

ALL DAY BREAKFAST

JUST TOASTED \$8.50

Pick your slice - sourdough, white, multigrain, fruit, or gluten-free.

Top it with: butter, peanut butter, jam, Nutella or Vegemite.

GOLDEN OAT HOUR (V) \$18

Creamy rolled oats topped with grenache poached pears, fresh berries, almond praline, cinnamon sprinkle & drizzle of maple syrup.

GRANOLA CRUNCH (V) \$20

Cinnamon-toasted house granola with chia seeds, whipped coconut yoghurt, seasonal market-fresh fruit, and a touch of wildflower honey.

ACAI FIX (V,DF) \$22.5

Activated acai, organic blueberries, natural peanut butter, chia seeds, house-baked granola, market fresh fruit medley.

YOUR EGGS, YOUR RULES \$14.5

Free-range eggs made your way on sourdough, multigrain or White.

Gluten free toast +\$2

Add bacon +\$7

Add chorizo +\$7

BREAKY BUN (GFO) \$21

Bacon, fried egg, golden house-made hash, smashed Avo, fresh tomato, and smoky BBQ sauce in a toasted burger bun.

THE VEGGIE BUN (GFO) \$21

Fried egg, grilled halloumi, golden house-made hash, smashed Avo, fresh tomato, and smoky BBQ sauce in a toasted bun.

THE RE-UP STACK (GFO) \$23

Poached eggs, halloumi, grilled tomato, smash avocado, zaatar on a toasted sourdough

Add bacon +\$7

Add Smoked Salmon +\$7

MORNING BRUSCHETTA (GFO/DFO) \$23

Tomato, onion, avocado and basil salsa, basil pesto, two poached eggs, balsamic glaze and toasted ciabatta.

Add bacon +\$7

CHILLI CHORIZO SCRAMBLE (GFO/DFO) \$26

La Boqueria chorizo, sundried tomato tapenade, fresh chilli, spring onion, manchego cheese and herb oil on toasted sourdough.

THE RE-UP BENNY (GFO) \$25.5

Slow-cooked pulled pork, chilli crumbs, two poached eggs and hollandaise served on house-made potato hash.

Add mushrooms +\$4

SALMON BENNY (GFO) \$26.5

Smoked salmon, two poached eggs and dill hollandaise served on 2 house-made potato hash.

Add mushrooms +\$4

Add spinach +\$4

MUSHROOM MEDLEY (DFO/GFO) \$26.5

Herb-roasted mushroom medley, truffle mushroom purée, feta, two poached eggs, balsamic glaze, & rocket on toasted sourdough.

Add grilled chicken +\$7

EGGS FLORENTINE (GFO) \$25.5

Smoked salmon, sauteed spinach, two poached eggs, house made Hollandaise, toasted sourdough.

Add halloumi +\$6

HERB & FETA SMASH (GFO/DFO) \$25.5

2 Poach eggs, avocado, sun dried tomato tapenade, feta cheese, radish, black olive crumbs & balsamic glaze

Add Smoked Salmon +\$7

CORN & ZUCCHINI FRITTERS \$25.5

Crispy corn and zucchini fritters, smoked salmon, crumbled feta, house-made relish, poached egg, and green goddess dressing.

Add halloumi +\$6

THE BIG BREAKY (DFO/GFO) \$27.5

La Boqueria chorizo, bacon, herb-roasted mushrooms, roasted tomatoes, sautéed spinach, house-made hash, tomato relish & two poached eggs on sourdough.

VEGGIE BIG BREAKY (V/DFO/GFO) \$25.5

Herb mushrooms, avocado, baked beans, roasted tomatoes, spinach, house made potato hash, tomato relish & two poached eggs on sourdough.

BUTTERMILK PANCAKES \$25.5

Fluffy buttermilk pancakes stacked with warm caramel sauce, caramelised banana, buttery crumble, and fresh seasonal berries.

Add vanilla bean ice cream +\$3

BERRY & RICOTTA HOT CAKES \$25

Grenache-poached pear, seasonal berries, fresh ricotta, maple syrup, mixed seeds and white chocolate soil.

