

MELLOW  FELLOW

## DRINKS

### COFFEE

Black 4.5  
White 4.5  
Alternative Milks +1

### FILTER COFFEE

Batch Brew - 6  
V60 - 7

### WELLNESS LATTES

Matcha - 6  
Turmeric - 6  
Hot Chocolate - 5.5  
Mocha - 5.0

TEA

In A Pot - 4.5  
English Breakfast / Earl Grey  
Sencha Green / Peppermint  
Lemon Grass Ginger / Tropical Sky  
Vegan Chai Latte - 6.0

### COLD DRINKS

Iced Latte - 5.5  
Iced Coffee/ Chocolate - 7.5  
Iced Matcha/ Mocha/ Chai - 6  
Coke / Diet - 5  
Still - 3.0 / Sparkling - 4.5

### COLD PRESS JUICES

pulpy orange  
apple - 6.0

### MILKSHAKES - 7.0

Chocolate / Strawberry  
Vanilla / Caramel / Banana

### REMEDY KOMBUCHA - 6.5

Ginger Lemon / Apple Crisp  
Raspberry Lemonade

### SMOOTHIES - 9.5

### STAIRWAY TO HEAVEN

kale, spinach, ginger, orange juice, apple  
juice

### GOOD VIBRATIONS

mango, blackberries, mint, lemon, orange  
juice

## ALL DAY-EERS

### TOAST W/ SPREADS 8.5

sourdough or multigrain or fruit toast with  
butter & choice of a spread - strawberry  
jam, crunchy peanut butter or vegemite  
GF bread +2.50 **V/GFO**

### FREE RANGE EGGS ON TOAST 12.5

poached, fried or scrambled on butterly  
sourdough or multigrain **GFO**

### MS.CRUMPETS 15.0

toasted GF crumpets with blanched berries  
mix, hints of vanilla & cardamom, topped  
with seasonal fruits & pistachio dust served  
on home made crunchy granola **V/ GFO**

### CEREAL KILLER 18.5

inhouse toasted granola, varied nuts and  
dry fruits, mixed berries mascarpone  
topped with seasonal fruits & salted toasted  
almond crumble snow; you pick the milk!  
(alterations N/A) **V/VG**

### LOADED AVO 21.5

chunky smashed avo, blister cherry tomato,  
quinoa, slice beetroot, honey labneh,  
dukkah spice, raddish, mint oil served  
with cacio cheese on sourdough **V/ GFO**  
add two poached eggs +5.5

### BIG FELLA 25.0

middle rasher bacon, grilled tomato,  
flat mushroom, home made hashbrown,  
chorizo, eggs your style on sourdough;  
with crispy kale garnish **GFO**

### MAKE IT VEG 25.0

grilled halloumi, smashed avo


### BLAT 17.5

middle rasher bacon, butter cos lettuce,  
smashed avocado, slice tomato served  
with coriander home made garlic aioli  
add side steak fries +5.5

### EGGS NEPTUNE 24.0

CHOOSE: bacon, pulled pork, spinach,  
or smoked salmon w/ chipotle dutch  
sauce, sweet potato crisps & crispy kale,  
poached eggs on toasted brioche **VO / VGO**  
add mushrooms +5

## ALL DAY-EERS

 **THE MORETON CHILLI SCRAMBLE 26.0**  
spring onion & fresh chili chipotle egg  
mix on sourdough with beanshoots &  
coriander alongside moreton bay bug **GFO**  
(without moreton bay bug 21.0)  
add bacon +6

### I WANT IT ALL 26.5

crumpet with mix berry mascarpone,  
portion of toasted granola with creamy  
soft coconut yogurt, crunchy fried chicken  
with coriander yogurt, GF Toast with fresh  
avocado rose & a poached egg w/ a side of  
mix berry compote

### FOREST WALK 26.0

broccoli sautee , moroccan cauliflower,  
roasted marble potatoes, green  
peas, shredded carrots, crispy kale,  
slice beetroot, crispy okra, blister  
cherry tomatoes & enoki mushrrom  
with two poached eggs **VG/ GFO**  
add bacon +6

### FRENCH ME NOW 22.0

gold cornflakes cinnamon french toast,  
sauteed in burnt butter with passionfruit  
puree, seasonal fruits, cinnamon  
sugar, salted almond crumble, maple  
syrup, micromint garnishings & snow **V**  
add bacon +6

### BLAZING SADDLEBACK 24.0

pork fillet marinated overnight with flavours  
of lemon grass & various spices with  
vietnamese inspired nuoc cham apple salad

### ASIAN NOODLE SALAD 23.5

vermicelli noodles, carrots, cucumbers,  
lettuce, bean sprouts, mint leaves,  
coriander, red chilli, lime & grilled chicken


### HE'S A FUNGI 23.0

mushroom smorgasbord served with  
cacio cheese, radish, poached eggs  
on basil pesto toast **V/ VGO/ GFO**  
add bacon +6

NO ALTERATIONS OR SPLIT BILLS ON  
WEEKENDS & PUBLIC HOLIDAYS

PLEASE ADVISE US ON ANY DIETARY  
REQUIREMENTS

## LUNCH (11am onwards)

 **KOREAN FRIED CHICKEN BURGER 24.0**  
inhouse spicy fried chicken tossed in sticky  
chilli sauce, mix cabbage slaw in mint &  
coriander aioli with beer battered steak  
fries

### THE BEEF BURGLAR 24.0

wagyu beef mince patty, butter lettuce,  
tomato, picked red onion, american cheese,  
BBQ sauce , coriander aioli with beer  
battered steak fries & tomato sauce

### PRAWN LINGUINE 24.0

marinated prawns, cherry tomatoes, garlic  
paste, chilli flakes, spring onion, baby  
spinach & cacio cheese

### EARTHY GARDEN 22.0

capsicum, carrot, red chilli, coriander,  
cucumbers, mint, parsley, crushed  
peanuts, red onion, wombok cabbage  
in Vietnamese salad dressing **V**  
add grilled chicken +6.5

### PESTO POTATO SALAD 22.0

roasted mini potatoes in vegan basil pesto,  
toasted pinenuts, roasted capsicum in olive  
dressing **V/ VG/ GF**

### BUILD YOUR OWN

### SIDES

GRILLED CHICKEN, PULLED PORK,  
SUJUK - 6.5

BACON, SMASHED AVOCADO, HALLOUMI  
SMOKED SALMON - 6

SPINACH, MUSHROOMS  
GRILLED TOMATO - 5

HASH BROWN, EXTRA EGG - 3.0  
EXTRA TOAST, GF BREAD - 2.5

BEER BATTERED STEAK FRIES W/ TOMATO  
SAUCE : SIDE- 5.5/ LARGE - 10.5

10% Surcharge Applies on Weekends  
15% Surcharge Applies on Public Holidays  
We pride ourselves in paying our staff  
right!

## LITTLE FRIENDS

CHEESE TOASTIE 7.5

HAM CHEESE TOASTIE 10

EGG ON TOAST- 8.5  
one egg on sourdough

CRUMPET W BUTTER & JAM 6.5  
one crumpet w butter & jam

KIDS SMASH AVO 10  
on sourdough & feta

KIDS FRENCH TOAST 15  
w mixed berry compote, ice cream &  
maple syrup

KIDS FRIED CHICKEN & CHIPS 15  
crispy fried chicken, side chips w  
tomato sauce

### MORE OPTIONS?

check out our takeaway menu for fresh  
toasties & sandwiches

**GF** GLUTEN FREE  
**VG** VEGAN  
**V** VEGETARIAN  
**O** OPTIONAL