

# BREAKFAST MENU.



<p><b>Toast</b> GFO <b>\$10</b> Toasted sourdough with butter and Jam, Honey or Vegemite</p> <p><b>Ham, Cheese + Tomato Toastie</b> GFO <b>\$13</b> Fresh tomato, melty cheese and layered leg ham</p> <p><b>Eggs Any Style</b> GFO <b>\$18</b> Two free-range eggs cooked your way, toasted sourdough, tomato relish Add Halloumi +\$7   Bacon +\$5.50   Smoked Salmon +\$9   Marinated Tofu +\$7</p> <p><b>Grind Melt</b> GFO/VO <b>\$20</b> Toasted Turkish bread filled with melty cheese, roasted tomato, leg ham and our signature onion jam.</p> <p><b>Grind Brekky Roll</b> GFO <b>\$18</b> Fried egg, bacon, crispy hash, cheddar, house chilli jam Avocado +\$6.50   Smoked Salmon +\$9</p> <p><b>Brekky Burrito</b> GFO <b>\$23</b> Bacon, egg, hash brown, aioli, cheese, BBQ sauce, wrapped &amp; toasted</p>	<p><b>Eggs Benedict</b> Toasted muffin, poached eggs, house hollandaise: w Bacon - <b>\$25</b> w Smoked Salmon - <b>\$27.5</b></p> <p><b>Chilli Scramble on Sourdough</b> GFO <b>\$23</b> Scrambled eggs on toasted sourdough with baby spinach, chilli crisp, pecorino, shallot, Halloumi \$7   Bacon \$5.50   Smoked Salmon \$9</p> <p><b>Grind's Big Brekky</b> GFO <b>\$29</b> Two free-range eggs your way, bacon, grilled tomato, hash brown, sautéed mushrooms, pork sausage, toasted sourdough toast, and a side of house chilli jam.</p> <p><b>Grind's Smashed Avo</b> GFO/VO <b>\$24</b> Smashed avocado with lemon &amp; chilli on toasted sourdough, topped with whipped feta, cherry tomatoes, dukkah, herbs and poached eggs.</p> <p><b>Power Bowl</b> GFO/V/VO <b>\$26</b> Quinoa, kale, avocado, roasted pumpkin, lemon tahini dressing, poached egg and topped with toasted seeds Halloumi +\$7   Bacon +\$5.50   Smoked Salmon +\$9   Marinated Tofu +\$7</p>	<p><b>Grind's Golden Hash</b> GF/V <b>\$25</b> Crispy house-made hash brown on a bed of creamy garlic yoghurt, topped with poached eggs, house chilli jam, rocket and a drizzle of lemon oil. Halloumi +\$7   Bacon +\$5.50   Smoked Salmon +\$9</p> <p><b>Wild Side Mushrooms</b> GFO/V <b>\$25</b> Garlic thyme mushrooms on toasted sourdough, topped with whipped fetta, golden fried eggs and fresh herbs Halloumi +\$7   Bacon +\$5.50   Smoked Salmon +\$9</p> <p><b>Turkish Eggs</b> GFO/V <b>\$25</b> Silky poached eggs over garlicky herb yoghurt, finished with warm Aleppo chilli butter and fresh dill, served with toasted turkish bread.</p> <p><b>Smoked Salmon &amp; Green Pea Smash</b> GFO/VO <b>\$26</b> Lemon-mint pea smash topped with silky smoked salmon and whipped goat's cheese, finished with fresh dill, cracked pepper and a drizzle of olive oil on toasted sourdough.</p>
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<b>KIDS</b>	<b>Egg On Toast</b> <b>\$10</b>	Free-range egg on toasted sourdough .Poached/Fried/Scrambled Add Bacon +\$5.50
	<b>Hotcake</b> <b>\$12</b>	Hotcake topped with nutella and strawberries. add ice-cream +\$2
	<b>Toastie</b> <b>\$10</b>	Ham and melty cheese toastie

## BAKED GOODNESS.

**From The Pastry Cabinet**  
Enjoy served warm with cultured butter & jam.

Or grab one to go and stroll down to the river.

## SOMETHING SWEET.

<b>Hotcakes</b> Lemon curd, vanilla mascarpone, seasonal berries, syrup	<b>\$24</b>
<b>Nutella French Toast Stack</b> GFO Nutella, strawberries and lots of love!	<b>\$25</b>
<b>Acai Bowl</b> GF Frozen açai blend, granola, banana, berries, coconut flakes, chia seeds	<b>\$24</b>

## JAZZ UP YOUR MEAL.

Bacon	\$5.5	Spinach	\$6.5
Eggs	\$3	Hashbrown	\$9
Avocado	\$6.5	Roast Tomatoes	\$7
Mushroom	\$7	Hollandaise	\$6
Halloumi	\$7	Tomato Relish	\$5.5
Smoked Salmon	\$9	House Chilli Jam	\$5.5
Marinated Tofu	\$7		

Please inform the staff of any dietary requirements and allergies. We will do our best to not contaminate.

(GF) Gluten Free (GFO) Gluten Free Option (V) Vegetarian (VO) Vegetarian Option (VG) Vegan (VGO) Vegan Option