

BREAKFAST ALL DAY

TOAST \$10
Sourdough multigrain or ciabatta / Fruit toast / GF bread/
Bread / choice of Jam/ Peanut Butter/ Vegemite/ Honey /
Marmalade

EGG YOUR WAY \$14
Free range eggs your way (Poach, Scramble, fried)
on sourdough toast

ADD BACON- \$6

SMASHED AVOCADO (V) \$24
Ripe Cherry tomato, Smash Avo, za'atar fetta, beetroot
Hummus, Pomegronate, Toasted Seeds with Sourdough
and poach Eggs

EGG BENNY \$26
Two Poach Eggs, Soute Spinach on Sourdough or Rosti with
Beetroot Hummus house made dill hollandaise sauce with
any one choice of:

BACON
HAM
SMOKED SALMON
PULLED PORK
SMOKED TROUT

ACAI BOWL \$22
With House Made Garnola, Seasonal Berries, Shredded
Coconut, Banana

ADD
PEANUT BUTTER- \$3
PROTIEN- \$3
BISCOFF- \$3

GRANOLA BOWL \$20
House made Gronola, nuts and seeds mix, vanilla yogurt,
pink vanilla pannacota Seasonal berries.

BANANA AND BERRY OAT \$20
Creamy oat cooked with banana topped with fresh berries
and house Granola.

BREAKFAST BURGER \$20
Fried Egg, Avocado, Sautee spinach, Bacon, hash brown,
grilled tomato Relish on broch bun

HOT MAMA (CHILLI EGG) \$24
Chilli folded eggs, grilled halloumi saute, spinach, ripe
cherry tomato finish chilli oil and spicy aioli on sourdaugh
ADD
BACON- \$6
CHORIZO- \$6

NEW YORK BAGEL \$22
New Your Bagel, Norwegion Smoke Salman Creme Chese,
Rocket Leaves, Poach Egg
ADD
HOLLANDAISE SAUCE- \$4

BRUSCHETTA \$22
2 Free Range Poach Egg, Grilled Halloumi Marinated
Seasonal, Tomato And Onion With Balsamic On
Sourdough With spicy Aioli

CROISSANT WITH LOT \$24
French Croissant, Avocado, Crispy bacon Scromble Egg,
Grilled tomato Roast Capsicum, Melted Cheese

SLOW COOK BEEF BENNY \$26
Poach eggs , wilted spnach, slow cool beef,
hollandaise, Sauce on Sourdaough, Chilli oil and Avocado
and Pomegranate.

MAMAZ FRITTERS \$24
House Made Corn & Zuchini Fritters With Avocado And Fetta
and Fried Egg Spicy Aioli
ADD
HOLLANDAISE \$4
BACON \$6
SMOKED SALMON \$6

MUSHROOM STACK \$24
Saute’ Mushroom, Scramble Egg With Ripe cherry
Tomato, Pomegranate On Sourdough’, Smash
Avocado, Beetroot hummus

MAMAZ BIG BREAKY \$26
2 Free Range Egg, Your Way, Mushroom,
Sute Spinach, Hash Brown, Beans, Bacon Ripe Cherry
Tomato, Avocado.

MAMAZ VEGGIE BREAKY \$26
2 Free Range Egg, Your Way, Mushroom, Sute Spinach,
Hash Brown, Beans, Ripe Cherry Tomato,
Grilled Halloumi

OMELETTE \$23
Chorizo, Halloumi, Cherry Tomatoes, Spanish Onion,
Relish With Ciabatta Bread
French style filled with
Brocollini, asparagus fetta, almonds and
aioli with ciabatta

VEGAN BOWL \$23
Asparagus, Saute Spinach, Ripe Cherry Tomato,
Acocado, Roast Pumpkin, Mushroom Toasted Seeds,
Avocado

ADD EGG YOUR WAY- \$3

MELTING STACK \$24
Stack Of Avocado, Tomato Bacon & Tasty Cheese On
Sourdough, Serve With Poached Egg

SWEET TREAT

PANCAKE \$22
2 Stack Pancake: Seasonal berries, vanilla ice-cream,
berry compote, maple syrup, and fairy floss,
Choice : caramalise banana

