

FROTHERS



ALL DAY BREAKKY

- SALMON ON TOAST** 20
Whipped Fetta, Rocket, Smoked Salmon, Fried Caper, 1 Free Range Egg on sourdough
-ADD HALOUMI/BACON 5
- EGYPTIAN EGG** 18
Roasted Beetroot, Hummus, Grilled Halloumi, Free Range Egg granish with Dukkah and fried chickpea
- CHILLI CRAB EGG** 19
Blue Swimmer Carb Meat with Garlic Chilly Sauce & Free Range Scrambled Eggs on Sourdough
- VEGAN BIG BOY** 24
Vegan Bacon, Vegan Egg, Avocado, Hash Browns, Mushroom, Spinach, Grilled Tomato homemade relish and Toast
ADD TOFU +4
- BIG BREAKFAST** 22
Eggs Your Way, Bacon, Spanish Chorizo, Hash Browns, Spinach, Grilled Tomato, Mushroom, Homemade Relish and Toast add Shaved Steak/ Salmon . +5
Avocado/Whipped Fetta +4
- GRANOLA (V)** 14
Village Yogurt, Crunchy Granola, Mixed Berry Compote, Seasonal Fruit
- EGGS BENEDICT** 19
Two Poached Eggs on Ciabatta Bread and Spinach with Creamy Hollandaise -with your choice of Ham/ Bacon/ Halloumi/ Salmon
- SMOOTHIE BOWL** 16
Mixed Berry, french vanilla yoghurt, ice cream, granula, chia seeds, coconut, topped with fresh fruit
- KIDS MEAL** 7.5
PANCAKE/NUGGETS W CHIPS/
BACON & EGG, HAM N CHEESE
TOSTIE

KINDLY LET OUR FRIENDLY STAFFS KNOW IF YOU HAVE ANY DIETARY REQUIREMENTS.

SMASHED AVOCADO

- 20 Smashed Avo, Free Range Eggs, Persian Feta on Ciabatta and dukkah
Add bacon/chorizo +5

THE STACK

- 5 Homemade Butter Milk Pancake, Caramelised Banana and Walnut, Canadian Maple with Cream and Ice Cream
ADD Chocolate Protein powder 3

MAKE YOUR GOURMET BREKKY +5

- 2 slice of toast (ciabatta/sourdough/) with relish
Add Extra
- Bacon/ Shaved Steak/ Spanish Chorizo/ +5
Halloumi/ Smoked Salmon/ whipped Fetta
-Avocado/ Mushroom/ Spinach/ Grilled Tomato/ Hash Browns +4

Mate, you relax and laid back, let us take care of you today, starting with water. shall i get you still or sparkling water??

\$2 per person

WRAP & ROLL

- Vegan bacon \$ egg roll 14
Bacon \$ egg Roll 11
Steak Roll 15
(Shaved Steak, Bacon, Egg, Onion, Bbq)
Breakky Wrap 12
(chicken, tenderlion, mixed salad,tomato, chipotle sauce)
Chicken \$ Avocado Focaccia 13
Ham & Swiss Cheese Croissant . 9
Extras
-steak/chicken/bacon/hallumi/ whipped fetta +5
Hash Brown/egg/avocado +4

**GOT FUR BABY WITH YOU?
ASK OUR STAFFS FOR THEIR TREAT.**

LUNCH

- 18 **LUNCH BOWL (VEGAN)**
Tio colour Quinoa, Brown Rice, Sweet Potato, Beetroot Hummus, Chickpeas, and Tofu
Add Chicken/steak 5

SEAFOOD BASKET 20

- 3 Fish Tempura, Prawn, Squid, Surimi, Scallops Served with garden salad, crispy chips and homemade tarter sauce.

FROTHERS SPECIAL SALAD 17

- Grilled Chicken, mixed salad, orange, green apple, avocado halummi, parmasen., mixed nuts, with poppyseed dressing

Add Sides

- onion Rings** +6
Sweet potato +6
Garden Salad +6
Hot Chips . +4

BURGER

- PLAIN CHEESE BURGER** 9
juicy beef & melted cheese with tomato sauce
- VEG BUDDY** 18
Crisp veg patty, avocado, chipotle suace, onion, tomato, lettuce W chips
- AMERICAN CHEESE** 20
Double Juicy beef, cheese, mixed pickle, crispy bacon, chipotle, onion and mustard W Chips
- GRILLED CHICKEN W LOT** 15
GGrilled Chicken, Crispy bacon, cheese, lettuce, tomato, caramalised onion and chipotle sauce.
- EXTRAS**
beef/chicken/steak/hallumi/bacon +5
hash brown/egg/avocado/ +2

ASK US FRO BREAKKY AND LUNCH DEAL

WE THANK YOU FOR YOUR SUPPORTING US. YOUR SUPPORT AND LOYALTY IS BLOOD OXYGEN FOR OUR FAMILY OWNED SMALL CAFE. #DINELOCAL #SHOPLOCAL