

The entire page is framed by a decorative border containing various food-related sketches. At the top, there are drawings of a waffle on a plate, a bowl of fruit, and a cup of coffee. At the bottom, there are sketches of a pear, a slice of citrus, a bowl of salad, and a plate of food. The background is a dark green with a fine, repeating pattern.

Back Bites

— Cafe & Grills —

by

 *Provisions*

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 [Provisions Cafe Melbourne](#)



Coffee

• Cafe Latte <i>Espresso, Steamed Milk & Milk Foam</i>	\$ 5.00	\$ 6.00	• Iced Espresso <i>Espresso, Ice and Cream</i>	\$ 7.00
• Flat White <i>Espresso and Steamed Milk</i>	\$ 5.00	\$ 6.00	• Iced Latte <i>2 oz Espresso, Milk and Ice</i>	\$ 8.00
• Cappuccino <i>Espresso, Steamed Milk, Chocolate, Form</i>	\$ 5.00	\$ 6.00	• Iced Mocha <i>Espresso, Steamed Milk, Chocolate and Ice</i>	\$ 6.00
• Americano <i>Espresso and Hot water</i>	\$ 5.00	\$ 6.00	• Iced Black <i>2 oz Espresso, Water and Ice</i>	\$ 6.00
• Mocha <i>Espresso, steamed Milk, Chocolate and foam</i>	\$ 6.00	\$ 7.00	• Piclloo <i>Espresso, Steamed Milk & Milk Foam</i>	\$ 5.00
• Macchito <i>Espresso and Milk Foam</i>	\$ 5.00	\$ 6.00	• Magic <i>2 oz Espresso, Steamed Milk</i>	\$ 5.50
• Black <i>Espresso and Hot Water</i>	\$ 5.00	\$ 6.00	• Affogato <i>Vanilla Ice Cream & Espresso</i>	\$ 7.00
• Espresso (1 oz espresso)		\$5.00	• Mazagran <i>Espresso, Lemon, Sugar, Rum</i>	\$ 18.00
• Doppio (2 oz espresso)		\$6.00	• Irish Coffee <i>Espresso, Sugar, Whiskey Cream</i>	\$ 18.00
• Vienna (Espresso and Whipped Cream)		\$7.00		
• Shakerato <i>Espresso and Ice Cubes</i>		\$ 5.00		

Loose Leaf Tea

• English Breakfast	\$ 6.00	• Chamomile Tea	\$ 6.00
• Earl Grey	\$ 6.00	• Lemon Grass & Ginger	\$ 6.00
• Green Tea	\$ 6.00	• Chai latte (Powdered)	\$ 5.00 \$ 6.00
• Peppermint Tea	\$ 6.00		
• Calmer Sutra Chai	\$ 7.00		





Fresh Juices

- **Sunny Mint** \$ 10.00
Apple, Orange, Mint
- **Red Roar** \$ 10.00
Beetroot, Carrot, Apple, Lemon
- **Immunity Booster** \$ 10.00
Carrot, Orange, Ginger, Lime
- **Green Machine** \$ 10.00
Celery, Cucumber, Spinach, Apple, Pineapple, Lemon
- **Pink Panther** \$ 10.00
Watermelon, Apple, Strawberry



Milk Shakes

- **Iced Chocolate** Large \$ 8.00 / Kids \$ 6.00
- **Caramel** Large \$ 8.00 / Kids \$ 6.00
- **Strawberry** Large \$ 8.00 / Kids \$ 6.00
- **Vanilla** Large \$ 8.00 / Kids \$ 6.00
- **Banana** Large \$ 8.00 / Kids \$ 6.00
- **Coffee** Large \$ 8.00 / Kids \$ 6.00



Smoothies

- **Purple Velvet** \$ 12.00
Acai, Blueberry, Raspberry & Banana
- **Mango Madness** \$ 12.00
Kiwi, Kale, Mango & Pineapple
- **Gains & Grains** \$ 12.00
Banana, Oats, Dates, Coconut, Pea Protein
- **Sunrise Fuel** \$ 12.00
Mango, Passion fruit, Pineapple & Banana
- **Dragon Boost** \$ 12.00
Strawberry, Banana, Dragon fruit & Dates



Breakfast

- **Homemade Muesli, Fruit & Yogurt** \$ 17.50
Served with honey and your choice of milk
- **Raisin Toast or Sourdough Toast** \$ 10.00
with your choice of spreads White, Wholemeal, Multigrain, Dark Rye
(\$2.00 Extra for Sourdough)

