ALL DAY MENU ALL DAY MENU

MAPLE CRUNCH DELIGHT a fusion of house made vanilla maple granola,	19.5	CRISPY GEM BACON STACK GFO smashed avocado on toasted sourdough, accompanied by	21.5	SOUP BURGERS SANDWICHES		BOWLS & PLATES	
assorted nuts, banana, & berries. Topped with creamy yogurt ACAI BOWL VE DF	21.5	fresh tomato, crispy bacon, zesty tomato relish, golden potato gems, a poached egg and alfalfa	40.5	CHICKEN NOODLE SOUP (SERVED AFTER 11AM) nepalese chicken noodle soup with authentic noodles, vegetables, chicken thigh fillets, szechwan pepper and alfalfa - served with sourdough toast	17.5	MEDITERRANEAN HARMONY BOWL GF/VE roasted pumpkin, quinoa tabouleh, marinated chickpeas, pomegranate, spinach, cucumbers, olives, avocado, pickled cabbage,	23
velvety açai blended with mixed berries, banana and coconut water. Topped with chia seeds, coconut flakes, peanut butter, granola, & fresh fruits.		FIESTA WRAP packed with scrambled eggs, cheese, black beans & corn salsa, spinach, tomato relish, and crispy shallots - all wrapped in a toasted tortilla. Choose a filling from bacon, halloumi, or chorizo	19.5	BEAST BURGER angus beef, bacon, burger cheese, lettuce, tomato, caramelised onions, pickle, smokey bourbon bbq & aioli on a toasted potato bun	17.5	beetroot hummus & tahini dressing Add grilled chicken chorizo halloumi poached eggs smoked salmon + 4	00
SPICED VANILLA PORRIDGE (SERVED TILL 11AM) overnight soaked rolled oats in vanilla & chia served with banana, berries, pistachio and honey	17.5	OH MY FRITTER! corn & quinoa fritters served with avocado salsa, a poached egg,	22.5	CHICKEN SCHNITZEL WRAP panko crumbed chicken. fresh lettuce, juicy tomato, melted cheese, and peri-peri aioli in a toasted tortilla	18.5	CASABLANCA LAMB Slow-cooked shredded lamb shoulder, crispy spiced potatoes, marinated feta, charred broccolini and shaved parmesan cheese. Finished with extra virgin olive oil, balsamic and served with crispy flatbread	26
DAYBREAK BURGER GFO bacon, fried egg, cheese, rocket, aioli & smokey bbq sauce unite on a toasted potato bun Add: smashed avo +3, potato gems +3 Make veg: swap bacon for halloumi	15.5	& tomato relish. choose from halloumi or bacon upgrade to smoked salmon +2 OMELETTE YOUR WAY GFO	20.5	GRILLED CHICKEN BLT GFO grilled chicken & crispy bacon with fresh tomato, mix lettuce, aioli on toasted turkish roll. Add: avocado + 3	18.5	ROYAL TIKKA GF chicken breast marinated in yoghurt, herbs & spices, slow cooked for 6 served on a bed of kale, spinach, quinoa salad with pomegranate, raisins, cashews & coconut with mango chutney,	24 hours,
BLAT-MAN & ROBIN GFO crispy bacon with smashed avocado, fresh lettuce, juicy tomato, & our signature aioli - in a toasted turkish roll or wrap	15.5	Served with sourdough toast & side pesto, choose up to three (3) from smoked ham, cheese, mushroom, tomato, spinach and caramelised onion	20.0	POACHED CHICKEN SANDWICH GFO tender poached chicken mixed with mayo and secret herbs, layered with fresh tomato and rocket, served on toasted turkish roll or wrap	17.5	mint yoghurt & spiced avocado BAJA FISH TACOS a trio of soft tacos with crispy battered flathead, zesty pico de gallo, fresh sweet corn, crunchy slaw, avocado, sour cream & chipotle mayo	19.