CHOC-PROTEIN PANCAKES \$26.5

Choc-vanilla protein pancakes topped with a peanut butter drizzle, fresh banana slices, toasted walnuts & maple syrup.

Add whipped coconut yoghurt +\$2

WINTER GREENS & EGGS (V) \$23.5

Sautéed winter greens layered with silky pumpkin purée, poached egg, crumbled feta, crispy kale, & garnished with za'atar.

Extras

Mushrooms Spinach Egg	\$4
Roast Tomato Feta	\$4
House made Hash Brown	\$4
Avocado Halloumi	\$6
Bacon Chorizo	\$7
Smoked Salmon Grilled Chicken	\$

PLEASE ADVISE YOUR DIETARY REQUIREMENT/ALLERGY WHILE ORDERING, WE ENSURE TO TAKE ALL PRECAUTIONARY MEASURES TO ACCOMMODATE YOUR NEEDS

(VG) VEGAN | (V) VEGETARIAN | (GF) GLUTEN FREE | (GFO) GLUTEN FREE OPTION | (DF) DAIRY FREE | (DFO) DAIRY FREE OPTION

LUNCH

CAESAR SALAD (GFO) \$24.5

Grilled chicken, crispy bacon, baby gem lettuce, croutons, poached egg, shaved parmesan, white anchovies, and classic Caesar dressing.

SALMON BOWL (GF) \$25.5

Seared salmon steak cubes over a mixed salad of lettuce, Spanish onion, cherry tomatoes, cucumber, sautéed spinach, kale, broccolini, toasted walnuts, & lemon vinaigrette.

THE MARRAKECH BOWL (GF) \$25.5

Grilled Moroccan chicken breast, quinoa, charred corn, cherry tomatoes, fresh herbs, chickpeas, seasonal greens, pomegranate molasses, and classic vinaigrette.

POKE BOWL \$27.5

Pickled cabbage, sweetcorn, edamame, pickled ginger, cucumber, radish, smashed avocado, sautéed spinach, brown rice and a side of balsamic vinaigrette.

Choice of: Smoked salmon, Grilled Chicken, or Halloumi

CALAMARI SALAD \$24.5

Crispy calamari served with Asian slaw, avocado, fresh coriander, Nam Jim dressing and a drizzle of Kewpie mayo.

CLUB SANDWICH (GFO) \$26.5

Chicken, bacon, fried egg, Swiss cheese, tomato, avocado, gem cos, garlic aioli, toasted ciabatta bread.
Served with house fries.

STEAK SANDWICH (GFO) \$26.5

Grilled sirloin steak, melted American cheddar, caramelised onion, fresh tomato, cos lettuce, house-made relish, chimichurri, and toasted ciabatta.
Served with house fries.

RE-UP BURGER (GFO) \$25.5

Victorian Angus beef patty, crispy bacon, melted American cheddar, pickles, caramelised onions, fresh tomato, cos lettuce, Re-Up burger sauce and a toasted brioche bun.
Served with house fries.

Add a fried egg + \$4

Add an extra beef patty +\$10

MOROCCAN BUN (GFO) \$24.5

Moroccan-spiced grilled chicken breast, pickled onions, melted American cheddar, crisp lettuce, pickles, fresh tomato, Re-Up burger sauce and a toasted brioche bun.
Served with house fries.

NONNA'S BAKED EGGS \$28.5

House-made meatballs, sunny-side eggs, shaved parmesan, rich Napoli sauce, and toasted herb garlic bread.

THE BIG PARMA \$27.5

Herb and panko-crumbed chicken schnitzel topped with Napoli sauce, sliced ham, melted mozzarella, served with house salad and seasoned fries.

CRISPY CHICKEN TACOS \$24

Three soft tacos filled with southern fried chicken tenderloins, tomato, onion and corn salsa, crisp lettuce, and spicy sriracha mayo.

LEMON PEPPER CALAMARI \$25.5

Crispy fried calamari served with seasoned fries, fresh salad, and house-made tartare sauce.

