BLUE 36

CAFE RESTAURANT

VITALITY BOWLS



GRAYOLA GF. V 16

ALMOND & QUINOA GRANOLA, GREEK YOGHURT, SEASONAL FRUITS, HONEY, CHIA SEEDS, COCONUT FLAKES, BARBERRIES

COCOCHIA GF. DF. V 19

COCONUT-INFUSED OVERNIGHT CHIA SEEDS, MANGO, SEASONAL FRUITS, BARBERRIES, CACAO NIBS, PISTACHIO

BIRCHER PROTEIN BOWL V 19

OVERNIGHT OATS SOAKED IN OAT MILK & WHEY PROTEIN, SEASONAL FRUITS, BARBERRIES, ASSORTED NUTS, CHIA SEEDS, COCONUT FLAKES (OPT. PEANUT BUTTER)

ACAI BOWL GF. DF. V 20

BLENDED ACAI, SEASONAL FRUITS, ALMOND & QUINOA GRANOLA, COCONUT FLAKES, CHIA SEEDS, BARBERRIES

ADD ONS



SMOKED SALMON 7
MAPLE BACON 6
SOUS VIDE CHICKEN 6

CHUNKY HOUSE HASH BROWN 5
THICK-CUT POTATO HASH BROWN WITH GOLDEN CRUST AND CREAMY CENTRE. TOPPED WITH CULTURED BUTTER.

SPANISH CHORIZO
LEG HAM
AVOCADO (SMASHED/SLICED)
HALOUMI
MUSHROOMS
TOMATO (ROASTED/FRESH)
ROASTED PUMPKIN

FREE RANGE EGG 4
HASH BROWN
BRAISED KALE
SAUTEED SPINACH
HOUSE PICKLES
HOUSE COLESLAW

HOUSE CHILLI OIL 1
HOT HONEY

ALL DAY BREAKFAST



BRIOCHE FRENCH TOAST V 24

CARAMELISED BRIOCHE, CACAO NIBS, VANILLA MASCARPONE MOUSSE, LADYFINGERS ESPRESSO ANGLAISE

BIG BREAKFAST PLATE 29

SPANISH CHORIZO, MAPLE BACON, CHUNKY HOUSE HASH, EGGS YOUR WAY, AVOCADO, MUSHROOMS, BRAISED KALE, ROASTED TOMATO, SOURDOUGH

STEAKHOUSE BREAKFAST 33

[PROTEIN 50g]

150G GRASS-FED ANGUS SIRLOIN (MEDIUM), CHUNKY HOUSE HASH, FRIED EGG, ROASTED TOMATO, BRAISED KALE, CHIMICHURRI, PICKLED CHILLI, PICKLED BEETROOT

CREAMY MISO SALMON A 32

[PROTEIN 40g]

150G TASMANIAN SALMON, CHUNKY HOUSE HASH, AVOCADO, MUSHROOM, ROASTED TOMATO, BRAISED KALE, PICKLED BEETROOT, CREAMY MISO SAUCE

CHILLI CHORIZO SCRAM 25

SPANISH CHORIZO, OMELETTE, BRAISED KALE, PICKLED ZUCCHINI, PARMESAN, PEPPER CHILLI OIL, PARSLEY, SOURDOUGH

CAULIFLOWER ON TOAST V 25

CRISPY CAULIFLOWER, FRIED EGG(FREE RANGE), STRACCIATELLA, PARMESAN, ALMOND, PICKLED BEETROOT, HOT HONEY, QSL SOURDOUGH

SMASHED AVO V 23

POACHED EGGS (FREE RANGE), SHICHIMI, CHERRY TOMATO, CORIANDER, PICKLED BEETROOT, FETA & LEMON DRESSING, SOURDOUGH

BREAKFAST BUN 16

MAPLE BACON, FRIED EGG(FREE RANGE), HASH BROWN, TOMATO RELISH, AIOLI, MILK BUN

EGGS YOUR WAY V 14

TWO FREE RANGE EGGS, CHOICE OF TOAST

[SOURDOUGH | QUINOA-SOY-LINSEED SOURDOUGH | TURKISH | WHITE | BROWN | RAISIN | GF +1]