AVO RD 6FO smashed avocado with feta, a poached egg, cherry tomatoes, fresh basil, and a sprinkle of sesame seeds—all served on toasted sourdough. Complemented by sweet potato crisps and lemon	18.9	SPICED FRIED CHICKEN BENNY spiced crumbed chicken, crispy bacon, poached eggs, wilted spinach, & a kick of flavour from our sriracha hollandaise, all resting on toasted sourdough	26.5	STEAKWICH marinated beef strips, smashed crispy potatoes, house butter, vintage cheddar cheese, tomatoes, red chimichurri and garlic mustard aioli on toasted turkish roll	21.9	SOURDOUGH 7.50	
MOROCCAN SHAKSHUKA poached eggs with spiced lamb mince simmered in a rich tomato, onion, capsicum sauce, topped with feta and served with sourdough toast			22.5	Add: side fries +5		WHITE SOY LINSEED CHARCOAL GLUTEN FRE with preserves: butter, jam, vegemite, berry jam, marmalade, peanut butter, honey, nutella	:E +1
TURKISH EGGS	23.9	tangy passionfruit. A dollop of vanilla bean ricotta adds a velvety richness, while sliced almonds provide a satisfying crunch.		FRIES		PASTRIES	
grilled halloumi, smokey chorizo, smashed avocado, herb-infused yogurt, poached eggs, & a drizzle of burnt butter & garlic sauce with a toasted tortilla		Served with a side of pure canadian maple syrup		SEASONED & SERVED WITH AIOLI	9.9	ALL OUR PASTRIES ARE MADE IN HOUSE	
HIMALAYAN HASH	21.5	EGG-CELLENT CHOICES poached, fried or scrambled with sourdough.	14.9	LITTLE ONES 12 YEARS & UNDER		BANANA BREAD	7.5
crispy seasoned potato hash, topped with a poached egg and drizzled with chilli hollandaise, served on toasted sourdough. Choose between crispy bacon or grilled halloumi		Add: sides SIDES		EGG & TOAST with sourdough PANCAKE w/ strawberries, oreo crumbs, maple syrup FISH & CHIPS	10.5 12.5 14.5	PORTUGUESE TART MIXED BERRY MUFFIN DAILY MUFFIN CHOCKY ROCK	6.0 5.0 5.0
BENNY BOI poached eggs, wilted spinach, crispy potato gems and	24.5	avocado, smoked ham, potato gems, roast tomato,	5	CHICKEN NUGGETS & CHIPS	14.5	CROISSANT	6.0
our signature house hollandaise on toasted sourdough. customised with your choice of bacon or double smoked ham upgrade to smoked salmon +2		mushrooms, feta, wilted spinach, potato gems, extra poached / fried egg		TEAS 5.0		DOUBLE CHOC BROWNIE POLENTA CAKE GF	6.5 6.0
HALLOUMI HEIGHTS GFO sautéed mushrooms & spinach on soy linseed sourdough, topped with grilled halloumi, avocado, a poached egg & our house tomato relish.	22.5	bacon, halloumi, chorizo tasmanian smoked salmon, scrambled egg grilled chicken chicken schnitzel	6 8 8 9	ENGLISH BREAKFAST EARLY GREY PEACE & QUIET (CHAMOMILE) MASALA CHAI SILVER JASMINE (GREEN) LEMONGRASS		CARROT CAKE FLOURLESS ORANGE CAKE	6.0 6.0
A sprinkle of pistachio dukkha adds an aromatic crunch			II .	DIOCOTIC		CINNAMON BOLL	ይ ዐ

