COFFEE & EATERY 190
Castlereagh St.

FOOD MENU

SANDWICH

SCHINTZEL WRAP (1)	$14.90
BACON&EGGS ROLL	$12.50
BACON&EGGS WRAP	$10.50
TUNA SANDWICH	$12.50
HAM&CHEESE CROISSANT	$9.50
SAUSAGE ROLL	$10.50
FETA&SPINACH ROLL	$10.50

1





2

BAKERY & SNACKS

PLAIN CROISSANT	$7.00
ALMOND CROISSANT	$8.50
PISTACHIO RASPBERRY CROISSANT	$8.50
MUFFINS (BERRIES, CHOCOLATE, PASSIONFRUIT)	$5.50
BUTTER BOY COOKIES (2)	$8.50
BANANA BREAD	$7.00
CARROT CAKE	$8.50
MUNJA BAR	$6.50
PROTEIN BALLS	$4.50
GRNAOLA YOGHURT	$7.00

SALADS

QUINOA, BEETROOT,AVOCADO, SALMON	$20.50
QUINOA, BEETROOT, AVOCADO, WALNUT, CHICKEN	$16.90
CESAR SALAD	$15.90
TERIAKY CHICKEN RICE BOWL (3)	$16.90



3

TOASTIES

HAM/CHEESE/TOMATOES/AOILI SAUCE	$13.50
(4) SALAMI/CHEESE/TOMATOES/PESTO SAUCE	$13.90

4



Bon appetit!

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DRINKS MENU



COFFEE

BASIC COFFEE

LONG BLACK	$4.80
FLAT WHITE	$4.80
CAPPUCCINO	$4.80
MACCHIATO	$4.80
ESPRESSO	$4.80
LATTE	$4.80

COLD COFFEE

ICED LONG BLACK	$7.50
ICED LATTE	$7.50
ICED CHAI	$7.50
COLD BREW	$7.50
ICED MOCHA	$8.50
ICED MATCHA	$8.50
LARGE/ EXTRA SHOT DECAF/ SYRUP	$0.80

TEA & NON-COFFEE

GREEN/BLACK TEA	$6.00
HOT CHOCOLATE	$6.00
ICED TEA	$7.50



SPECIALTY DRINKS

MATCHA	$6.50
CHAI LATTE	$6.00
MOCHA	$6.50
BULLETPROOF COFFEE	$6.50
ESPRESSO TONIC	$9.50

OTHERS

SOFT DRINKS

WATER	$4.00
SPARKLING WATER	$6.50
SODAS	$6.50
NOAH'S JUICE (APPLE, ORANGE)	$6.50
HEALTHY JUICES (VITALITY, RECOVERY, IMMUNITY...)	$8.50
POWERADE	$6.80
RED BULL	$6.80
GINGER BEER	$6.80

PROTEIN SMOOTHIES

I LOVE YOU VERY MATCHA BANANA, MATCHA, VANILLA PROTEIN, CINAMMON, ALMOND MILK	$10.50
WAKE ME UP BANANA, ESPRESSO SHOT, VANILLA PROTEIN, ALMOND MILK, PEANUT BUTTER	$11.50
BRU'S SPECIAL BANANA, VANILLA PROTEIN, HONEY, CINNAMON, ALMOND MILK	$10.50
SWEET BRU BANANA, PEANUT BUTTER, CACAO, VANILLA PROTEIN, ALMOND MILK	$10.50
ADD CHAI/SHOT	$1.00
COLLAGEN	$2.00