CRISPY CLASSIC FRENCH TOAST \$22
Classic French Toast: Berries, vanilla ice-cream,
maple syrup, and fairy floss

CRISPY BISCOFF FRENCH TOAST \$25
Vanilla ice-cream, biscoff mascarpone, fresh berries,
lotus biscoff biscuit, and biscoff syrup

BELGIUM WAFFLE \$25
Toasted waffle with seasonal berries, mascarpone
cheese, vanilla ice-cream

CHOICE:
NUTELLA
BISCOFF

LUNCH FROM 9AM

250 GM BLACK ANGUS PORTERHOUSE \$32
Perfection to Cook your way Serve with mash and veg,
with choice of mushroom Sauce/Redwine

200 GM GRILLED ATLANTIC SALMON \$32
Delicious Flavour of freshly Grilled salmon paired with mash
and veg topped with dill hollandaise sauce

TEMPURA BATTER FISH AND CHIPS \$27
Serve with Salad and chips with Tartare Sauce and
lemon wedge

BLACK ANGUS BEEF BURGER \$25
200 gm black angus beef mince, Cos lettuce,tomato,
Caramelised onion Garlic aioli on brioche bun Serve
with Chips

SOUTHERN FRIED CHICKEN BURGER \$25
Cos lettuce, tomato Spicy aioli with brioche bun
serve with chips

VEGGIE BURGER \$25
House made veggie patty, Cos lettuce tomato,
beetroot with spicy aioli with chips.

BOLOGNESE GNOCCHI \$25
Pan fried house made Gnocchi , Kale Cherry Tomato
Spring onion, parsley finish with Parmesan

GRILLED LAMB BACK STRIP \$30
Grilled lamb your liking Serve with mash and veg with
Red Wine Reduction

CARBONARA LINGUINE \$24
Crispy bacon, Spring onion, Parsley, Cream cheese

BEEF RAGU GNOCCHI \$24
Slow Cook Ragu Kale ,Cherry tomato finish with
parmesan

CHILLI PRAWN LINGUINE \$28
Tiger Prawn Cooked in Evo, garlic, fresh chilli finished with
Spinach and cherry tomato.

MORETON BAY BUG LINGUINE \$28
Tiger Prawn , Bug ,chilli , garlic in creamy saffron sauce
finished with Spinach and cherry.

VEGGIE GNOCCHI WITH ROSE SAUCE \$24
Garlic/Seasonal veggies, finished with Spinach Cherry
tomato and Rose Sauce

SLOW COOK BEEF CHEEK \$32
Serve with mash and veg

PUMPKIN & MUSHROOM RISOTTO \$24
ADD CHICKEN \$6

SALAD

PUMPKIN QUINOA \$24
Roast pumpkin Cherry tomato Kale Cucumber,
Spanish onion quinoa , Rocket all bound in
honey mustard dressing with poach egg.

ADD CHICKEN \$6
SMOKED SALMON \$6

MIX GRAIN SALAD \$24
Mix Grain, Kale, Spanish, onion, nuts, Cherry tomato
Pomegranate Zatar Feta and poach egg

ADD CHICKEN \$6
ADD SMOKED SALMON \$6

CHICKEN CAESAR SALAD \$24
Cos lettuce, Crispy bacon, Croutons Shredded
parmesan with Caesar dressing and finish with poach Egg
ADD PRAWNS \$6

CALAMARI SALAD \$24
Lemon Pepper Calamari Serve with rocket Salad , Cherry
tomato , Spanish onion, finished with honey mustard sauce

CHOOK SALAD \$24
Roast chicken, cherry tomatoes Brocollini toasted
almond, Pomegranate & Cos lettuce with honey mustard
dressing
Add prawn \$6

SIDES

BROCOLLINI \$07
Serve with toasted Almond.

