

SOURDOUGH TOAST (V G , G F O) \$9
WITH BUTTER OR JAM OR VEGEMITE

GRANOLA BOWL (G F O) \$13.5
WITH FRESH AND DRIED FRUIT
-GREEK OR COCONUT YOGHURT

★**EGGS YOUR WAY ON TOAST** (G F O) \$14
POACHED / FRIED / SCRAMBLED
-ADD EGG **+\$3.5** ADD BACON **+\$5**

GREEK YOGHURT & HONEY DELIGHT CUP (V G , G F) \$9
CRUSHED WALNUTS, CINNAMON, FRESH BLUEBERRIES

★**LITTLE INSTITUTE'S FEAST** \$29
EGGS YOUR WAY ON SOURDOUGH TOAST WITH SAUSAGE,
MUSHROOMS, HALLOUMI, AVOCADO AND TOMATO

CHILLI CHEESE SCRAMBLED EGGS (V G) \$23 WITH
HASH BROWN, CHEDDAR AND SRIRACHA ON SOURDOUGH

SEASONAL FRESH FRUIT SALAD (V G , G F , V O) \$14
SIDE OF DRIED FRUITS AND NUTS
- GREEK YOGHURT **+\$3**
- COCONUT YOGHURT (V) **+\$3**

EGGS BENEDICT WITH BACON (V G O) \$22
TWO POACHED EGGS, PICKLED RED CABBAGE, APPLE, CORIANDER
AND HOLLANDAISE ON A POPPY SEED BAGEL.
-SUB BACON FOR SPINACH OR HALOUMI
- SALMON **+\$3.5**

SMASHED AVO ON RYE (G F O , V) \$19.5
MIXED SPROUTS, RED CABBAGE, HIMALAYAN SEA SALT AND LEMON
- SUB RYE FOR GRILLED SWEET POTATO **+\$4**

OMELETTE YOUR WAY (V G O , G F O) \$23.5
WITH SRIRACHA AIOLI, SALSA SALAD, AVOCADO AND TURMERIC
SOURDOUGH.
CHOOSE ONE
- SUPERGREENS, PINE NUTS, CHILLI AND BARBERRIES
- SALMON AND CHEESE
- CHEESE, MUSHROOM, TOMATO

★**BUTTERMILK PANCAKES OR FRENCH TOAST** (V G O) \$22.5
CHOOSE ONE
- BERRIES, STRAWBERRIES, ALMOND FLAKES AND MASCARPONE
- BACON AND MAPLE SYRUP **+\$2**
- STRAWBERRIES AND NUTELLA **+\$2**

HALOUMI & SWEET POTATO STACK (V G , G F) \$23
WITH BEETROOT RELISH, ROCKET, BALSAMIC GLAZE,

★**CORN AND ZUCCHINI FRITTERS** (G F) \$23
WITH AN AVOCADO SALSA, FETA, PARSLEY, CARROT AND 2 POACHED EGGS
- SUB EGGS FOR HASH BROWN or GRILLED HALLOUMI

FALAFEL POWER BOWL (G F , V) \$24
WITH SPINACH, ROASTED SWEET POTATOES, PICKLED CABBAGE,
AVOCADO, TAHINI DRESSING

CHICKEN SALAD (G F) \$25.5
WITH QUINOA, KALE, RED CABBAGE, FETA, SPICED CHICKPEAS, PINE NUTS
AND PEPITAS, POACHED EGG, SRIRACHA SAUCE AND BEETROOT PACHADI
- SUB CHICKEN FOR LAMB OR HALOUMI

★**FRIED CHICKEN TACOS** (V G O) \$22
WITH CORN SALSA, AVOCADO, CHIPOTLE, SAUERKRAUT, LEMON AND
CORIANDER ON LARGE SOFT TORTILLA BREAD
- SUB CHICKEN FOR HALLOUMI

AB - POTATO FRIES \$22
TOPPED WITH SRIRACHA, TOMATO, BBQ AND GARLIC SAUCE
- CHICKEN or LAMB
- COMBO

ALBANIAN “QOFTE” MEATBALLS \$25
WITH BEEF MEATBALLS, OLIVES, FETA, ONION, GARLIC YOGHURT
AND WARM SOFT BREAD

GRILLED CHICKEN SOUVLAKI PLATE \$27
CHICKEN TENDER SKEWERS SERVED WITH WARM PITA, TZATZIKI,
GREEK GARDEN SALAD AND LEMON

★**CHICKEN BURGER** \$23
WITH TOMATO, SALAD, CHEESE AND CHIPOTLE ON A BRIOCHE BUN, CHIPS
- SUB CHIPS FOR SWEET POTATO FRIES **+\$2**