EGGS BENNE A

FREE RANGE POACHED EGGS, HOLLANDAISE, BRAISED KALE, PICKLED BEETROOT, HOUSE CROISSANT

- LEG HAM 21
- MAPLE BACON 24
- SMOKED SALMON 25

SUPER BOWLS

HEALTHY GRAIN BOWL DF. A

QUINOA, CHICKPEA, PUMPKIN SEEDS, AVOCADO, BRAISED KALE, ROASTED TOMATO, CUCUMBER, CARROT, ROCKET, MISO SESAME DRESSING

- HALOUMI & PUMPKIN 23
- SOUS VIDE CHICKEN 25
- HERB MAYO CHICKEN 25
- SALMON SASHIMI 27

POKE SUPER BOWL DF. A

BLACK RICE, CABBAGE, TOMATO, CUCUMBER, CARROT, AVOCADO, CRAB MEAT, PICKLED GINGER & BEETROOT, CORIANDER, ROASTED SEAWEED, PUFFED WILD RICE, GROUND WASABI GREEN PEA, WASABI YUZU DRESSING

- SOUS VIDE CHICKEN 27
- SALMON SASHIMI 29

SANDWICHES

CLASSIC CHICKEN AVOCADO 19

[PROTEIN 40g]

130G SOUS VIDE CHICKEN BREAST, AVOCADO, MIXED LEAVES, CHEDDAR CHEESE, AIOLI, SOURDOUGH

B.L.A.T 18

MAPLE BACON (2), LETTUCE, AVOCADO, TOMATO, AIOLI, TURKISH BREAD

MORTADELLA FOCACCIA 16

FENNEL SALAMI, RICOTTA, ROCKET, BALSAMIC, HOT HONEY

PROSCIUTTO FOCACCIA 16

STRACCIATELLA, ROCKET, TOMATO, SUN-DRIED TOMATO, PESTO, BALSAMIC

PASTRAMI FOCACCIA 16

PROVOLONE, ROASTED CAPSICUM, ROASTED TOMATO, ROCKET, WASABI MAYO

CHICKEN FOCACCIA 16

SOUS VIDE CHICKEN BREAST, ROCKET, LETTUCE, PESTO, WASABI MAYO

PUMPKIN FOCACCIA 16

STRACCIATELLA, PEPITAS, PICKLED BEETROOT, ROCKET, HOT HONEY

BURGERS

SERVED W/ CHIPS OR COLESLAW

WAGYU CHEESE BURGER 18

AMERICAN CHEDDAR, PICKLED CUCUMBER, GRILLED ONIONS, RELISH, SPECIAL BURGER SAUCE

DOUBLE PATTY +5 | EXTRA CHEESE +1.5

BUTTERMILK CHICKEN BURGER 24

BEER-BATTERED CHICKEN THIGH FILLET, LETTUCE, TOMATO, KOREAN MAYO

BARRAMUNDI FISH BURGER A 25

CRISPY BARRAMUNDI, AMERICAN CHEDDAR, LETTUCE, HOUSE COLESLAW, SALMON TARTARE

PASTA RISOTTO SOUP

SEAFOOD PASTA M 27

PRAWNS, BARRAMUNDI, SQUID, CLAMS, CASARECCE, TOMATO, RED CURRY BISQUE, HERBED BREADCRUMBS, CORIANDER

SERVED W/ FOCACCIA

CHICKEN & MUSHROOM RISOTTO GF 25

OREGANO-SEASONED CHICKEN, MUSHROOMS, GREEN PEAS, PARMESAN & MAPLE BACON

SEAFOOD CHOWDER M 25

PRAWNS, CLAMS, SQUID, BARRAMUNDI, POTATO, CARROT, RED ONION, CELERY

SIDES

- BOWL OF CHIPS 8
- HOUSE COLESLAW 4
- HOUSE PICKLES 4

PLEASE INFORM OUR TEAM OF ANY ALLERGIES OR DIETARY REQUIREMENTS BEFORE ORDERING.

PRODUCT ORIGIN

A – Australian | I – Imported | M – Mixed

SURCHARGES

A 7% surcharge applies on Saturdays and Sundays.
A 10% surcharge applies on public holidays.

NO CARD SURCHARGE.