BOWL OF CHIPS HALF \$5 FULL \$09

BACON / CHORIZO /PULLED \$06
PROK/PULLED BEEF/ SMOKED TROUT /
SMOKED SALMON

MUSROOM / SAUTE SPINACH / HAM \$05
RIPE CHERRY TOMATO / AVOCADO /
HALLOUMI / HASHBROWN / TOMATO
RELISH

HOUSE MADE HOLLANDAISE \$04

KIDS (LITTLE MONSTER)

EGG ON SOURDOUGH \$10
Egg your way on Sourdough Bread

KIDS PANCAKE \$10
Vanilla ice-cream, maple syrup, fairy floss

KIDS WAFFLE \$12
Vanilla ice-cream, maple syrup, fairy floss

CHICKEN NUGGET \$12
Serve with chips and tomato sauce

KIDS BURGER \$12
Serve with chicken/beef, chips and tomato sauce

BOLOGNAISE LINGUINE \$15
House made bolognaise cheese

NAPOLI LINGUINE \$15
House made Napoli sauce

KIDS STEAK \$15
120gm porterhouse steak, serve with chips and tomato
sauce

KIDS FISH & CHIPS \$14
Serve with chips and tomato sauce

VANILLA ICE CREAM \$10
Topping: Chocolate, Strawberry, Caramel

DRINKS

COFFEE

ESPRESSO, RISTRETTO, LATTE, FLAT WHITE CAPPUCCINO, LONG BLACK, THE MAGIC PICCOL& DECAFO	\$4.5
AFFOGATO	\$06
TURMERIC LATTE WITH SOY	\$07
PRANA CHAI WITH SOY	\$07
HOT CHOCOLATE	\$06
MATCHA LATTE	\$07
RED VELVEL LATE	\$07

ICE COFFEE

MAMA BLEND ICED COFFEE CHOCOLATE MOCHA	\$10
ICE LATTE	\$06
ICE LONG BLACK	\$5.5
ICE RED VELVET	\$10
ICE MATCHA LATTE	\$10

SMOOTHIES

POWER LIFT Banana, fresh berries, passion fruit, almond milk, protien powder & honey	\$13
ACAI Passion fruit, banana, apple & almond milk Garnish with toasted musli	\$13
BANANA & DATE Banana , Dates, Honey, Almond milk	\$13
MANGO BLAST Mango, banana, smooth vanilla yoghurt & milk	\$13

TEA

TEA BY T2 English breakfast/ Earl Grey / Lemongrass & Ginger/ Peppermint / Gorgeous geisha green / Pumping pomegranate / chamomile	\$05
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COLD DRINKS

COKE, COKE NO SUGAR	\$07
GINGER BEER	\$07
BLOOD ORANGE	\$07
LEMON-LIME BITTER SODA	\$08
MILK SHAKE Chocolate, Vanilla, Strawberry, Caramel	\$10

JUMBO FUNKEY SHAKES

OREO COOKIE & CREAM Cookie & Cream, Chocolate Ganache, Crush Oreo, Cookie, Whipped Cream, Chocolate Icecream	\$17
STRAWBERRY HEAVEN Strawberry Milkshake, Rainbow Ice-cream, Musk Stick, Whipped Cream, Foiry Floss	\$17
FERRORO ROCHER Choclate Milk Shake, Smashed Ferroro, Whipped Cream, Chocolate Ice Cream	\$17
BISCOFF DELICIOUS Biscoff Syrup Shake, Crush Biscoff Biscuit, Whitpped Cream Ice-cream, Lotus Bisuit Lotus Biscoff	\$17

FRESH SQUEEZED JUICE

MANGO TANGO mango, pineapple, watermelon	\$11
SUMMER SPLASH Pineapple, wtaermelon, orange, apple	\$11
IMMUNE BOOSTER Orange, Carrot, ginger	\$11
TWO BROTHERS Apple and watermelon	\$11
YOUR CHOICE Any 3 fruits or veg combo	\$11

COCKTAIL BEER & WINE

ESPRESSO MARTINI	\$19
MIMOSA	\$13
APEROL SPRITZ	\$17
CORONA	\$08
PURE BLOND	\$08
RASPBERRY VODKA CRUISER	\$12
PINEAPPLE VODKA CRUISER	\$12
OLD MATE PALE ATE	\$08
STONE WOOD	\$08

WINE

RIOT PINOT GRIGIO	\$11
RIOT PINOT NOIR	\$11
WINDY PEAK SHIRAZ	\$11
WINDY PEAK SAUVIGNON BLANC	\$11
EMERI DE BORTOLI PINK MOSCATO	\$11
CHARDONNAY	\$11
DEBORTOLI ROSE	\$11
PROCESSO	\$11