BEEF BURGER \$22
WITH HOUSE-MADE PATTY, LETTUCE, TOMATO, RED ONION, GHERKINS
HALLOUMI, TOMATO SAUCE AND MUSTARD ON A BRIOCHE BUN WITH CHIPS
- SUB CHIPS FOR SWEET POTATO FRIES **+\$2**

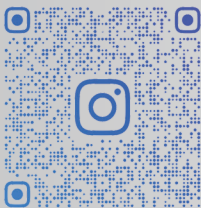
POPPY SEED BAGEL WITH YOUR CHOICE OF FILLING
- **SALMON** \$22.5
CAPERS, FRESH DILL, SPANISH ONION, RED CABBAGE,
BALSAMIC GLAZE, AVO AND HERB CREAM CHEESE

- **CHICKEN** \$22
SRIRACHA, SPINACH, RED ONION, PICKLED CUCUMBER, HOMMUS AND
FRIED EGG

E X T R A S

GLUTEN FREE BREAD	+\$1.5 ea
EXTRA BAGEL / EXTRA TOAST	+3.5 ea
EXTRA EGG / TOMATO / SPINACH / HOLLANDAISE / HOMMUS / HASH BROWN	+\$3.5 ea
BACON / SAUSAGE / CHICKEN / LAMB / MUSHROOM / HALLOUMI / FALAFEL	+\$5 ea
AVOCADO, SALT AND LIME / SMOKED SALMON	+\$6.5 ea

NOT SURE WHAT TO GET? CHECK THE FOOD OUT ON SOCIAL MEDIA:
SCAN THE CODE HERE



★ = BEST SELLERS
VG(O) = VEGETARIAN
V(O)= VEGAN
GF(O) = GLUTEN FREE
O = OPTION

CHANGES TO THE MENU CAN NOT ALWAYS BE ACCOMMODATED. THANKS FOR UNDERSTANDING
KITCHEN OPERATES WEEKDAYS 8 AM - 2:00 PM. SAT 8AM-1:00 PM. 15% SURCHARGE ON PUBLIC HOLIDAYS



INSTITUTE

COFFEE

ESPRESSO / MACCHIATO / PICCOLO	\$4.5
FLAT WHITE / LONG BLACK	\$5
LATTE / CAPPUCCINO	\$5
MOCHA / CHAI / HOT CHOCOLATE	\$5.5
BABYCHINO	\$2.5
+EXTRA SHOT	+\$1
+MUG	+\$1
+SOY / LACTOSE FREE COCONUT / ALMOND / OAT	+\$1
COLD BREW	\$6
BATCH BREW	\$6
AFFOGATO	\$9.5

TEA

POT OF LOOSE LEAF TEA	\$6
-----------------------	-----

ENGLISH BREAKFAST / CHAMOMILE /
EARL GREY / HONEYDEW GREEN TEA /
PEPPERMINT / LEMONGRASS GINGER

SODAS

COKE,COKE ZERO,SOLO,SPRITE	\$5
ICE TEA PEACH/LEMON	\$5.5
GINGER BEER	\$5
LEMON LIME BITTERS	\$5
SPARKLING WATER - 500ml/750ml	\$6 / \$9

FRESHLY SQUEEZED JUICES

THE REAL OJ	\$9
ORANGE	
GOLDEN GLOW	\$9.5
PINEAPPLE, ORANGE, CARROT, GINGER	
GREEN REFRESHER	\$9.5
GREEN APPLE, CUCUMBER, LIME	
SUMMER SPLASH	\$9.5
WATERMELON, STRAWBERRY	

SMOOTHIES

BANANA BLIS	\$9.5
BANANA, PEANUT BUTTER, HONEY, CHIA SEEDS, COCONUT MILK	
BERRY BANANA DREAM	\$9.5
STRAWBERRY, BANANA, COCONUT MILK	

SHAKES

ICED "WITH 2 SCOOPS OF VANILLA ICE CREAM"	
COFFEE / CHOCOLATE / MOCHA	\$9.5
FRAPPE "WITH CRUSHED ICE"	
COFFEE / CHOCOLATE / MOCHA	\$9
MILKSHAKE "WITH SCOOP OF ICE CREAM"	\$9
CHOCOLATE / STRAWBERRY VANILLA / CARAMEL	