Croissant

- with Homemade Jam \$ 8.00
- with Ham and Cheese \$ 12.00

Pancakes

	Single	Short	Full
• Butter and Maple Syrup	\$ 10.00	\$ 14.00	\$ 18.00
• Fresh Fruit and Maple Syrup	\$ 12.00	\$ 16.00	\$ 20.00
• Banana and Butterscotch	\$ 14.00	\$ 18.00	\$ 22.00
ADD Ice Cream			\$ 5.00

Provisions Big Breaky

Eggs your way on sourdough with Bacon, Mushroom, Spinach, Tomato and Sausage

- Poached or Fried \$ 24.00
- Scrambled \$ 27.50

Provisions Big Breaky (V)

Eggs your way on sourdough with homemade Hash Brown, Baked Beans, Grilled Tomato topped with Pesto, Spinach & Broccoli

- Poached or Fried \$ 24.00
- Scrambled \$ 27.50

Fruity French Toast

Fruity Toast dusted with Cinnamon sugar, Lashing of Raspberry Coulis and Vanilla bean mascarpone

Build Your Own

- Poached or Fried Eggs on Toast \$ 10.00
- Scrambled Eggs on Toast \$ 13.00
(\$2.00 Extra for Sourdough)

Add Your Sides

- Salmon, Bacon, Avocado, Chorizo, Haloumi, Sausage \$ 5.00
- Hash Brown \$ 5.00
- Mushrooms, Spinach, Tomato Topped with Pesto, Baked Beans \$ 4.00
- Homemade Chutney, Pesto, Hollandaise \$ 2.00



- **Eggs Salmon** \$ 22.00

Smoked salmon on a focaccia with avocado, topped with poached eggs, hollandaise and capers, with herbed fetta whip spread

- **Eggs Benedict** \$ 20.00

Double smoked leg ham on a focaccia, topped with poached eggs and hollandaise

- **Heaven on Hash** \$ 22.00

Double homemade hashbrown topped with double bacon, poached eggs and hollandaise

- **The Crispy Crown** \$ 20.00

Double crispy bacon on focaccia, topped with poached eggs, hollandaise and brokoli on side

- **Chilli Scrambled** \$ 24.50

Scrambled eggs on sourdough with (bacon or veggies) avofetta mash, chilli flakes & fried onions

- **Avo Mash (V)** \$ 24.50

On sourdough, 2 poached eggs, beetroot hummus, cherry, tomato, almond flakes & pumpkin seeds

- **Fritters (V) (GF)** \$ 24.00

Zucchini, Corns, Avo mash, Haloumi, 1 Poached Egg & Salsa on top

- **Omellete** \$ 21.00

(Veggies or choice of meat)

- **Bruschetta** Small \$ 15.00 / Large \$ 20.00

- **Spinach & Mushroom Stack** \$ 22.00

Sauteed Spinach, Mushroom and garlic, topped with Poached Eggs, Crumbled feta and Homemade Pesto on Crunchy Sourdough





Lunch & Evening

- **Warm Bacon Salad (GF)** Entree \$ 15.00 / Main \$ 20.00
Mixed lettuce, avocado, pine nuts, oven roasted tomatoes and bacon, topped with seeded mustard mayo and parmesan
- **Falafel Salad (V) (GF)** \$ 23.00
With haloumi, salad, hummus, avocado
- **Salmon Open Danish** Entree \$ 16.00 / Main \$ 21.00
Crunchy sourdough topped with smoked salmon & fetta whip on a bed of mixed lettuce, onion and capers
- **Chicken Parmigiana** \$ 24.00
With garden salad & chips
- **Calamari** \$ 23.00
With garden salad & chips
- **Tomato Pasta** \$ 23.00
With chicken, mushroom, spinach, capsicum & cherry tomatoes
- **Carbonara** \$ 23.00
Pasta with bacon
- **Grilled Chicken (GF)** \$ 24.00
With quinoa & roasted veggies
- **Salmon Bliss Bowl** \$ 28.00
Fresh grilled salmon with brown rice and salad

- **Grilled Fish** \$ 20.00
Fish of your choice with brown rice or chips and salad. Comes with lemon and tartare.
- **Zesty Lemon Calamari** \$ 15.00
Crispy fried calamari coated in zesty lemon pepper seasoning for a delightful flavourful seafood appetizer
- **Salt and Pepper Calamari** \$ 15.00
Salt & pepper with touch of chilli
- **Butter Chicken** \$ 22.00
Brown rice, curry & salad
- **Black Pepper Chicken** \$ 22.00
With brown rice, curry & salad
- **Steak Sandwich** \$ 28.00
Grilled porterhouse steak topped with Tomato, grilled eggplant, roasted capsicum, grilled mushrooms and Caramelised onion, served with Chips and Chutney
- **Vegetarian Lasagne (V)** \$ 22.00
Pumpkin, Sweet Potato, Zucchini, Mushroom and Spinach Lasagna with a Herbed Bechamel. Served with a side Salad