TOASTIES AND SANDWICHES

JAFFLE HAM CHEESE AND TOMATO HALLOUMI SUMAC ONION TOMATO AVOCADO CHEESE VEGEMITE	\$12
HALLOUMI SANDWICH serve with chips, Relish, caramalise onion, halloumi, rocket, on your choice of bread	\$23
FOCACCIA Chicken : avocado, cos lettuce, tomato cheese PORK/ BEEF : lettuce tomato onion, tasty cheese EGG AND BACON : Rocket, Relish	\$20
CLUB SANDWICH. Chicken, bacon, tomato, cos, fried egg, cheese, Aioli serve with chips	\$26



Surcharge apply weekend 10% | Public holidays 15%



ADD CHICKEN – 6

SMOKE SALMON -8

PRAWNS – 8

PRAWN SALAD \$30
COSLETTUCE, CHERRY TOMATOES,
SPANISH ONION, FRIED SHALLOTS,
MANGO, MINT, HONEY MUSTARD DRESSING

LOADED FRIES AND NACHOS \$13.90
CORN CHIPS, FRIES WITH MELTED CHEESE,
SOUR CREAM, TOMATO SALSA, SMASHED
AVOCADO, JALAPENO.

FILLING :ANY \$6
GRILLED CHICKEN
PULLED PORK
PULLED BEEF

CORN CARNE

DESSERTS



STICKY DATE PUDDING \$ 15
CARAMEL SAUCE, VANILLA ICE CREAM,
BERRIES

RASPBERRY PANNACOTTA \$13
BERRIES, WHIPPED CREAM, MERINGUE

LEMON TART \$13
WHIPPED CREAM, BERRIES, MERINGUE,
WAFFER CHOCOLATE

VANILLA ICE CREAM \$13
CHOICE OF YOUR TOPPING: CHOCOLATE,
CARAMEL, STRAWBERRY

SIDES



BROCCOLINI \$9
SERVE WITH ROASTED NUTS

HONEY GLAZE DUTCH CARROTS \$9
SERVE WITH GOAT CHEESE

CREAMY PARIS MASH \$9

GARDEN SALAD \$9

CHIPS \$9

JUSTY SLAW \$8

GREEK SALAD \$9

KIDS



CHICKEN NUGGETS \$12
SERVE WITH CHIPS AND TOMATO SAUCE

KIDS FISH AND CHIPS \$12
SERVE WITH CHIPS AND TOMATO SAUCE

KIDS BURGER \$12
CHICKEN/ BEEF PATTY SERVE WITH
CHIPS AND TOMATO SAUCE

BOLOGNESE SPAGHETTI \$12
HOUSE MADE BOLOGNESE, CHEESE

NAPOLI SPAGHETTI \$12
HOUSE MADE NAPOLI SAUCE, PARMESAN

KIDS STEAK \$15
PORTER HOUSE STEAK, SERVE WITH
CHIPS AND TOMATO SAUCE

VANILLA ICE CREAM \$10
TOPPING: CHOCOLATE, STRAWBERRY,
CARAMEL, SPARKLE

MOTHERS INSTINCT CAFE AND BAR

3/221 GLENHUNTLY ROAD,

ELSTERNWICK VIC 3185

BOOK ONLINE OR CALL

0385 890 083



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0385 890 083

MOTHERS INSTINCT CAFE AND BAR
3/221 GLENHUNTLY ROAD, ELSTERNWICK VIC 3185



ENTREE



GARLIC/ HERB BUTTER BREAD (V,GF)	\$9
SHUCKED OYESTER WITH MIGNONETTE DRESSING - MINIMUM OF 6	\$ 4 Each
SHUCKED OYESTER KILPATRICK MINIMUM OF 6	\$ 5
