

# FORK & FILTER

## Breakfast

**☞** **Toast** ..... 9.50  
Lightly toasted and served with butter.  
Choose from sourdough, multigrain or fruit toast  
Selection of accompaniments: seasonal jam, peanut butter, pure honey, vegemite.

**GF** **VC** **Açaí Bowl** ..... 18  
A refreshing blend of açai topped with our signature housemade granola, seasonal fresh fruits, peanut butter, toasted coconut flakes, and almond flakes.

**GF** **Toasted Pecan & Honey Granola Bowl** ..... 18  
Housemade toasted pecan and honey granola served with vanilla yoghurt, caramelised banana, seasonal fresh fruits, toasted coconut and almond flakes and a tangy rhubarb & raspberry compote.

**☞** **Style Your Eggs** ..... 15  
Two free-range eggs, cooked to your preference — poached, scrambled, or fried.  
Choose from sourdough or multigrain toast.

**☞** **F&F Big Breakfast** ..... 27.50  
A hearty start to your day: two free-range eggs cooked your way, served on sourdough with middle rasher bacon, housemade pork chorizo, butter garlic mushrooms, golden hash brown, grilled halloumi, sautéed spinach, smashed avocado, house-baked beans and crispy kale.

**☞** **The Benedict Affair** ..... 27.50  
A luxurious take on the classic: poached free-range eggs served on toasted brioche. Finished with silky hollandaise, sweet potato crisps and crispy kale.  
Choose from bacon, wilted spinach, smoked salmon, slow-cooked pulled beef brisket.

**☞** **Chilly Scramble** ..... 21.50  
Soft scrambled eggs with pickled chilli, fresh chilli, and a touch of housemade chilli oil, served on toasted sourdough.  
Garnished with crispy fried shallots and a vibrant mango relish.

**☞** **Smashed Avocado** ..... 25.50  
Chunky smashed avocado on toasted multigrain, served with two poached eggs, roasted cherry tomatoes, and grilled halloumi. Finished with beetroot hummus, shaved radish, toasted almonds, pumpkin seeds, a sprinkle of dukkah, and a lemon wedge.

**☞** **Turkish Poached Eggs** ..... 23.50  
Silky poached eggs served over creamy hummus and labneh, with roasted cherry tomatoes, grilled halloumi, pickled chilli, and a drizzle of chilli oil. Finished with aleppo pepper and toasted sesame housemade bread.

**GF** **Breakfast Tacos** ..... 24.50  
Three soft white corn tortillas filled with housemade pork chorizo, creamy scrambled eggs, and melted cheese. Topped with fresh tomato salsa and a housemade smoky chipotle mayo.

**Breakfast Burrito** ..... 21.50  
A warm tortilla filled with crispy bacon or housemade chorizo, cheesy scrambled eggs, corn salsa, jalapeños, black beans, and creamy avocado.

**☞** **The Omelet** ..... 22  
A wholesome omelet packed with fresh spinach, sautéed mushrooms, red onion, sweet bell peppers, cherry tomatoes, feta, cheese and finished with a touch of parsley. Served with a side of toasted sourdough.

**☞** **Breakfast Bruschetta** ..... 26.50  
Sourdough topped with smashed avocado, fresh tomato salsa, and fresh mozzarella, finished with two perfectly poached eggs and a drizzle of balsamic dressing.

**Breakfast Burger** ..... 19.50  
A morning classic stacked high with a fried free-range egg, crispy bacon, housemade chorizo, golden hash brown, baby spinach, and rich hollandaise. Finished with tomato relish and served on a soft milk bun.

**French Toast** ..... 21.50  
Thick-cut bread French toast tossed in cinnamon sugar served with pistachio mascarpone, seasonal fresh fruits, maple syrup, and a scoop of vanilla ice cream.

Maple Glazed Bacon +5

**Buttermilk Pancakes** ..... 23.50  
Fluffy buttermilk pancakes served with a scoop of vanilla ice cream.  
Choose from blueberry or raspberry & rhubarb compote, vanilla mascarpone.

## Home Baked Focaccia

**Chicken Schnitzel** ..... 17  
Crispy housemade chicken schnitzel, paired with pickled onions, fresh rocket, fresh mozzarella, and drizzled with vibrant salsa verde.

**The Italiano Deluxe** ..... 17  
Stack with prosciutto, mortadella, and salami, layered with salsa verde, fresh rocket, and fresh mozzarella.

**Veggie Delight** ..... 17  
Chargrilled eggplant and peppers layered with salsa verde, fresh rocket, and fresh mozzarella.

