|------|
| English Breakfast | 5.00 | Green Peppermint | 5.00 |
| Earl Grey | 5.00 | Chamomile | 5.00 |
| Irish Breakfast | 5.00 | Chai Tea Infused with | |
| Jasmine | 5.00 | Soy Milk | 6.50 |
| Green Sencha | 5.00 | | |

Specialties

| | | | |
|---------------------|------|----------------------|------|
| Hot Chocolate Melts | 5.00 | Vienna (Black/White) | 5.80 |
| Chai Latte | 5.00 | Affogato | 6.00 |
| Mocha | 5.50 | | |

Extras

| | | | |
|--------------------|------|---------------------|------|
| Bonsoy Soy Milk | 1.00 | Decaf | 1.00 |
| Fresh Lactose Free | 1.00 | Syrups | 1.00 |
| Almond Milk | 1.00 | Extra Espresso Shot | 50c |

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