BRUSCHETTA (V, GF) RIPE CHERRY TOMATO, BASIL, SPANISH ONION, GOAT CHEESE, GRANA PADANA, BALSAMIC GLAZE	\$12
MT. ZERO OLIVES (V) HOUSE MARINATED, CRUSTED BREAD	10
ARANCINI HAND ROLLED RICE BALLS WITH BOLOGNESE SERVE WITH ITALIAN SUGO AND AIOLI	\$14
GRILLED OCTOPUS (GF) CHIMICHURRI, CRUSTED BREAD	\$17
PORK BELLY BITES (GF) JALAPENO SLAW, LIME CARAMEL SAUCE	\$15
GRILLED LAMB CUTLET (GF) ARUGULA SALAD, POMEGRANATE SAUCE, BEETROOT LABNEH	\$21
CLAYPOTPRAWNS (GF) GARLIC, CHILLI, EVO, CRUSTED BREAD	\$21
PAN SEARED SCALLOPS (GF) CARROT AND PUMPKIN PUREE, GREENOIL, SALMON CAVIER	\$17
LEMON HERB CALAMARI GARLIC AIOLI, LEMON WEDGES	\$14
PORK MEAT BALLS PORK MEAT BALL, TOMATO SUGO, SHAVE GRANA,CRUSTY BREAD	\$16
BLACK MUSSELS GARLIC, WHITE WINE, TOMATO SUGO, CRUSTY BREAD	\$16
WINGS SOUTHERN FRIED CHICKEN WINGS WITH SIDES OF YOUR CHOICE OF SAUCE: RANCH, BUFFALO AIOLI	\$12
CHOICES: BUFFALO WINGS HICKORY BBQ WINGS HONEY SOY WINGS	
TASTING PLATE FOR 2 PORK MEATBALLS, ARANCINI, FRIED CALAMARI, BRUSCHETTA, BUFFALO WINGS	\$32

FROM THE GRILL



250GM GRASS FED PORTER HOUSE YOUR LIKING COOKING/ MASH AND SALAD/YOUR CHOICE OF SAUCE (MUSHROOM, RED WINE JUS, GARLIC SAUCE)	\$39.90
250GM GRASS FED EYE FILLET YOUR LIKING COOKING, MASH AND SALAD, YOUR CHOICE OF SAUCE (MUSHROOM, RED WINE JUS, GARLIC SAUCE)	\$ 43.90
GRILLED LAMB FILLET MASH AND VEG, CHIMICHURRI, RED WINE REDUCTION	\$36.90
GARLIC AND HERB CHICKEN MASH AND VEG, GARLIC AND MUSHROOM SAUCE	\$31.90
GRILLED PLATTER FOR 2(MINIMUM 2 PEOPLE) LAMB FILLET, PORK RIBS, BEEF RIBS, GRILLED CHICKEN, CHORIZO SERVE WITH CHIPS AND MUSHROOM SAUCE.	\$79.90

MAIN



CHICKEN PARMIGIANA CHICKEN SCHNITZEL, NAPOLITANA SAUCE, MOZZARELLA CHEESE, CHIPS AND GREEN	\$27.90
SLOW COOKED PORK RIBSHALF/FULL SLOW ROASTED PORK RIBS, HOUSE BBQ SAUCE WITH CHIPS	\$28/\$38
SLOW COOKED BEEF RIBS HALF/FULL BEEF RIBS, HOUSE RUB, SLOW COOKED TO TENDER, SERVE WITH APPLE SLAW	\$27/\$37
CHICKEN BALLOTINE OVEN BAKED CHICKEN BREAST STUFFED WITH GOAT CHEESE AND MUSHROOM, WRAPPED IN PROSCIUTTO SERVE WITH MASH AND ARUGULA SALADAND PUMPKIN PUREE	\$35.90
CONFIT DUCK LEG MASH AND VEG, BLUEBERRY AND RED WINE REDUCTION	\$36.90
CRISPY PORK BELLY APPLE PUREE, MASH AND VEG, RED WINE JUS	\$35.90