## Toasties

Served on freshly toasted sourdough bread, accompanied by a side of golden fries

**Beef Brisket** ..... 17  
Slow-cooked beef brisket, melted swiss cheese, tangy mustard, and crunchy pickles

**Tuna Melt** ..... 17  
Housemade tuna mix, pickled green chili, fresh white onion, and melted swiss cheese

**Mushroom Delight** ..... 17  
Sautéed mushrooms, caramelised onions, garlic mayo, and melted swiss cheese

**Chicken Avocado** ..... 17  
Poached chicken, creamy avocado, and melted swiss cheese

**Bowl of Chips** ..... 12  
Thick-cut battered steak fries tossed in our house special seasoning.  
Served with your choice of two dips: chipotle, tomato, aioli, or BBQ.

## Kids

**Cheeseburger with Fries** ..... 13  
Juicy beef patty with melted cheese served with crispy fries and tomato sauce.

**Chicken Tenders** ..... 13  
Housemade Crispy chicken tenders served with fries and tomato sauce.

**Carbonara Pasta** ..... 13  
Made with a velvety sauce, crispy bacon, and a touch of parmesan.

**☞ Ham & Cheese Toastie** ..... 13  
Toasted sourdough with ham and melted cheese, served with fries and tomato sauce.

**Pancake or Waffles** ..... 13  
Choice of fluffy pancake or golden waffle, served with vanilla ice cream, seasonal fruits, and a drizzle of chocolate and strawberry syrup.

**Pop Top Fruit Drink** ..... 4.50

**Milkshakes** ..... 4.90  
Strawberry  
Vanilla  
Chocolate  
Caramel

Bacon	4
Smoked salmon	5
Halloumi	4
Avocado	4
Fresh chorizo	4
Hashbrown	4
Spinach	4
Baked beans	4
Extra egg	4
Grilled tomato	4
Mushroom	4
Hollandaise	3
Crumbed tofu	5
Pulled beef	7
Grilled chicken	6.50
Change to gluten free toast	2.50

## Lunch

**FFC Burger** ..... 25  
Crispy southern-style fried chicken layered with melted cheese, house slaw, crispy bacon, and smoky chipotle mayo — all served on a toasted brioche bun with a side of golden fries.

**Beef Supreme Burger** ..... 25  
Housemade beef patty layered with crispy bacon, caramelised onions, melted cheese, and our signature secret sauce. Served on a toasted brioche bun with a side of golden fries.

**The Krabby** ..... 26  
Crispy tempura-battered crab, drizzled with housemade chipotle mayo and topped with a vibrant asian peanut butter slaw.

**CMPC** ..... 24  
Linguine pasta tossed in a creamy Cajun sauce with garlic and mushrooms, topped with crispy parmesan-crust chicken, freshly grated parmesan, and a garnish of parsley.  
Crispy bacon +4

**Seafood Linguine** ..... 27  
A medley of scallops, prawns, and calamari, sautéed with cherry tomatoes and fresh basil in a rich Napoli sauce.

**Crispy Calamari** ..... 25  
Golden, crispy calamari served with bell peppers, cherry tomatoes, fresh parsley, and mixed greens, green apple dressed in a lime vinaigrette. Topped with crunchy radish and finished with a drizzle of garlic mayo and a lime.

## Vegan

**VG Nutty Crunch Bowl** ..... 19  
A wholesome blend of house-made granola, caramelised banana, seasonal fruits, toasted coconut and almond flakes with a vibrant raspberry-rhubarb compote on a smooth layer of coconut yogurt.

**VG Vegan Big Breakfast** ..... 20  
Toasted sourdough with garlic mushrooms, crispy hash brown, crumbed organic tofu, sautéed spinach, smashed avocado, baked beans, and crispy kale.

**VG Smashed Avo** ..... 20  
Chunky smashed avocado on toasted multigrain served with roasted cherry tomatoes, and corn salsa. Finished with beetroot hummus, shaved radish, toasted almonds, pumpkin seeds, a sprinkle of dukkah, and a lemon wedge.

**GF Tandoori Chicken Bowl** ..... 23.50  
Tender tandoori chicken served with fragrant saffron rice, a crisp kachumber salad, pickled onions, and a refreshing mint yogurt dressing. Accompanied by a crunchy papadum.

**GF Mexican Bowl** ..... 23.50  
Your choice of crispy chicken or slow-cooked beef brisket, served with fresh tomato salsa, sweet corn salsa, black beans, avocado, edamame, and steamed rice. Finished with our house-made chipotle mayo and a sprinkle of sesame seeds.

**GF VG V A Spiced Cauliflower Bowl** ..... 23  
Gochujang-glazed cauliflower, creamy avocado, and a refreshing cucumber and cherry tomato salad. Served over steamed rice and finished with a sprinkle of sesame seeds.

