

grind & co.

BREAKFAST

Omelette 17.00 (gf option available)

eggs, spinach, onion, cheese with your choice of salmon OR ham

Grind Special 20.00 (gf option available)

pan fried kale, crispy bacon, cherry tomatoes tossed with baby spinach, shaved parmesan topped with poached eggs, avocado and crushed pistachio dressed with balsamic reduction and housemade tangy lemon orange dressing

Acai Bowl 17.00 (vegan / gf)

brazilian acai, granola, fresh seasonal fruits and berries garnished with chia seeds and almond flakes

Pancake Galore 17.00 (vegetarian)

stack of buttermilk pancakes topped w/ seasonal fruits with a side of mascarpone, pistachio and drizzled w/ raspberry coulis

Avo Stack 18.00 (gf option available/vegetarian)

smashed avocado on toasted sourdough with cherry tomatoes, danish fetta, dukkah dressed with a balsamic glaze and lemon olive oil dressing

Brekkie Burger 12.50 (gf option available)

crispy bacon, fried egg, hash brown, fried onion, melted tasty cheese with tomato relish on a brioche bun

B.L.A.T 12.50

bacon, lettuce, avocado & tomato on turkish roll with aioli and tomato sauce

Shakshuka 20.00 (gf option available)

grilled capsicum, spanish onion, tomatoes with diced sausages in a traditional turkish puree sauce topped with 2 eggs oven poached and side of Arabic bread

Rise & Grind Big Breakfast 23.00

eggs of your choice, bacon, chorizo, butter mushroom, grilled tomato, hash brown wilted spinach and tomato relish served with toasted sourdough

French toast 18.00 (vegetarian)

thick cut brioche loaf with fresh berries or seasonal fruits, crushed pistachio, mascarpone, maple syrup and sprinkle of icing sugar and pistachio

Mediterranean Breakfast 23.00

sucuk (turkish salami) on fried eggs served with marinated olives, danish feta, makdous (stuffed eggplant) labneh, cherry tomatoes, sliced cucumbers and toasted sourdough drizzled with zaatar

Haloumi Stack 22.00 (gluten free / vegetarian)

zucchini and corn fritters with grilled haloumi, cherry tomatoes and sliced avocado on a bed of crisp rocket drizzled with balsamic glaze and lemon olive oil dressing

Eggs Benedict 16.50

poached eggs on toasted english muffins with choice of smoked salmon or virginian ham dressed with hollandaise sauce sprinkled with chopped chives

Classic Bacon & Egg roll 10.00

crispy bacon and doubled fried eggs with housemade rocket aioli on Turkish bread

Extras

salmon, chorizo, ham, bacon, avocado, eggs	4.50
tomato, mushroom, cheese, sourdough, spinach, fried onion, dipping house sauce, sourdough, hash brown	3.50
haloumi	5.00