

V= vegetarian  
Nf= nut free  
Gf = gluten friendly  
Gfo = gluten friendly option



## EAT HEALTHY

Please notify our wait staff of any dietary requirements when ordering

Please note due to use of large amount of flour used in our Kitchen cross contamination can't be completely avoided

### QUICK BITES

#### Ham & Cheese croissant/toastie

Shaved ham & Cheese

Add tomato **+1**

#### Egg, Bacon & Cheese Toastie

Fried egg, crispy bacon, tasty cheese & sourdough

#### Veggie roll

Turkish bread, Roasted capsicum, tomato, halloumi, spinach, caramelized onion, almond pesto & aioli **v,gfo**

#### Egg, Bacon, Hash brown roll

Fried egg, crispy bacon, hash brown roll

#### Chicken Wrap

Poached chicken, herb aioli, spinach & avocado

#### BLT

Crispy bacon, sliced tomato, lettuce, tasty cheese & aioli

### ALL DAY MENU

#### Sourdough or Fruit Toast (2 slices)

W/ Butter & choice of preserves

#### DIY Eggs

Two free range eggs on sourdough or multigrain **gfo**

**Poached | Fried | Scrambled**

#### Buttermilk Scones

With whipped cream & berry jam **v,nf**

#### Porridge/Muesli

Creamy compote, Strawberry and super seed crumble **v,nf**

#### Brioche French toast

Maple glazed bacon, caramelized banana, mascarpone & Blueberry Compote **nf**

#### East & Co Brekky Roll

Crispy Bacon, fried egg, homemade mayo, tasty cheese, tomato relish in a toasted brioche bun  
add Avocado **+4**, Hash brown **+4**

#### Avo Smash

Feta & Avocado Smash with lemon pepper & almond crumble, Poached egg on Sourdough toast **v,gfo**

add Bacon **+6**, Chorizo **+6**

#### Chilli and Chorizo Scrambled

Fermented chilli & chorizo scrambled egg with crispy shallots, bean shoot & coriander salad on multigrain bread **nf,gfo**

add Bacon **+6**

#### Zucchini, green peas, halloumi & mint fritter

Zucchini, green peas, halloumi & mint fritter with herb yoghurt, micro salad, grana padano & poached egg **v,gf,nf**

add smoked salmon **+6**

**Ask our staff to find out  
about our Specials of the Day**

11

20

24

18

25

24

26

#### Shrooms on Toast

Pan fried mushrooms, almond pesto ricotta, poached egg, crispy kale & sourdough **v,nf,gfo**  
add chorizo **+6**

#### Smoked Salmon Benny

Smoked salmon, dill, crispy caper, pickle onion, hollandaise, spianch & english muffin **nf,gfo**

#### Chicken Burger

Crispy buttermilk chicken burger, red cabbage slaw, tomato, tasty cheese, burger sauce & brioche bun served with crunchy chips & aioli **nf**  
add Fried egg **+3**

#### Sher Wagyu Beef Burger

Wagyu beef patty, tasty cheese, pickle cucumber, caramelized onion, sliced tomato, lettuce, burger bun served with crunchy chips & signature east and co burger sauce **nf**  
add Fried egg **+3**

#### Leo's Health Bowl

Ancient grain salad with poached egg, roast pumpkin, avocado, super seed, spinach, kale, tomatoes, puffed quinoa & green goddess dressing **v,nf,gfo**  
Add on chicken **+6**, smoked salmon **+6**

#### Add on Extras & Sides

Egg, Grilled tomato, Kale, spinach

Avocado, Hash Brown, Feta

Roasted Mushroom, Grilled Halloumi

Bacon, Chorizo, Smoked salmon

25

26

25

26

26

3

4

5

6



EAT HEALTHY

## Coffee

Latte   Cappuccino   Flat White   Magic   Long Macchiato	5.5
Piccolo   Long Black   Double Espresso   Short Macchiato	4.5
Dirty chai	6.00 regular 6.50 large
Mocha	5.50 regular 6.00 large
Iced Latte   Iced Long Black	6.5
+ Extra shot   Decaf   Large	0.5
+ Almond   Lactose Free   Bonsoy   Oat	1.0

## Tea & Hot Drinks

Tea: English Breakfast, Earl Grey, Peppermint, Honeydew Green or Lemongrass & Ginger	5.0
Matcha	5.0
Hot Chocolate	5.0
Chai latte	5.0
Prana Chai Masala Blend	6.5

### Freshly Squeezed Juice

Apple or Orange Fresh Squeeze Juice	10
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### Green Goddess

Apple, celery, lemon, cucumber & spinach	10
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### Watermelon Sunrise

Watermelon, apple, lemon & carrot	10
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### Immunity Boost

Orange, carrot, lemon & ginger	10
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## Smoothies

### Avocado smoothie

Avocado, banana, spinach, milk & maple syrup

### Green goddess and pineapple smoothie

Kale, spinach, pineapple, banana, coconut milk, rolled oats & chia seeds

### Peanut butter banana & chocolate smoothie

Peanut butter, rolled oats, banana, cocoa powder, oat milk

### Mixed berry smoothie

Strawberry, blueberry, raspberry, greek yoghurt, rolled oats

### Mango Magic

Mango, banana, juice, coconut yoghurt, passionfruit & lemon sorbet

## Iced Drinks

Iced Coffee	6.5
Iced Chocolate	6.5
Iced Mocha	6.5
Iced Chai	6.5
Iced Matcha	6.5
Coffee Frappe	7

## Milkshakes 8

Chocolate, vanilla, oreos, caramel, strawberry

## Thickshakes 9

Chocolate, vanilla, oreos, caramel, strawberry

## Sodas

Assorted Capi drinks	5
Lemonade   Blood orange   Sparkling mineral water   LemonCoke	
Coke No Sugar	5
Sprite	5
Lemon lime bites	6
Ginger beer	6
Noah's creative juice smoothie	6

1.2 % SURCHARGE APPLIED TO ALL CARD PAYMENTS

Please note a 15% service charge applies on public holidays

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