Focaccia & Sandwiches

\$15.00

- Smoked Chicken, Swiss Cheese, Avocado & Mayo.
- Smoked Ham, Cheddar Cheese, Tomato & Butter
- Mild Hungarian Salami, Roasted capsicum, Mayo, Cheddar Cheese
- Grilled Eggplant, Roasted Capsicum, Tomato, Marinated Mushrooms, Mayo, Cheese & Chutney (V)
- Roasted Pumpkin, Fetta, Spinach with Fig and Olive Tapenade (V)
- Roasted Mushroom, Pesto with Cheese (V)

- **Egg and Bacon Focaccia** \$16.00
- **Egg and Bacon Sandwich** \$ 16.00
- **BLT Focaccia or Sandwich** \$ 15.00
- **Provisions Salad Sandwich** \$ 15.00



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Burgers



- **The Sea Breeze** \$ 18.00
Crumbed fillet, lettuce, tomato, cheese, onion pickles and tartare sauce

- **The Veggie Supreme** \$ 17.00
Veggie patty lettuce, tomato, cheese, onion, bacon, avocado, beetroot, mayo and tomato sauce

- **The Aussie Heatwave** \$ 26.00
Aussie Beef patty, fried chicken, double bacon, cheese, lettuce, tomato, and chipotle mayo

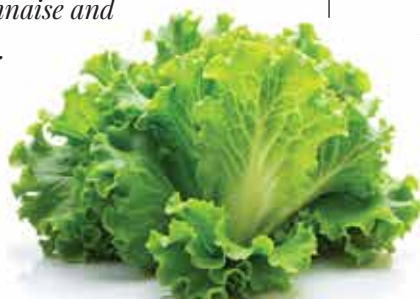
- **Provisions Pesto Royale** \$ 28.00
Homemade pesto infused chicken patty with bacon, avocado, beetroot and cheese, served with chips and homemade chutney

- **Pineapple Puncher** \$ 20.00
Grilled chicken breast, lettuce, tomato, cheese, pineapple, bacon, avocado and herbed mayo

- **The Crunchy Delight** \$ 20.00
Southern chicken breast, cheese, bacon, coleslaw, pickles, and chipotle mayo



- **The Smokin Aussie** \$ 20.00
Aussie lean beef, lettuce, tomato, cheese, bacon, pickles, caramelised onions, Free range egg, herbed mayonnaise and Jacky's smoked tomato sauce.



- **The Aussie Double Smash** \$ 20.00
Two beef patties, double bacon, double cheese, lettuce, pickles, mustard and tomato sauce

- **The Fire Cracker** \$ 18.00
Aussie patty, lettuce, tomato, cheese, onion ring jalapenos, and chipotle mayo

Burritos & Wraps

- **Oceanic Bite** \$ 15.00
Grilled fish, lettuce, tomato, red onion and tartare sauce.
- **Spice Wave** \$ 16.00
Crumbed flake, lettuce, tomato, cheese, Mexican salsa, jalapeños and chipotle mayonnaise.
- **Spicy Mex-Chick** \$ 16.00
Chicken, lettuce, tomato, cheese, Mexican salsa, jalapeños & chipotle mayo.
- **The Veggie Fusion** \$ 15.00
Mayo, eggplant, tomato, mushroom, roasted capsicum & feta cheese
- **The Spinchick** \$ 15.00
Mayo, Smoked chicken, avocado, spinach & cheese
- **HCT** \$ 15.00
Mayo, ham, cheese & tomato
- **The Pesto Italiano** \$ 15.00
Mayo, Salami, pesto, capsicum, spinach & cheese
- **Falafel Fusion** \$ 15.00
Mayo, falafel, rocket, onion, capsicum, hummus & cheese
- **Egg Wrap** \$ 12.00
With egg omelette



Tacos

- **Sweet & Spicy Prawn Tacos** \$ 24.00
Three pieces of golden crumbed prawns, lettuce, Mexican salsa and sweet chilli mayo
- **Chicken Tacos** \$ 25.00
Grilled chicken savoury spices, fresh salsa, and creamy toppings in warm tortillas. Irresistibly delicious
- **Fish Tacos** \$ 25.00
Three pieces of battered fish with Salsa and Chipotle Mayo.
- **Cheese and Bacon Fries** \$ 14.00
Crispy fries topped with savoury cheese sauce and crispy bacon bits, a delicious indulgent snack.
- **Prawn cutlet** \$ 05.00
- **Dim sim** \$ 05.00
- **Pineapple Fritter** \$ 05.00
- **Banana Fritter** \$ 05.00
- **Scallop** \$ 05.00
- **Crab stick** \$ 05.00
- **Potato cake** \$ 05.00

