

# FRIENDS OF OURS

ALL DAY MENU TILL 4PM

CHECK OUR CABINET FOR FRESH SANGAS, TOASTIES & SWEET TREATS

## TOAST / FRUIT TOAST (GFO) (DFO)

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

## EGGS YOUR WAY (GFO) (DFO)

Fried, poached, or scrambled on your choice of toast

## FRUIT AND NUT MUESLI (DFO)

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

## WARM HUG PORRIDGE (V) (DFO)

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

## BREAKFAST BRUSCHETTA (GFO)

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

## ACAI BOWL

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

## MUSHROOM AND SPINACH OMELETTE (GFO)(DFO)

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

+Bacon 6.5 +Chorizo 6.5

## FOO'S BIG BREKKY (V) (GFO)(DFO)

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

+Bacon 6.5 +Chorizo 6.5 +Smoked Salmon 6.5

## SALMON STACK (DFO)

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

## CHILLI CHORIZO SCRAMBLE (GFO)(DFO)

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

## THE BOMB (V) (GFO)(DFO)

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

## STACKED MEDITERRANEAN (GFO)

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

## ZUCCHINI & CORN FRITTERS

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

## (THE O.G.) CHICKEN WRAP

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

+Small Chips 6

## CHICKEN TACOS

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

## CHICKEN WAFFLE

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

## SHAKSHUKA (V) (GFO)(DFO)

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

+Bacon 6.5 +Chorizo 6.5 +Smoked Salmon 6.5

## CHOC CHIP PISTACHIO HOTCAKES

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

## STEAK SANDWICH (GFO)

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

## TRUFFLE MUSHROOM RISOTTO

Creamy truffle oil risotto with mushrooms, roast chicken and Parmesan cheese crisp

## KING PRAWN SPAGHETTI (DFO)

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

## SUPERFOOD SALAD (V) (GFO)

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

+Smoked Salmon 6.5 +Roast Cauliflower 5 +Chicken 6.5

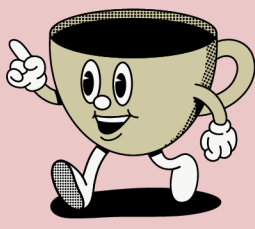
### EXTRAS \$/ EACH

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
SPANISH CHORIZO, SMOKED SALMON, MORROCCAN CHICKEN, BACON	6.5
SWEET POTATO FRIES, THICK BEER BATTERED CHIPS W/SAUCE & AIOLI	9
BOWL 0' 5 CRUNCHY HASHBROWNS	12

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.

(V) VEGETARIAN (DFO) DAIRY FREE OPTION (GFO) GLUTEN FREE OPTION



# FRIENDS OF OURS

WEEKDAYS 6AM TILL 5PM

WEEKENDS 7AM TILL 5PM

PUBLIC HOLIDAY 7AM 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

## TEA TIME BY TEAPIGS

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

## NOT COFFEE

<b>BISCOFF LATTE</b>	6.5
Blended Biscoff spread with milk and cookie gives rich caramelised spice. add espresso \$1	
<b>WHITE HOT CHOCOLATE</b>	5
Arkadia smooth, rich and creamy white chocolate blended with milk	
<b>HOT CHOCOLATE</b>	5
With 40% Hush cocoa	
<b>SPICED CHAI POWDER BY CHAI SPICE</b>	5
exotic blend of black tea, real aromatic spices and no nasties [+1 Dirty]	
<b>MATCHA LATTE</b>	6
Simara high-grade matcha tea sourced direct	
<b>FOO'S HIMALAYAN SPICED CHAI</b>	6
Bold, aromatic blend of black tea, balanced, warming spices and jaggrey and milk. honey optional	
<b>MOCHA   WHITE CHOCOLATE MOCHA</b>	5

## COLD BEVS

COKE / COKE-ZERO / SPRITE	5
SAN PELLEGRINO SPARKING WATER 250ml / 500ml	5 / 9
ICED COFFEE   ICED MOCHA	9.5
ICED MATCHA   ICED CHAI	7
MILKSHAKES [THICK +2]	9
Strawberry/ Banana/ Chocolate / Vanilla / Oreo / Double Espresso	
<b>ICED BISCOFF LATTE</b>	10
Iced Biscoff latte with whipped cold foam plus cookie add Espresso shot +1	
<b>SUPERFRUIT ICED TEA</b>	9.5
Very berry red fruit tea and hibiscus flower tea infusion with a zesty finish	
<b>ICED STAWBERRY MATCHA</b>	10
A cool, creamy mix of rich matcha and sweet strawberries, perfectly refreshing and vibrant	
<b>JACK AND JILL Prosecco</b>	10/38
<b>BEER OF THE MONTH</b>	9.5

## SMOOTHIES

<b>PROTEIN SMOOTHIE</b>	10
Chocolate whey protein isolate, banana and oat milk	
Mixed Berries + 3 Mango + 3	
Peanut Butter + 3 Nutella + 3	
<b>MANGO - TANGO</b>	12
Mango cheeks, passionfruit pulp, banana with coconut milk	
<b>AÇAÍ APPLE MELON</b>	12
Açaí berries w fresh apple & watermelon blended	

<b>GO BANANAS</b>	12
Banana, honey, cinnamon, passionfruit greek yoghurt, whole milk	

<b>BRIGHT EYES</b>	10
Fresh oranges, carrots, ginger, lemon and turmeric	

<b>GREEN GODDESS</b>	10
Green apples, kale, cucumber, spinach and celery	

<b>BERRY MELON SPLASH</b>	10
Fresh Watermelon, Strawberry, Lemon and Apple	

<b>SUPER DETOX</b>	10
Carrot, beetroot, apple, orange, celery, lemon & ginger	

<b>VITAMIN C REVIVE</b>	10
Orange, pineapple, lemon, lime juice and strawberries	

<b>FRESH OJ / APPLE / WATERMELON</b>	10
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## FRESH JUICE

<b>NUTELLA HOTCAKE</b>	12
with vanilla ice cream and marshmallows add strawberries \$2	

<b>KIDS EGG AND BACON ON TOAST</b>	10
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<b>NUGGETS AND CHIPS WITH SAUCE</b>	12
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<b>LITTLE FRIENDS CHIPS</b>	6
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<b>CHURROS WITH CHOC DIPPING SAUCE</b>	8
add strawberries \$2	

<b>LITTLE FRIENDS SPAGHETTI</b>	12
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<b>BABYCHINO</b>	3
milk, choc dust, sprinkles and marshmallow	

<b>KIDS MILKSHAKE</b>	7
banana, strawberry, choc, vanilla, oreo	

<b>KIDS JUICE CUP</b>	7
orange, apple, watermelon	

<b>KIDS WARM CHOCOLATE CUP</b>	5
with marshmallow and milk	

<b>KIDS SMOOTHIE CUP WITH WHOLE MILK</b>	7
banana / mango / berries	

## LITTLE FRIENDS

## 18 +

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