DIGESTIF (PEPPERMINT)

CINNAMON ROLL

26.5

24.5

19.9

7.5

6.0

5.0

5.0

6.0

6.5

6.0

6.0

6.0

6.9

COLD DRINKS

פאווועס מזחח		
EGYPTIAN ICED TEA made with organic rose hibiscus		6.0
SPARKLING PASSIONFRUIT COCONUT W organic sparkling coconut water with natural passionfruit fl		5.9
LEMON LIME BITTERS	6.5	
MILKSHAKES chocolate, vanilla, caramel, strawberry, oreo		6.9
BLUEBERRY COCONUT MATCHA fresh housemade blueberries compote with vanilla infused creamy coconut milk blend on Gesha Matcha finished with coconut flakes		7.9
SMOOTHIES ice cream, milk, yoghurt, honey with your choice of: banana, mango or mixed berries		10.5
GREEN MACHINE SMOOTHIE OF DF banana, spinach, kale, chia seeds, honey, almond milk		10.5
ACAI SMOOTHIE VE GF DF acai, banana, mixed berries, coconut water		9.9
PROTEIN SMOOTHIES made with pure premium WPI Gym junkie - banana, dates, cinnamon, chia, granola, prote	oin coconut n	14.5
PB - peanut butter, banana, protein, cinnamon, almond milk		
Berry Strong - mixed berries, banana, hint of honey, prote	in, coconut w	ater
Berry Strong - mixed berries, banana, hint of honey, prote SOFT DRINKS coke, coke no sugar, lemonade	in, coconut w	4.5
Berry Strong - mixed berries, banana, hint of honey, prote SOFT DRINKS	in, coconut w	
Berry Strong – mixed berries, banana, hint of honey, prote SOFT DRINKS coke, coke no sugar, lemonade ginger beer +1	in, coconut w	4.5
SOFT DRINKS coke, coke no sugar, lemonade ginger beer +1 SPARKLING WATER	in, coconut w	4.5
SOFT DRINKS coke, coke no sugar, lemonade ginger beer +1 SPARKLING WATER SPARKLING WINE	in, coconut w	4.5 2.5pp
SOFT DRINKS coke, coke no sugar, lemonade ginger beer +1 SPARKLING WATER SPARKLING WINE MINCHINBURY ROSE CUVEE 200ml WHITE WINE SQUEALING PIG SAUV BLANC	T 9.9	4.5 2.5pp
SOFT DRINKS coke, coke no sugar, lemonade ginger beer +1 SPARKLING WATER SPARKLING WINE MINCHINBURY ROSE CUVEE 200ml WHITE WINE	Ţ	4.5 2.5pp 12.0
SOFT DRINKS coke, coke no sugar, lemonade ginger beer +1 SPARKLING WATER SPARKLING WINE MINCHINBURY ROSE CUVEE 200ml WHITE WINE SQUEALING PIG SAUV BLANC 2018 marlborough, nz TAR & ROSES PINOT GRIGIO	9.9 11.9	4.5 2.5pp 12.0 138.0
Berry Strong - mixed berries, banana, hint of honey, prote SOFT DRINKS coke, coke no sugar, lemonade ginger beer +1 SPARKLING WATER SPARKLING WINE MINCHINBURY ROSE CUVEE 200mt WHITE WINE SQUEALING PIG SAUV BLANC 2018 marlborough, nz TAR & ROSES PINOT GRIGIO 2017 king valley, vic FARM HAND ORGANIC CHARDONNAY	9.9 11.9	4.5 2.5pp 12.0 38.0 45.0

DOUBLE ROASTERS COFFEE / ICED DRINKS

НОН	WHITE flight path blend BLACK on rotating single origin MOCHA / BELGIUM HOT CHOC SPICED TURMERIC LATTE STICKY CHAI LATTE CHAI LATTE 5 SPICE MUMBAI CHAI authentic spiced masala chai infused with almond milk BABYCINO	5.0 5.0 6.0 6.0 6.0 5.0 6.0 2.5
COLD	ICED LONG BLACK ICED LATTE ICED CHAI blended with ice-cream & milk COLD BREW on single origin with orange & thyme COLD DRIP on single origin ICED CHOCOLATE belgium chocolate, ice cream, milk, cream ICED COFFEE dbl shot espresso, ice cream, milk, cream ICED MOCHA dbl espresso, belgium chocolate, ice cream, milk, cream COFFEE FRAPPE dbl shot espresso, ice cream, vanilla syrup, milk, ice MOCHA FRAPPE dbl shot espresso, ice cream, belgium chocolate, milk, ice	5.0 5.5 6.9 5.0 5.0 8.9 8.9 9.9

almond, soy, oat, coconut + 0.5 large, decaf, extra shot, vanilla, caramel, hazelnut + 0.5

AVENUE COLD PRESSED JUICE

GREEN CLEANSER apple, celery, kale, spinach, lemon, ginger, mint REFRESHER watermelon, pineapple, apple, mint MINT SENSATION	11.5 10.5 10.5
pineapple, apple, mint, lime RASPBERRY MOJITO raspberries, lime, mint, apple, lemonade FRESH ORANGE	9.9 9.9
COCKTAILS	
HUGO SPRITZ St-Germain, prosecco, soda, mint	18.0
ST JUDE APEROL SPRITZ aperol, rose prosecco, blood orange	18.0
MOSCOW MULE	16.0

BEERS

vodka, ginger beer, lime

Sydney Larger 330ml 6.9

In pursuit of speedy & efficient service that you deserve we do not substitute items. Any variations to menu items will incur an additional cost. Table time limit of 1 hour



AVENUE RD

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10% Sunday surcharge | 15% Public holiday surcharge