

“AT BLACK POISON IT’S NOT JUST ABOUT GREAT FOOD, IT’S ABOUT CARE, CONSISTENCY, AND A LITTLE BIT OF FUN IN EVERY BITE -

What started as a family’s obsession with good coffee and quality produce has grown into something bigger - a place where stories, memories, and meals meet. Influenced by our Riverina roots and shaped by our Inner West community, Black Poison celebrates the kind of food that feels like home, simple, generous, and made with love.

	8.00	CHILLI MOCHA
	8.00	MONT BLANC
	5.00	CAP/LATTE/FW
	5.50	MOCHA
	6.50	COLD BREW
	7.50	ICED MATCHA LATTE
	7.00	ICED COFFEE
	8.50	BRÛLÉE
	6.00	POUR OVER
	4.00	ESPRESSO/PICC
	8.00	NITRO
	6.00	BATCH BREW
	6.50	DALGONA
	5.00	CREAMY LONG BLACK
	12.00	BARISTA BREKKIE
	6.00	VIETNAMESE COFFEE

SLEEPY?

Every Friday we head to Flemington Markets to hand-pick fresh produce for our kitchen, preserves, and juices.

You can take it home too! Our weekly produce boxes are filled with staples like onions, garlic, carrots, and herbs, plus whatever's seasonal and delicious. **Pre-order a box and unleash your inner chef.**

FRESH JUICE

RUBY	beetroot, carrot, apple, orange, lemon, ginger, celery	\$9
PASH	apple, lemon, ginger, pineapple, passionfruit pulp	\$9
ZING	grapefruit, orange, apple, lemon	\$9
VITI C	orange, carrot, apple, turmeric	\$9

PROTEIN SHAKES

NANA	banana, milk, cinnamon, honey, protein powder	\$10
BLUSH	strawberry, coconut milk, honey, protein powder	\$10
NUTTY	oats, peanut butter, milk, honey, protein powder	\$10
COCO	coconut water, espresso, honey ceremonial cacao, protein powder	\$10

THICC SHAKES

VANILLA	ice-cream, milk, syrup, shortbread, whipped cream, sprinkles	\$8
BERRY	ice-cream, milk, syrup, berries, whipped cream	\$8
OREO	ice-cream, milk, syrup, oreo, whipped cream, chocolate	\$8
MAPLE	ice-cream, milk, maple syrup, whipped cream, walnuts	\$8

SMOOTHIES

MOOLO	banana, milk, milo, honey	\$9
CHIA	mixed berries, chia seeds, coconut water, honey	\$9
LILO	mango, banana, passionfruit, coconut milk, toasted coconut	\$9

THIRSTY?

A sandwich is an item of food consisting of two pieces of bread with a filling between them, eaten as a light snack.

A THICC is a combination of fresh produce, house-made sauces and quality ingredients packed into a freshly baked ciabatta roll, consumed as a fulfilling meal.

CHIPPIES

TATOS

crispy chips dusted in our signature mixed spice blend, served with house-made aioli

S \$6

L \$10

THICCS \$18

freshly baked gourmet rolls - all day every day

EGGY

italian scrambled eggs, spinach, bacon, aioli and tomato chutney

BREKKIE

bacon, egg, hash brown, spinach, avocado, aioli, bbq sauce

BABA

slow cooked lamb, halloumi, rocket, smoked baba ganoush, pickled onion, mint salsa verde

VADA

spicy date chutney, green chilli relish, fried potato ball, coconut peanut crumble

DF V

BRISK

12 hour slow cooked beef brisket, slaw, aioli, horseradish cream, pickled onion

KFC

chilli honey glazed korean fried chicken, homemade kimchi, spicy asian slaw, kewpie mayo

BLAT

bacon, butter lettuce, avocado, tomato, aioli, bourbon and bacon jam

CAP'N'
CRUNCH

panko crumbed schnitzel, swiss cheese, iceberg lettuce, tomato, red onion, aioli and alfa's chillies

QUICC

DEAL bacon & egg, aioli, bbq sauce, cheese
+coffee (wrap or roll)

FEELING THICC?