CHICKEN & WAFFLE \$25.5

Crispy buttermilk fried chicken breast on a golden waffle, with pickled red cabbage, sautéed spinach, scallions, sesame seeds, and spicy sriracha mayo.

CRISPY WEDGES \$12

Sour cream & sweet chilli sauce

CRISPY COATED FRIES \$9

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DRINKS

MORNING RISER

White **\$4.5 | 5** Black **\$4.5 | 5**
 Mocha **\$5 | 5.50** Hot Chocolate **\$5 | 5.50**

BATCH BREW COFFEE

\$6
 Slow-dripped filter coffee, served hot or over ice.

PRANA CHAI

\$5.5
 Sticky chai brewed slowly.
Make it a mug +\$.50c

DIRTY CHAI

\$6
 Chai with a cheeky espresso shot.
Make it a mug +\$.50c

PLANT POWER LATTE

\$6
 Feel-good, flavour-packed lattes made with nourishing blends. **Choose from:**

Turmeric: Anti-inflammatory & earthy with a golden glow.

Beetroot: Naturally sweet, vibrant, & packed with antioxidants.

Matcha: Smooth green tea kick with clean energy and calm focus.

Make it a mug +\$.50c

Make it iced +\$1

TEA BY TEA PIGS

\$5
 Chamomile English Breakfast
 Earl Grey Gunpowder Green
 Peppermint Lemongrass & Ginger

ALTERNATIVE MILK

\$.80c
 Almond Lactose Free
 Soy Coconut
 Oat

BOTTLED BEVERAGES

Still water **\$4** Sparkling water **\$5**
 Coke **\$4.5** Coke Zero **\$4.5**
 Lemonade **\$4.5** Sunkist **\$4.5**
 Lemon Lime Bitters **\$7** Clemi **\$6**
 Aranciata Rossa **\$6.5** Chinotto **\$6.5**

ICED LATTE

\$6.5

ICED LONG BLACK

\$6.5

ICED MOCHA

\$8

ICED COFFEE / ICED CHOCOLATE

\$8

Topped with ice cream & whipped cream.

ICED STRAWBERRY MATCHA

\$8

Freshly whisked matcha, layered with strawberry puree, poured over iced strawberry-infused milk.

ICED STRAWBERRY MOCHA

\$8

Chilled cocoa, layered with strawberry purée, a shot of espresso, poured over iced strawberry-infused milk.

JUICE

\$6.5
 Orange
 Apple
 Apple Strawberry

RETRO SHAKES

\$8.5
 Chocolate Strawberry
 Blue Heaven Caramel
 Cookies & Cream Banana
Double up on ice cream +\$2

SMOOTHIES

\$10
 Nourishing, flavour-packed smoothies made with market fresh fruit. **Choose from:**
Nana Fix: Banana blended with coconut milk, coconut yoghurt and a hint of cinnamon.

Berry Wild:

A vibrant blend of banana, mixed berries, apple juice, almond milk and chia seeds.

Pink Chill:

A refreshing blend of raspberries, watermelon, lime, fresh mint and apple juice.

The Sweet Flex:

Strawberries, watermelon, protein powder, coconut yoghurt and apple Juice.

Green Glow:

A fresh green blend of spinach, kale, celery, apple juice and a zing of ginger.

WINE

SPARKLING

Prosecco **\$12 | 45**

WHITE

Pinot Grigio **\$11 | 45**
 Moscato

RED

Shiraz **\$11 | 43**
 Pinot Noir

ROSÉ

\$11 | 43

BEER

BY THE BOTTLE

Crown Lager **\$8** Corona
 Peroni **\$8** 150 Lashes

BOOZY BREWS

ESPRESSO MARTINI

\$15

MIMOSA

\$12

APEROL SPRITZ

\$15

BASIC SPIRITS

\$12

PREMIUM SPIRITS

\$15

AFFOGATO

\$8

Add liquor frangelico **+\$7**

Add kahlua **+\$7**

Add baileys **+\$7**

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Looking for a vibrant space to celebrate, connect or dine with a crowd?
Whether it's a special occasion or a big group booking, we've got you covered -
with great vibes and even better food.

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