

ALL DAY BREAKFAST

French Baiser 19.00 (v)

traditional French toast with whipped ricotta, banana, crumbled walnuts w/ dulce de leche caramel

Nutella Hotcakes 19.00 (v)

stack of hotcakes topped with seasonal fruits & berries, vanilla ice cream, Persian fairy floss and maple syrup & Nutella

Old School Avo Smash 19.00 (v/gf option available)

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

Grind Special 20.00 (gf option available)

pan fried kale, crispy bacon, cherry tomatoes, baby spinach, shaved parmesan, poached eggs, avocado, crushed pistachio w/ balsamic reduction & house made tangy lemon dressing

Haloumi Stack 22.00 (gf/ v)

zucchini and corn fritters with grilled haloumi, cherry tomatoes and sliced avocado, beetroot labneh, drizzled with balsamic glaze

Classic Eggs Benny 18.00

poached eggs on a toasted sourdough with sauteed spinach, your choice of smoked salmon, virginian ham or crispy bacon dressed with hollandaise sauce

Omelette 17.00 (gf option available)

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

Zaatar Bruschetta 19.00

smear labneh, toasted sourdough with zaatar, tomato, cucumber, feta topped with a poached egg, avocado & fresh mint

Mediterranean Breakfast 23.00

sujuk (turkish salami) on fried eggs drizzled with zaatar, marinated olives, danish fetta, makdous (stuffed eggplant) labneh, tomatoes, sliced cucumbers & Arabic bread

Rise & Grind Big Breakfast 24.00

eggs your way, bacon, chorizo, field mushroom, grilled tomato, hash brown, wilted spinach and tomato relish served with toasted sourdough

Vege Big Breakfast 24.00

eggs your way, avocado, halloumi, field mushroom, grilled tomato, hash brown, wilted spinach and tomato relish served with toasted sourdough

Acai Bowl 17.00 (vegan / gf)

Brazilian acai, granola, fresh seasonal fruits & berries, chia seeds & almond flakes

Oh My Granola Bowl 13.50

creamy vanilla yoghurt, toasted granola, fresh seasonal fruits & almond flakes

Brekkie Burger 15.00 (gf option available)

bacon, fried egg, hashbrown, fried onion, melted tasty cheese, tomato relish on brioche bun

B.L.A.T 14.50

bacon, lettuce, avocado & tomato on turkish roll w/ aioli & tomato sauce

Classic Bacon & Egg roll 12.00

crispy bacon & doubled fried eggs, aioli on Turkish bread

Eggs on Toast 11.50

eggs your way with crunchy sourdough

LUNCH

Grind & Co Burger 18.00

chicken fillet, house sauce, cheese, rocket, bacon, tomato on a brioche bun & sweet potato fries

Americana Burger 19.00

double beef patty, american cheese, lettuce, tomato, chefs secret sauce and pickles on a brioche bun with side of shoe string fries & house secret sauce

Schnitty Bacon Burger 19.00

tender chicken schnitzel with creamy avo, spicy slaw, crispy bacon, pickles and with side of shoe string fries & house secret sauce

Tacos 21.00

Your choice of fish or chicken with mixed lettuce, traditional Spanish onion salsa seasoned with sumac and house made tartar dressing folded into a soft Spanish tacos w/fries

Pumpkin Pasta 21.00

Your choice of chorizo or chicken with al dente pasta tossed with oven roasted pumpkin, sundried tomato, spinach covered in creamy pumpkin and garlic sauce & toasted pine nuts

The Sultans Plate 24.50 (gf option available)

skewers of tender lamb, chicken and kafta, fattoush salad, traditional garlic dip, hummus and arabic bread

Classic Chicken Parmi 22.50

crumbed chicken breast topped with eggplant, napolitana sauce and mozzarella melt served with fries and garden salad

Protein Plate 20.00

marinated chicken breast, kale, quinoa, sundried tomato, garlic mushrooms, avocado w lemon dressing

Nourish Bowl 22.00 (vegan)

house made falafels, turmeric & cumin roasted cauliflower, roasted eggplant, roasted sweet potato, cucumber, kale, carrots, cabbage and beetroot labneh

Chicken Caesar Salad 19.00

grilled chicken, crispy cos lettuce, bacon, croutons, shaved parmesan, boiled egg & housemade Caesar dressing

Cajun Chicken Salad 19.50

char grilled tender chicken, quinoa, cherry tomatoes, purple cabbage, fresh mint, mixed leaf, carrots, diced avocado, spanish onion with lemon lime dressing

Moroccan Lamb Salad 20.00

moroccan spiced lamb, baby spinach, cous cous, pumpkin, purple cabbage, cherry tomatoes, chilli orange dressing, char grilled corn with mint yoghurt & pomegranate

