

FRIENDS OF OURS

ALL DAY MENU TILL 4PM



TOAST / FRUIT TOAST (GF, DF)

Choice of sourdough, multigrain, gluten free, Turkish, brioche or english muffin served with butter + jam, Nutella, Vegemite or Peanut butter

9.9

EGGS YOUR WAY (GF, DF)

Fried, poached, or scrambled on your choice of toast

14

FRUIT AND NUT MUSELI (DF)

House mix of dried fruits, nuts, seeds & berries with honey, served with passionfruit yogurt, milk, mixed berry compote, shredded apple season fruits

18

WARM HUG PORRIDGE (V) DF)

Steel cut oat in milk & honey, served with mango coconut coulis, berries compote, mascarpone, dried figs, pistachios & strawberries

15

BREAKFAST BRUSCHETTA (GF, DF)

Toasted ciabatta, rocket, cherry tomatoes, olives, avocado, prosciutto & feta tossed with homemade basil pesto on toasted ciabatta, topped with eggs

24

ACAI BOWL

Blended banana & acai with organic granola, toasted coconut, pistachios, almonds, cranberries crumble, peanut butter & seasonal fruits

22

MUSHROOM AND SPINACH OMELETTE (GF, DF)

Slow cooked mushroom, spinach & cherry tomatoes and feta, served with toasted sourdough

23

FOO'S BIG BREKKY (V) (GF, DF)

Choice of eggs on toast with slow cooked herb mushroom, herb roasted tomato, potato rosti, spinach, halloumi and avocado

30

SALMON STACK (DF)

Smoked salmon and smashed avo served on twin stack of potato rosti, spinach, topped with poached eggs and hollandaise

27

CHILLI CHORIZO SCRAMBLE (GF, DF)

Eggs scrambled with Spanish chorizo, spring onion & housemade chilli sauce, topped with feta & dried chilli strings

26

THE BOMB (V) (GF, DF)

Smashed avo on toast with heirloom cherry tomatoes, feta & housemade hummus, poached eggs, pistachio coconut dukkah & pomegranate

25

STACKED MEDITERRANEAN (GF)

Toasted Turkish with smashed avocado, halloumi, herb-cooked mushroom, greenhouse marinated olives, poached eggs & FOO housemade chilli sauce

25

(THE O.G.) CHICKEN WRAP

Roasted Moroccan chicken, grilled halloumi, tomatoes, cos lettuce, avocado & aioli. Yum.

18

ZUCCHINI & CORN FRITTERS

Housemade fritters with rocket salad, avo salsa, poached eggs & FOO homemade chilli sauce

24

CHICKEN TACOS

Crispy fried chicken, avo, mixed greens leaf, drizzled with sriracha aioli, mango sauce, grated cheese & fresh chilli on soft tortillas

25

CHICKEN WAFFLE

Housemade sweet & savoury waffle, with house pickle, sliced avocado, lettuce in lemon olive dressing, fried chicken, hot sauce

25

SHAKSHUKA (V) (GF, DF)

Two eggs baked in tomato, capsicum, onion, garlic & chickpeas, topped with feta cheese & served with herb bread or zaatar bread

25

CHOC PISTACHIO HOTCAKES

Fluffy chocolate hotcakes served on fairy floss, cinnamon mascarpone, topped with housemade pistachio ganache, season fruits & berry compote

25

STEAK SANDWICH (GF)

Scotch fillet on crunchy baugette, rocket, caramalised onion, cheese FOO chimichurri salsa with chip side

27

TRUFFLE MUSHROOM RISOTTO

Creamy truffle oil risotto with mushrooms and Parmesan cheese crisp

24

KING PRAWN SPAGHETTI (DF)

Sriracha marinated prawns tossed with garlic, heirloom tomatoes, spinach & neopolitan sugo, extra FOO's chilli sauce, reggio parmigano

26

SUPERFOOD SALAD (V) GF)

Kale, quinoa, roasted carrot, feta, toasted walnuts, honey mustard & pomegranate

20

+Smoked Salmon 6.5 +Roasted Cauliflower 5
+Moroccan Chicken 6.5 +Battered Halloumi 5.5

EXTRAS \$ / EACH

EXTRA AIOLI, FOO CHILLI SAUCE, GF TOAST	\$2
EXTRA EGG, EXTRA TOAST, EXTRA HOLLANDAISE, HASHBROWN, SPINACH	\$4
GRILLED HALLOUMI, AVOCADO, POTATO ROSTI	5.5
ROAST TOMATOES, HERB MUSHROOMS, FETA	4.5
SPICED CHORIZO, SMOKED SALMON, MORROCCAN CHICKEN, BACON	6.5
SWEET POTATO FRIES, THICK BEER BATTERED CHIPS W/SAUCE & AIOLI	9
BOWL O' 5 CRUNCHY HASHBROWNS	10

CHECK OUR CABINET DAILY FOR FRESH SANGAS,
TOASTIES, DRINKS OR SOMETHING SWEET

15% PUBLIC HOLIDAY SURCHARGE APPLIES

NOT ALL INGREDIENTS ARE LISTED ON THE MENU, PLEASE ADVISE US OF ANY DIETARY REQUIREMENTS OR ALLERGIES BEFORE ORDERING.
WHILE WE OFFER GLUTEN-FREE MENU OPTIONS, WE ARE NOT A GLUTEN-FREE KITCHEN.



