



DRINKS

Left Right & the Bird Australian grown coffee

Cappuccino / Latte / Flat White / Long Black

Mocha

Piccolo

Espresso

Macchiato

Alternative Milk

Decaf/Extra shot/Chocolate/Caramel/Vanilla/ Hazelnut

Iced Latte

Daintree Chai Real chai tea, brewed with milk & honey

Organic Loose-Leaf Tea

English Breakfast/Earl Grey/Lemongrass Ginger/Green/Peppermint/Chamomile

Freshly Squeezed Juice Orange/Apple/Carrot/Celery/Mint/Ginger/Kale

Smoothies Banana/Mixed Berry/Mango, with yoghurt & honey

Açaí Smoothie

Mango Crush Mango, pineapple & mint crush (DF)

Mixed Berry Frappee Mixed Berry, orange juice, syrup

Milkshakes Chocolate/Caramel/Vanilla/Strawberry/Banana

Thickshake Chocolate/Caramel/Vanilla/Strawberry/Banana

Iced Drinks Coffee/Chocolate/Mocha (with whipped cream & ice cream)

Soft Drinks \$3 / Still Water \$2.50 / Sparkling Water \$3.50



Left Bower



3/45 ADELONG ST, SUTHERLAND NSW 2232

TEL: 8502 8769

PLEASE ORDER & PAY AT THE COUNTER
WHEN YOU ARE READY

www.leftbower.com.au



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NOTE: 15% SURCHARGE
ON PUBLIC HOLIDAYS





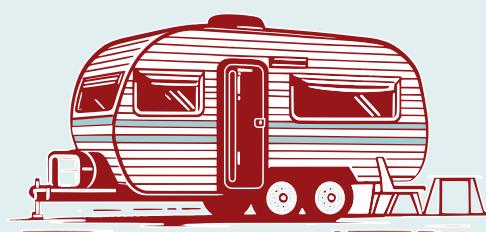
ALL DAY BREAKFAST

YOGHURT & HONEY		\$7.50		
ADD: Granola \$3				
BELGIUM WAFFLES with whipped cream, strawberries, bananas & Nutella		\$21		
FRENCH TOAST mascarpone, berry compote, seasonal fruits, maple syrup, ice cream & crumble pistachios	\$23.50			
PORRIDGE with poached pears & seasonal fruits & honey		\$18		
TOAST two slices sourdough/thick white/soy linseed/raisin toast, with butter, jam, vegemite or peanut butter	\$8			
GF bread +\$2				
SOURDOUGH/THICK WHITE TOASTIES				
Cheese & tomato \$10 Ham & cheese \$12 Ham, cheese, tomato \$13.50 Chicken, avocado, tomato \$16.50				
Pulled pork with caramelised onion \$18 Haloumi tomato with za'atar oil & roasted zucchini \$16.50				
ADD: Avocado \$3				
AVO TOAST Avocado smashed on two slices of sourdough toast with rocket		\$15.50		
LOADED AVO Avocado, fresh tomatoes, sautéed kale, house kraut, feta, pepitas, za'atar, poached egg on sourdough toast		\$23		
MINCE ON TOAST Slow cooked spiced beef mince with poached egg & sourdough		\$20		
BLAT Bacon, avocado, tomato, spinach on a roll with house relish & mayo		\$17.50		
ADD: Egg \$3				
BACON 'N' EGG ROLL		\$13		
ADD: Haloumi \$4 Avocado \$3 Hash brown \$2.50 Cheese \$1				
EGGS YOUR WAY Two free range poached/fried eggs with sourdough toast		\$12.50		
ADD: Smoked Salmon \$8 Bacon \$6 Haloumi \$7 Chorizo \$7 Field Mushrooms \$7 Kale & Spinach \$5.50 Roast Tomatoes \$4				
HARTY'S SCRAMBLED EGGS Softly folded creamed eggs with buttered leeks, vintage cheddar on sourdough toast		\$18		
Smaller serve \$14				
CHILLI SCRAMBLED EGGS Softly folded free-range egg with vintage cheddar, butter leek & chilli oil		\$18.50		
FIELD MUSHROOMS (Vegan option available) Sautéed mushrooms with garlic, fresh sage, lemon thyme on sourdough toast with a poached egg, vintage cheddar		\$23		
CORN HALOUMI & ZUCCHINI FRITTERS with Tzatziki, relish & poached egg		\$23		
EGGS BENEDICT Two poached eggs, baby spinach, served on sourdough toast with your choice of bacon, chorizo, smoked salmon, mushroom, or ham served with a choice of Hollandaise/Dill/Jalapeño		\$24		
VEGGIE BREAKFAST		\$23		
Fried, poached or scrambled egg, haloumi, grilled zucchini, roasted tomato, mushrooms, spinach & baked beans with sourdough bread	scrambled extra \$3			
BOWER BIG BREAKFAST		\$26		
Fried, poached or scrambled egg, bacon, Field mushrooms, hash brown, chorizo, roasted tomato & relish with sourdough bread	scrambled extra \$3			
ADD ONS				
Smoked salmon \$8 Haloumi \$7 Bacon \$6 Avocado \$5.50 Feta \$5.50 Kale & Spinach \$5.50				
Roast Tomatoes \$4 Baked beans \$3 Scrambled Egg/Field Mushrooms/Chorizo \$7				

