

BREAKFAST & BRUNCH MENU

8 AM - 11 AM

LUNCH MENU



SOURDOUGH TOAST (VG, GFO) \$9
WITH BUTTER OR JAM OR VEGEMITE

EGGS YOUR WAY ON TOAST (GFO) \$14
POACHED / FRIED / SCRAMBLED
+ BACON +\$5.5
+ HALLOUMI +\$5.5
+ AVOCADO +\$6.5

BACON AND EGG ROLL (VG, GF, VO) \$12
+ EXTRA EGG +\$4.5
+ HALLOUMI +\$5.5

SEASONAL FRESH FRUIT SALAD (VG, GF, VO) \$12
+ GREEK OR COCONUT YOGURT +\$3

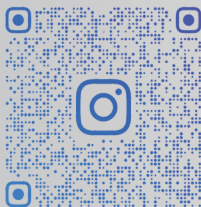
SMASHED AVOCADO ON TOAST (GFO, V) \$19.5
MIXED SEEDS, HIMALAYAN SEA SALT AND LEMON
+ ADD POACHED EGG +\$4.5
+ SWAP TOAST FOR GRILLED SWEET POTATO +\$4 (V)

BUTTERMILK PANCAKES (VG O) \$22.5
CHOOSE ONE
- STRAWBERRIES AND NUTELA (VG)
- BACON AND MAPLE SYRUP

HALOUMI & SWEET POTATO STACK (VG, GF) \$23
WITH BEETROOT RELISH, ROCKET, BALSAMIC GLAZE,

EXTRAS

GLUTEN FREE BREAD +\$2.5 ea
EXTRA TOAST +\$3.5 ea
EXTRA EGG / TOMATO / SPINACH / HASH BROWN +\$4.5 ea
BACON / SAUSAGE / CHICKEN / HOLLANDAISE / MUSHROOM / HALLOUMI +\$5.5 ea
AVOCADO +\$6.5 ea



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

LUNCH MENU

FROM 11 AM - 2 PM

BREAKFAST
MENU →

CORN AND ZUCCHINI FRITTERS (GF, VG) \$20

WITH HOMEMADE RED SAUCE, AVOCADO, FETA, PARSLEY, CARROT

+ HASH BROWN +\$4.5

+ GRILLED HALLOUMI +\$5.5

POWER BOWL - PICK YOUR PROTEIN (GF, VO) \$24

WITH SPINACH, KALE, ROASTED SWEET POTATOES, AVOCADO,
TAHINI DRESSING

CHOOSE ONE PROTEIN

- CHICKEN OR HALLOUMI OR FALAFEL

"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,
LEMON AND FETA-CHIPS.

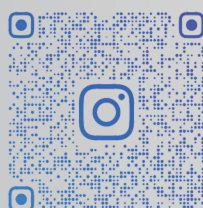
CHICKEN BURGER \$23

WITH TOMATO, SALAD, CHEESE AND CHIPOTLE ON A BRIOCHE BUN, CHIPS

BEEF BURGER \$22

WITH HOUSE-MADE PATTY, LETTUCE, TOMATO, RED ONION, GHERKINS
HALLOUMI, TOMATO SAUCE AND MUSTARD ON A BRIOCHE BUN WITH
CHIPS

CHECK DAILY SPECIALS FOR MORE



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INSTITUTE

COFFEE

ESPRESSO / MACCHIATO / PICCOLO	\$4.5
FLAT WHITE / LONG BLACK LATTE / CAPPUCCINO	\$5 \$5
MOCHA / CHAI / HOT CHOCOLATE	\$5.5
BABYCHINO	\$2.5

+EXTRA SHOT \$1

+MUG \$1

+SOY / LACTOSE FREE \$1
COCONUT / ALMOND / OAT

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

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"
CHOCOLATE / STRAWBERRY \$9
VANILLA / CARAMEL