PANTRY & CATERING:

Good food deserves to be shared, at our table and yours. From our pantry staples like preserves, sourdough, and coffee to our full catering offerings, everything we make is designed to bring people together.

Whether it's a boardroom, backyard, or big celebration, we'll help you cater moments that feel special, simple, and delicious.

Just ask our staff
or DM us
@thelab_blackpoison



FOOD

SHROOM	toasted sourdough, creamy mushroom mix, grilled assorted fungi, truffle pesto, poached egg, spring onion	\$19	V
SUMEGG	turkish style poached eggs with flatbread puff, greek yogurt, charred peppers, burnt butter sauce, assorted herbs with lime and sumac, pickled onion, crunchy chilli crisp	\$24	V
LENTA	winter salad with beetroot, cauliflower, lentils, rocket, greek yogurt, honey dressing, goats cheese, walnuts	\$21	
NOMLET	crustless milk bread sandwich, japanese style omelette, pork sausage patty, kewpie, spring onion	\$18	
CHICKY	crustless milk bread sandwich with poached chicken, house mayo, fresh herbs	\$17	
SANDO	crustless milk bread sandwich, pork cutlet, cabbage, mustard, kewpie, tonkatsu sauce	\$20	
SHUKA	a tomato sugo mix of slow cooked lamb shoulder, beans, chilli, soft egg, side of sourdough	\$20	
SAVO	toasted sourdough, avocado, feta, spinach, aioli, fried egg, balsamic glaze, dukkah	\$17	V
	+ halloumi	\$5	
TOAST	toast with choice of seasonal jam, honey, peanut butter, vegemite	\$10	V
	+ two eggs OR avocado	\$6	

HUNGRY?

GOOD SOUP

SWEET PEA *green pea soup, courgette, basil, feta, wagga olive oil, buttered toast* **\$17** 

CAULI *roast cauliflower soup, potato, cream, chilli crisp, wagga olive oil, buttered toast* **\$17** 

LITTLE ONES

SPAG BOL *spaghetti bolognese, parmesan cheese* **\$12**

MARG *house sugo and fior di latte pizza* **\$12** 

SCHNIT *fried schnitty, tomato sauce with veggie sticks or fries* **\$12**

*Food has always been at the centre of our world — from farming and exporting cattle to Japan, to learning secret recipes from our Italian neighbours, to sharing dinner together every night. **Food is family, and we're proud to welcome you to ours.***

PASTA

NORMA *eggplant, sugo, basil, stracchino, ricotta salata with radiator* **\$23** 

MARI *monk fish, squid, prawns, cherry tomatoes, lemon, sugo, parsley, parmesan with XXL spaghettoni* **\$26**

TIPSY *creamy vodka sausage, chilli, parmesan with mezzi rigatoni* **\$24**

TOASTIES

SIR REUBEN *sourdough toastie with pastrami, sauerkraut, swiss cheese, cabbage, spicy russian dressing, pickles* **\$16**

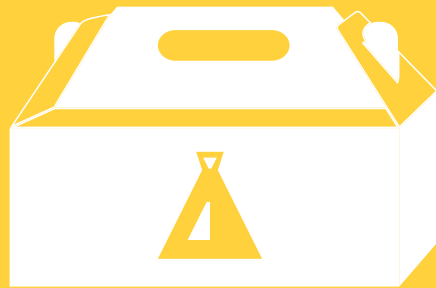
PEPE *sourdough toastie with hot salami, mozzarella, rocket, grilled peppers* **\$16**

CHEEZ *sourdough toastie with smoked ham, grilled onion, whole grain mustard, mozzarella, tasty cheese* **\$16**

GF bread +\$3

HUNGRY?

\$25



TRADIE TOOLBOX

1 x THICC ROLL

1 x COOL DRINK

1 x SWEET TREAT

1 x PIECE OF FRUIT

1 x HOT COFFEE

specialty coffee +\$3