LUNCH

CHICKEN PECORINO SALAD	\$23
Lemon pepper chicken, apple, walnuts, roasted capsicum, Pecorino, cheese, rocket & honey salad with soy linseed bread	
ROAST PUMPKIN & HALOUMI SALAD	\$21
Roasted pumpkin, haloumi, toasted almond, rocket, balsamic dressing with soy linseed bread	
MUSHROOM & HALOUMI BURGER with fried egg, coleslaw, tomato, cheese & chipotle sauce	\$22
GRILLED CHICKEN BURGER with coleslaw, cheese, sliced tomato, chipotle aioli & beer battered chips	\$23
BEEF BURGER Homemade premium mince beef, beetroot, onion, aioli, cheese, tomatoes & chips	\$24
STEAK SANDWICH	\$26
150g scotch fillet, mixed lettuce, pickled cucumber, caramelised onion, cheese, chipotle aioli & beer battered chips	
OPEN CHICKEN MELT with avocado, spinach, cheese & chipotle aioli	\$20
ADD: Chips \$3	
OPEN MELT: PULLED PORK or SLOW COOKED BEEF BRISKET (Beef subject to Availability) with mixed pickled cabbage, carrot, caramelised onion, poached egg & chipotle aioli	\$26
ADD: Chips \$3	
TOASTIE: PULLED PORK or SLOW COOKED BEEF BRISKET (Beef subject to Availability) with caramelised onion, vintage cheese, & red cabbage pickle	\$19.50
ADD: Chips \$3	
TACOS: CHICKEN or PULLED PORK or SLOW COOKED BEEF BRISKET (Beef subject to Availability) with avocado, red cabbage slaw & vintage cheddar cheese & fried egg	\$25.50
BEER BATTERED FLATHEAD with chips, salad & tartare sauce	\$25
CHICKEN SCHNITZEL GRAVY with chips & salad	\$25
BOWL OF CHIPS	\$9
BUILD YOUR OWN	
Poached Egg/Fresh Tomato/Caramelised Onion \$4	
Haloumi \$7 Bacon \$6 Avocado \$5.50 Feta \$5.50	
Kale or Spinach \$5.50 Roast Tomatoes \$4	
Chorizo/Scrambled Eggs/Side of Mushrooms \$7	
Smoked Salmon \$8	
Hollandaise, Dill or Jalapeño Hollandaise/Relish \$1.50	
150g of Scotch Fillet Steak \$15	
Marinated Chicken \$8	
KIDS MENU	
BELGIUM WAFFLE	\$12
EGG ON TOAST	\$8
FISH & CHIPS	\$12
NUGGETS & CHIPS	\$11
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We are open
for Dinner
See our separate menu



Ask about our
Event Catering
Options