**GF Muscle Bowl** ..... 23  
A vibrant bed of mixed greens, cherry tomatoes, avocado, cucumbers, and sweet potatoes, topped with crunchy nuts served with tangy dill cream dressing.  
Choose from poached chicken, smoked salmon, halloumi.

**GF Tacos** ..... 23.50  
Three soft white corn tortillas filled with pico de gallo, pickled cabbage, corn salsa, housemade smoky chipotle mayo, fresh lime.  
Choice of protein:  
Crispy chicken  
Beef Brisket  
Crispy prawn +5

**VG Protein Bowl** ..... 23  
Golden crispy organic tofu, vibrant red cabbage, tangy pickled onions, creamy avocado, julienned carrot, sweet potato, crispy kale all topped with our signature dressing.  
Crispy bacon +4

**VG Veggie Sandwich** ..... 17  
Chargrilled eggplant and peppers, zesty salsa verde, peppery rocket, and vegan cheese, all layered on warm, freshly baked focaccia.

**VG Vegan Taco** ..... 23.50  
Crispy organic tofu strips, fresh pico de gallo, pickled red cabbage, smashed avocado, smokey chipotle and a wedge of lime.

**VG Plant Power Burger** ..... 25  
Crispy organic tofu patty, topped with a vibrant and smokey Asian peanut butter slaw, a kick of sriracha, and served with a side of golden fries.

## Coffee

Rose Street ..... REG 4.80 | LARGE 5.30  
by Industry Beans  
Hot Chocolate ..... REG 4.50 | LARGE 5.50  
Mocha ..... REG 5.80 | LARGE 6.30  
BABYCHINO ..... 2  
with marshmallow

Alternative Oat milk +1  
Milklab Almond milk +1  
Milklab Coconut milk +1  
Bonsoy Organic Soy milk +1  
Milklab Lactose free milk +1  
Decaf (Tumbaga Colombia by Industry Beans) +1

## Milkshakes

Strawberry/Vanilla/  
Chocolate/Caramel ..... 6.90  
Salted Peanut Butter Caramel ..... 9.90  
Chocolate Peanut Butter ..... 9.90  
Biscoff ..... 9.90

Thick shakes +3

## Smoothies

Watermelon Blush ..... 11  
Watermelon, raspberries,  
coco water, mint  
Tropical ..... 11  
Mango, passionfruit, banana, coco milk  
Yellow Summer ..... 11  
Mango, passion fruit, orange,  
pineapple and coconut milk  
Mighty Green Hulk ..... 11  
Avocado, spinach, ginger, green apple  
and apple juice

## Housemade Sodas

Strawberry & Mint ..... 6.90  
Strawberry, fresh mint, lime, soda  
Ginger & Passionfruit ..... 6.90  
Ginger ale, passionfruit, soda  
Pineapple & Lime ..... 6.90  
Pineapple, lime, soda  
Traditional Lemonade ..... 6.90  
Lemon, mint, soda  
Lemon, Lime & Bitters ..... 6.90  
Lemonade, lime, bitters

## Tea

By Camellia ..... 5.50  
English Breakfast, Earl Grey, Sencha Green,  
Lemongrass, Peppermint, Chamomile  
Spiced Chai ..... 5.5  
Chai By Parana ..... 6.20  
Dirty Chai +1  
Matcha Latte ..... 7

## Iced Drinks

Cold Brew ..... 6.50  
Iced Latte ..... 6  
Iced Long Black ..... 6  
Iced Matcha ..... 7.50  
Strawberry/Blueberry +1.50  
Iced Coffee ..... 8.50  
Coffee/Chocolate/Mocha  
Iced Chai ..... 7  
Cold Pressed Juice ..... 9  
Apple/Orange  
Coke/Coke No Sugar/Sprite ..... 5  
Dry Ginger Ale ..... 5.90  
San Pellegrino Sparkling Water ... 4.90

## Cocktails

Aperol Spritz ..... 15.90  
Mimosa ..... 15.90  
Hawaiian Mimosa ..... 15.90  
Classic Mojito ..... 17.90  
Berries Mojito ..... 18.90  
Mango Chilli Margarita ..... 20.90

## Wine

Shiraz ..... 10.90  
Sauvignon Blanc ..... 10.90

## Beer

Stone & Wood Pacific Ale ..... 8.90  
Peroni Nastro Azzurro Lager ..... 7.90  
James Squire Apple Cider ..... 8.90

## Non Alcoholic

Virgin Mojito ..... 12.90  
Heaps Normal Quiet XPA ..... 8.90

**VG** Vegan

**V** Vegetarian

**GF** Gluten Free

**GF** Gluten Free Option