SLOW COOK BEEF CHEEK MASH AND VEG, RED WINE JUS, SWEET POTATO CRISPS	\$35.90
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CRISPY SKIN SALMON FILLET CRISPY SALMON, MASH AND VEG, DILL HOLLANDAISE SAUCE	\$35.90
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FISH AND CHIPS TEMPURA BATTER BARRAMUNDI FILLET, CHIPS AND SALAD, TARTARE SAUCE	\$27.50
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BUTTER CHICKEN RICH TOMATO AND CREAM SAUCE SERVE WITH RICE AND SALAD	\$26.90
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THAI CHICKEN CURRY COCONUT CREAMY THAI GREEN CURRY SERVE WITH RICE AND SALAD	\$26.90
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SEAFOOD ALASICILIAN MORTON BAY BUG, AUSTRALIAN TIGER PRAWNS, BLACK SHELL MUSSELS, SCALLOPS, CALAMARI GARLIC, WHITE WINE AND TOMATO SUGO	\$42.90
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PASTA



BEEF LASAGNA LAYERED PASTA, FILLED WITH HOME MADE BOLOGNESE, BECHAMEL AND MELTED CHEESE	\$23.90
SPAGHETTI MEATBALL HOME-MADE PORK MEATBALLS AND RICH TOMATO SAUCE	\$23.90
BOLOGNESE SPAGHETTI KALE, CHERRY TOMATOES, PARMESAN	\$23.90
BEEF RAGU GNOCCHI SLOW COOK BEEF,CHERRY TOMATO, SPINACH, PARMESAN	\$23.90
CARBONARA LINGUINE TWICE COOK BACON, GARLIC, SPRING ONION, CREAMY WHITE SAUCE, PARMESAN	\$23.90
CHILLI PRAWN LINGUINE GARLIC AND CHILLI, EVO, SPINACH AND CHERRY TOMATO	\$25.90
ADD: CHORIZO MORTON BAY BUG AND PRAWN LINGUINE	\$5 \$28.90
MORTON BUG, PRAWN,CHILLI,GARLIC IN CREAMY SAFFRON SAUCE FINISH WITH SPINACH AND CHERRY TOMATO	
SPAGHETTI PESCATORA MARKET FRESH SEAFOOD,CHERRY TOMATO, GARLIC,WHITE WINE,NAPOLITANA SAUCE AND PARMESAN	\$28.90

VEGETARIAN GNOCCHI (V) SEASONAL VEG, SPINACH AND CHERRY TOMATOES, ROSE' SAUCE, PARMESAN	
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MUSHROOM AND PUMPKIN RISOTTO (V) MUSHROOM AND PUMPKIN/ CHERRY TOMATO/ SPINACH	\$24.90
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ADD: CHICKEN	\$6
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SCALLOPS	\$8
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BURGERS



BLACK ANGUS BEEF BURGER 200GMBLACK ANGUS BEEF MINCE, COS LETTUCE, TOMATO, CARAMELISED ONION, GARLIC AIOLI ON BRIOCHE BUN SERVE WITH CHIPS.	\$25.90
SOUTHERN FRIED CHICKEN BURGER 200GM CHICKEN BREAST, SOUTHERN FRIED MIX, COS LETTUCE, TOMATO SPICY AIOLI ON BRIOCHE BUN SERVES WITH CHIPS	\$25
LAMB BURGER 200GM LAMB MINCE, COS LETTUCE, TOMATO, TZATZIKI ON BRIOCHE BUN SERVE WITH CHIPS	\$25.90
VEGGIE BURGER HOUSE MADE VEGGIE PATTY, COS LETTUCE, TOMATO, BEETROOT WITH SPICY AIOLI ON BRIOCHE BUN SERVE WITH CHIPS	\$24.90
SOFT SHELL CRAB BURGER COS LETTUCE, PICKLE ONION, AIOLI ON BROICHE BURGER SERVE WITH CHIPS	\$25

SALAD



CHICKEN CEASER SALAD COS LETTUCE, CRISPY BACON, CROUTONS, PARMESAN, CEASER DRESSING, POACH EGG	\$24
ADD PRAWNS	\$8
SMOKE SALMON	\$8
LAMB SALAD MIX LETTUCE, CHERRY TOMATO, SPANISH ONION,ROAST PUMPKIN, CRUMB FETTA, ROASTED NUTS	\$28
PUMPKIN AND QUINOA SALAD (V) ROAST PUMPKIN, CHERRY TOMATO, KALE, CUCUMBER, SPANISH ONION, QUINOA, ROCKET ALL BOUND IN HONEY MUSTARD DRESSING	\$24