FRIENDS OF OURS

ALL DAY MENU TILL 4PM

COFFEE BY VENEZIANO

MILK / BLACK [ELEVATE BLEND]	5
BATCH BREW [DAILY ORIGIN]	6
COLD BREW [WEEKLY ORIGIN]	6.5
ALTERNATIVE OAT	1
BONSOY	1
MILKLAB ALMOND / LAC FREE / COCONUT	1
COFFEE SYRUPS	0.8
SINGLE ORIGIN / DECAF / EXTRA SHOT	0.5

NOT COFFEE

BISCOFF LATTE	
Blended Biscoff spread with milk and cookie gives rich caramelised spice. add espresso \$1	5
WHITE HOT CHOCOLATE	
Arkadia smooth, rich and creamy white chocolate blended with milk	5
HOT CHOCOLATE	
With 40% Hush cocoa	5
SPICED CHAI POWDER BY CHAI SPICE	5
exotic blend of black tea, real aromatic spices and no nasties [+1 Dirty]	
MATCHA LATTE	6
Simara high-grade matcha tea sourced direct	
FOO'S HIMALAYAN SPICED CHAI	6
Bold, aromatic blend of black tea, balanced, warming spices and jaggrey and milk. honey optional	
MOCHA WHITE CHOCOLATE MOCHA	5

TEAPIGS TEA

EVERYDAY BREW	CHAMOMILE FLOWERS	5
EARL GREY	PEPPERMINT	
LEMON AND GINGER	APPLE & CINNAMON	
SUPERFRUITS	MAO FENG GREEN	

COLD BEVS

COKE / COKE-ZERO / SPRITE	5
SAN PELLEGRINO SPARKING WATER 250ml / 500ml	5 / 9
ICED COFFEE ICED MOCHA	9
ICED MATCHA ICED CHAI	6
MILKSHAKES [THICK +2]	
Strawberry/ Banana/ Chocolate / Vanilla / Oreo / Double Espresso	8
SUPERFRUIT ICED TEA	8
Very berry red fruit tea and hibiscus flower tea infusion with a zesty finish	

BREWERY

JACK AND JILL Prosecco	10/38
JACK AND JILL Rose	12/45
BEER OF THE MONTH	9.5

SMOOTHIES

PROTEIN SMOOTHIE	10
Chocolate whey protein isolate, banana and oat milk	
Mixed Berries	+ 3
Peanut Butter	+ 3
Mango	+ 3
Nutella	+ 3
MANGO - TANGO	12
Mango cheeks, passionfruit pulp, banana with coconut milk	
AÇAÍ KICK	12
Açaí berries w fresh apple juice blended	
GO BANANAS	10
Banana, honey, cinnamon, passionfruit greek yoghurt, whole milk	

FRESH JUICE

BRIGHT EYES	10
Fresh oranges, carrots, ginger, lemon and turmeric	
GREEN GODDESS	10
Green apples, kale, cucumber, spinach and celery	
BERRY MELON SPLASH	10
Fresh Watermelon, Strawberry, Lemon and Apple	
SUPER DETOX	10
Carrot, beetroot, apple, orange, celery, lemon & ginger	
VITAMIN REVIVE	10
Orange, pineapple, lemon, lime juice and strawberries	
FRESH OJ / APPLE / WATERMELON	10

LITTLE FRIENDS

NUTELLA HOTCAKE	
with vanilla ice cream and marshmallows	12
add strawberries \$2	
KIDS EGG AND BACON ON TOAST	10
NUGGETS AND CHIPS WITH SAUCE	12
LITTLE FRIENDS CHEESEBURGER AND CHIPS	13
CHURROS WITH CHOC DIPPING SAUCE	8
add strawberries \$2	
LITTLE FRIENDS SPAGHETTI	12
BABYCHINO	3
milk, choc dust, sprinkles and marshmallow	
KIDS MILKSHAKE	6
banana, strawberry, choc, vanilla, oreo	
KIDS JUICE CUP	6
orange, apple, watermelon	
KIDS WARM CHOCOLATE CUP	4.5
with marshmallow and milk	
KIDS SMOOTHIE CUP WITH WHOLE MILK	6.5
banana, mango, berries	

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