@blue36cafe_northsydney

BLUE 36

COFFEE

	R	L
FLAT WHITE	5	6
LATTE, CAPPUCCINO	5	6
MOCHA	5.3	6.3
PICCOLO, MACCHIATO	4.5	-
LONG BLACK SEASONAL SINGLE ORIGIN	5	6
SHORT BLACK SEASONAL SINGLE ORIGIN	4.5	-

NON COFFEE

	R	L
HOT CHOCOLATE	5	6
MATCHA LATTE	5	6
CHAI LATTE	5	6

ICED

	R	L
ICED LONG BLACK	6	7
ICED LATTE	6.5	7.5
TIRAMISU ICED LATTE *CONTAIN RUM	11	-
EARL GREY HOJICHA ICED LATTE	10	-
ICED CHOCOLATE	6.5	7.5
ICED COFFEE	7	8
ICED MOCHA	7	8
ICED MATCHA	7	8
ICED MATCHA [MANGO] OR [BERRIES]	8	-

FILTER

COLD DRIP	7
MONT BLANC COLD DRIP W/YUZU SILK CLOUD	9
V60 POUR OVER	7

ORGANIC TEA

ENGLISH BREAKFAST	5
EARL GREY	5
GREEN TEA	5
PEPPERMINT	5
YUZU KUKICHA	6
RELAXING HERBS	6
BREW CHAI FRESH CHAI BREWED IN MILK	7

FRESH JUICE

	R	L
LEMONY OJ	8	9
JUST APPLE	8	9
WATERMELON	8	9
A.C.C APPLE, CARROT, CELERY	8.5	9.5
IMMUNITY ORANGE, CARROT, GINGER, TURMERIC	8.5	9.5
GREEN DETOX APPLE, LEMON, PARSLEY, GINGER	8.5	9.5
RISE & SHINE WATERMELON, LEMON, GINGER	8.5	9.5
GOLDEN CITRUS ORANGE, LEMON, GRAPEFRUIT	8.5	9.5

CLASSIC SMOOTHIES

JUST BANANA	8
MIXED BERRIES & BANANA	8.5
MANGO BLISS	9
GYM JUNKIE BANANA, YOGHURT, WHEY PROTEIN, LOW FAT MILK	9.5

SMOOTHIES WITH BENEFITS

DAILY PROTEIN FIX DF. GF. V PLANT PROTEIN, CACAO, BANANA, PEANUT BUTTER, ALMOND MILK, HONEY	12
NUTTY PROTEIN DF. V PLANT PROTEIN, OATS, BANANA, PEANUT BUTTER, COCONUT YOGHURT, ALMOND MILK, SEA SALT	12
COLLAGEN KICK DF. GF. V COLLAGEN PEPTIDE, STRAWBERRIES, BERRY COMPOTE, OJ, MANGO, HONEY, COCONUT MILK, COCONUT YOGHURT, COCONUT WATER	12

MILKSHAKES

MAKE IT THICK! +1.0

CHOCOLATE	8
VANILLA	8
COFFEE 2 ESPRESSO SHOTS	9

CHILLED DRINKS

PUREZZA SPARKLING WATER 350ml / 750ml	3.9 / 5.9
BOTTLED SPRING WATER 600ml	3.5
COKE / ZERO SUGAR COKE	4.8
ZERO CAFFEINE ZERO SUGAR	4.8

Extra shot, Decaf +0.7 | Flavours +0.3 | Alternative milk +0.5 | For ICED Drinks +1.0

5% Surcharge on Saturdays & Sundays | 10% Surcharge on Public Hoildays | NO CARD SURCHAGE

BLUE 36

CAFE RESTAURANT

DAILY LUNCH SPECIALS

Monday

Seafood Chowder

$20

Tuesday

Topped w/ Maple Bacon

Chicken & Mushroom Risotto

$20

Wednesday

Chorizo Wrap & Chips

$16

Thursday

+ Beer or Wine

Steakhouse Breakfast

$28

Friday

+ Beer or Wine

Wagyu Cheese Burger & Chips

$20

BEER

MOUNTAIN CULTURE Aussie Premium Lager	*Lager*	8.5
MOUNTAIN CULTURE Juice Trip	*IPA*	8.5
YOUNG HENRYS Newtowner	*Pale Ale*	8
HEAPS NORMAL Non-Alcoholic XPA	*Quiet XPA*	7.5

Relax. Have a beer.

WHITE

	GLASS	BOTTLE
Matua TeHa Sauvignon Blanc *Marlborough, New Zealand*	9	38
Devils Lair 'Honeybomb' Chardonnay *Margaret River, Western Australia*	9.5	39
T'Gallant Prosecco (200ml) *South East Australia*		10

ROSE

	GLASS	BOTTLE
Squealing Pig Rosé *South East Australia*	10	40

RED

	GLASS	BOTTLE
St Huberts 'The Stag' Pinot Noir *Victoria*	9	38
Saltram Skins Shiraz *Barossa Valley, SA*	9.5	39
Wynns Siding Cabernet Sauvignon (375ml) *Coonawarra, SA*		25

BYO — 5 pp

Good food. Good wine. Good company.