

MENU

FROM THE KITCHEN 7AM - 2PM

ALL DAY MENU



TOASTED BAGEL \ RYE 9
Your choice of spread
Butter and Vegemite \ Jam \ PB \ Cream
Cheese \ Nutella
GF toast +2

GROUNDS JAFFLE 12
Our signature cheese and baked beans
jaffle made with challah bread

EGGS YOUR WAY 15
Scrambled \ fried \ poached eggs on
toast (GFO)

Classic Malawach [mela'wwah] 15
Traditional fried flatbread served with side
of boiled egg and tomato pulp

OUR HOUSE PORRIDGE (VEGAN) 16
Rolled oats, coconut, cacao nibs and
superfoods seeds made with almond milk,
topped with fruit, homemade granola & honey

CHEF'S SEASONAL SOUP 16
Served with warm bread and butter on the
side - ask us for today's flavour

EGG OMLETTE (GF) 20
Fluffy egg omelette filled with sauteed
spinach and tomatoes, served with freshly
sliced avocado

WHIPPED FETA & EGGS 21
Toasted challah bread with whipped feta,
blistered cherry tomatoes and fried eggs

SMASHED AVO 22
Poached eggs on toast with avocado, feta
and beetroot relish (GFO)

HUMMUS & EGGS ON TOAST 22
Creamy hummus topped with roasted
mushrooms and sauteed spinach on toasted
rye bread finished with poached eggs

CHILLI EGGS 22
Scrambled eggs, sriracha, feta served on
toast with cherry tomatoes and coriander
(GFO)

ADD ONS

GLUTEN FREE BREAD +2

SMOKED SALMON +6

CREAM CHEESE +3

MUSHROOMS +2.5

EGG +2

FETA +3

AVOCADO +5

TOMATOS +2.5

VEGGIE PASTA BAKE 24

Oven-baked pasta tossed with roasted
tomatoes, capsicum and garlic, layered with
melted cheese and served with a side salad

BREAKFAST WRAP OMLETTE 24

GF wrap, sweet potato, black beans,
avocado, cherry tomatoes, mozzarella and
coriander

SMOKED SALMON WAFFLE 24

Housemade fluffy waffle with smoked salmon,
cream cheese, capers and poached egg

SHAK - SHUKA 28

Poached eggs in authentic house made tomato
based sauce with a side of Israeli salad and
toast (GFO)

GROUNDS BIG BREKKY 28

Eggs cooked your way, blistered cherry
tomatoes, mushrooms, baked beans and avo,
served with challah toast and tomato relish

SALAD



PUMPKIN SALAD 22

Roasted pumpkin layered over fresh
beetroot and rocket, topped with creamy
feta and dressed with a lemon dijon
vinaigrette

TUNA SALAD 24

Mixed greens and roasted vegetables topped
with mayo tuna and superfood seeds with a
lemon herb oil dressing

SWEETS



GROUNDS WAFFLE 17

Housemade fluffy waffle, vanilla ice
cream and nutella

CHALLAH FRENCH TOAST 19

Sweet challah finished with our beautiful
homemade salted caramel sauce and vanilla
ice cream

KIDS MENU



Egg on toast 8

Cheesey toast 7

Beans on toast 7

Waffle 9

PRE ORDER CHALLAH BY 12PM
FOR THE FOLLOWING DAY
MONDAY - FRIDAY

