



All Day Brunch

Paddington Crumpets

Two house-made crumpets served with butter and our own orange marmalade (v)

12.5

Fruit Bread

House-made with local fruit + nuts, served with butter and our own orange marmalade (v)

14

Overnight Oats

Kangaroo Island oats with chia seeds, maple syrup and raspberry compote topped with peanut butter + house nutty cocoa granola - **served cold** (vgn)

19

Avo on Toast

Avocado on sourdough toast, Italian style pine nut + fennel chilli crisp, house kraut (vgn)
+ Add 2 poached eggs + 6

25

Crispy Carp + Sesame Toast

Chinese style crispy carp + sesame toast topped with a poached egg, carrot + daikon pickles, chilli jam, spring onion + coriander

26.5

Roo Shakshuka

Two free-range eggs cooked in spiced roo bolognese with capsicum, tomato + preserved lemon, topped with yoghurt, fetta, herbs + served with sourdough toast on the side

26.5

Brekkie Sanga

Bacon, sunny side up fried egg, mozzarella + house-made smoky capsicum relish on a toasted ciabatta roll
+ Add hash browns + 6

18.5

Toasted Sandwiches

All toasties made with sourdough bread and served with our CIAO! Spicy Italian Giardiniera pickles on the side, choose from:

17

- Roo bolognese, pecorino + onion jam
- Mushroom pâté, pecorino + onion jam (v)
- Zucchini pickles, leg ham, + cheddar
- Kimchi, spring onion, mozzarella + cheddar (v)
+ Add 2 poached eggs + 6

Kids Menu

Free-range eggs on buttered toast (no seasoning)
Choose from poached, fried or scrambled eggs
1 egg / 2 eggs

11/14

Sliced avocado on sourdough toast

12

Crumpets with butter + honey

12.5

Cheese toastie (mozzarella + cheddar)

13

Leg ham + cheddar toastie

15

Build your own Brekkie

Free-range poached, fried or scrambled eggs (+\$1 for scrambled) on The Lost Loaf sourdough, dusted with native seasoning + served with a side of our ZING! Zucchini Pickles

15.5+

Add a side of:

- Hash browns (gf, vgn) + 6
- Garlic roasted mushrooms (gf, vgn) + 5.5
- Half avocado (gf, vgn) + 5.5
- Haloumi (gf, v) + 5.5
- Bacon (gf) + 6.5
- House kraut / vego kimchi (gf, vgn) + 3.5
- House fermented hot sauce (gf, vgn) + 2.5
- **Gluten-free bread option: try our house sweet potato nut loaf** (contains almonds + walnuts) + 3.5

Add a *side* of our ***pickles*** OR preserves to any meal



zing! Zucchini Pickles + 3

CIAO! Spicy Italian Giardiniera + 3

mmm! Smoky Capsicum Relish + 2.5

pou! Jammy Chilli Oil + 2.5

BOMBA! Calabrese Style Chilli + 2.5

All pickles and preserves are gluten free + vegan
Check out our shelves + take a jar home with you!

Lunch from 11:30am

See our lunch menu for this week's specials

MY GRANDMA BEN

At **My Grandma Ben**,
we have been *lovingly* serving
our community since **2018**.

We're **rebels** of waste and
CELEBRATE local abundance by
pickling, preserving and fermenting
our way across the seasons.

Whether it's in our **café**, at one
of our worksho**p**s or through
a jar of pickles, we're creating a
community that's all **FIRE**D UP
about tasty sustainability and
creating deliciousness from scratch!

See our **BOOZE**
list for cocktails,
wine + beer

We are proudly disposable
takeaway cup free! You're
welcome to bring your own,
or take our cups anywhere in
Plant 4 or outside to enjoy
your drink.

Coffee by Elementary

Hot

Short black / long black	4/4.5
Latte / flat white / cappuccino	5/6
Macchiato / piccolo	5
Extra shot	+0.5
Oat, almond, soy, coconut milk	+0.8
Single origin batch brew	6
Batch brew refill	5

Cold

Iced latte (milk, ice + espresso)	5.8/6.8
+ add a scoop of ice cream	+2
Oat, almond, soy, coconut milk	+0.8
Iced filter (black or with milk)	5/6

Not Coffee

Hot

Spiced chai latte	5.5/6.5
Hot chocolate / mocha	5/6
Chilli + cardamom hot chocolate	5/6
Miso caramel latte	5.5/6.5
+ add a shot of coffee	+0.5
Oat, almond, soy, coconut milk	+0.8

Cold

Wild hibiscus + ginger iced tea	6.5
Kombucha (ask us for current flavours)	6.5
Iced spiced chai latte	5.8/6.8
Iced dirty chai latte	5.8/6.8
Iced chocolate / iced mocha	5.8/6.8
Iced chilli + cardamom chocolate	5.8/6.8
Iced miso caramel latte	5.8/6.8
+ add a shot of coffee	+0.5
Oat, almond, soy, coconut milk	+0.8

Pot of Tea - by Dandy Tea Co

Ceylon Black	6.8
French Earl Grey	
Peppermint Please	
Chinese Sencha Green	
Masala Chai	
Immunity [orange, lemon, turmeric, ginger]	
Blossoming Red [wild hibiscus + ginger]	

Milkshakes

Vanilla / Chocolate / Miso Salted Caramel	8
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Shrubs

House made sweet-tart soda made with a splash of apple cider vinegar	6.5
Pear + rhubarb	

Mischief Brew Sodas

Ginger Ale / Spiced Cola / Tonic / Grapefruit / Lemonade	5.8
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Smoothies

Banana Chai	9.5
Banana, chai spice, roasted almond butter, dates, almond milk (vgn)	
Raspberry Ripe	9.5
Raspberry, coconut chocolate gelato, toasted coconut, cocoa powder, dates, coconut milk (vgn)	

Juice - made in the Adelaide Hills

Orange	5.8
Apple	
Green Juice	
[spinach, apple, orange, lemon, banana, mango, kiwi]	
Red Juice	
[apple, pear, banana, carrot, lime]	
All 100% juice, no added sugar	