Classic Grind Salmon 23.00 (dairy free)

perfect crispy salmon on a bed of kale, cherry tomato, roasted pumpkin, feta, toasted pine nuts, quinoa & a zesty lemon dressing

Classic Fish & Chips 19.00

house battered flathead with a side of fries, tartar sauce and a garden salad

KIDS LUNCHBOX DEALS

FISH & CHIPS 15.00 - battered flathead fish fillets & chips & juice popper

CHEESEBURGER 13.50 - cheeseburger & fries & juice popper

POPCORN CHICKEN 15.00 - tempura chicken bites & fries & juice popper

HAM & CHEESE 14.00 - ham & cheese toastie & 2 hash browns & juice popper

LOCKDOWN DAYS

SIDES & EXTRAS

shoe string fries with aioli 7.00
 sweet potato fries with aioli 9.00
 wedges with sweet chilli & sour cream 12.00

kale, fried onion, cucumber 3.00
 mushroom, spinach, tomato, falafel, sujuk, sourdough, hash brown 3.50
 salmon, chorizo, ham, bacon, avocado, eggs 4.50
 haloumi 5.00
 extra lamb/chicken 5.50

*please call
to order*

0475 271 732

COLD DRINKS

Iced Latte / Iced Long Black 7.00
 Iced Coffee / Iced Chocolate 7.50
 Iced Chai Latte / Iced Mocha 8.00
 Iced Dirty Chai 8.50
 Frappe (coffee, chocolate, mocha, timtam, oreo, nutella) 7.50

CRAZY SHAKES 13.50

Lotus Biscoff Shake
 Cherry Ripe Shake
 Golden Gaytime Shake

MILKSHAKES 7.50

KIDS SIZE 5.00

Chocolate, Strawberry, Vanilla, Banana, Caramel, Nutella

THICKSHAKES 8.50

Chocolate, Strawberry, Vanilla, Banana, Caramel, Nutella

Fresh Pressed and Squeezed OJ 7.50

San Pellegrino 3.90

Chinotto, Limonata, Aranciata Rossa

San Pellegrino Sparkling 250ml 3.00 500ml 5.00

Iced Tea 4.00

Lemon, Peach

Soft Drinks 3.00

Coke, Coke Zero, Sprite

Noahs Juice 4.50

Valencia Orange / Lychee, Guava & Raspberry / Fresh
 Crushed Apple / Banana Lychee Nectarine Pineapple /
 Kiwi Mango / Watermelon Mint

Original Spring Water 2.50

Red Bull 250ml 4.00

Raw C Coconut Water 4.00

HOT DRINKS

Coffee
 reg 4.00 lrg 4.50 xl 5.00

Cappuccino
 Latte
 Flat White
 Piccolo
 Macchiato
 Espresso
 Long Black
 Mocha

Chai Latte reg 4.50 lrg 5.00 xl 5.50
 Dirty Chai reg 4.50 lrg 5.00 xl 5.50

Extras 0.50
 Shot
 Decaf
 Soy

Almond 0.80
 Lactose Free 0.80
 Oat 1.00

Hot Chocolate reg 4.00 lrg 4.50 xl 5.00

Syrup shot 0.50
 Hazelnut
 Caramel
 Vanilla

T-Bar Aromatic Tea
 for 1 - 4.00
 English Breakfast
 Green

Peppermint
 Earl Grey Blueflower
 Ginger & Lemongrass

KIDS

AVAILABLE ALL DAY

Pancakes 12.00

Double pancake stack with maple syrup and fresh strawberries

Popcorn Chicken 12.00

Crumbed chicken breast pieces with shoe string fries and ketchup

Pasta 12.00

shell pasta with napoletana sauce

Cheeseburger 10.00

Cheeseburger with shoe string fries and ketchup

Bacon & Egg Roll 9.00

Bacon and egg on a brioche roll and ketchup with side of hash brown

TAKE US HOME

STITCH 1kg Coffee Bag \$45
 STITCH 250g Coffee Bag \$15
 Local Food Co. flavoured syrup 750ml \$19.50

STITCH chocolate powder 250g \$18
 STITCH kandi chai powder 250g \$25
 STITCH organic tea
 MILKLAB lactose free & almond milk 1L \$6.50

BONSOY soy milk 1L \$6.50
 ALT. DAIRY CO. oat milk 1L \$6.50

HEALTH SMOOTHIES 8.50 (PROTEIN +\$3)

Super Berry: energise, perform and recover with power berries

Green & Lean: alkalise, nourish, detox with super green

Acai: antioxidant super berries to help your brain, heart and overall health

PROTEIN SHAKES 10.50

Choc Peanut Butter: complete body & muscle with organic sweetness & Protein Isolate

Tropical: beauty & immunity are key to your summer glow with Protein Isolate

