



DRINKS

Left Right & the Bird Australian grown coffee

Cappuccino / Latte / Flat White / Long Black

S \$5 L \$5.50 XL \$6.50

Mocha

S \$5.50 L \$6 XL \$7

Piccolo

\$4.50

Espresso

\$4

Macchiato

\$4.50

Alternative Milk

Almond or soy S/L +70c XL +\$1.20

Oat S +70c L +\$1 XL +\$1.20

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

+80c each

Iced Latte

S \$5.50 alt milk +80c L \$7 alt milk +\$1.20

Daintree Chai Real chai tea, brewed with milk & honey

Takeaway \$6 / Alt Milk \$6.70

Dine in \$7 / Alt Milk \$8.20

Organic Loose-Leaf Tea

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

\$5.50

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

\$8

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

\$8

Açaí Smoothie

\$10

Mango Crush Mango, pineapple & mint crush (DF)

\$8

Mixed Berry Frappee Mixed Berry, orange juice, syrup

\$8

Milkshakes Chocolate/Caramel/Vanilla/Strawberry/Banana

\$7.50

Kids serve \$5.50

Thickshake Chocolate/Caramel/Vanilla/Strawberry/Banana

\$8.50

Kids serve \$6.50

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

\$9

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

PLEASE ORDER & PAY AT THE COUNTER

**NOTE: 15% SURCHARGE
ON PUBLIC HOLIDAYS**



3/45 ADELONG ST, SUTHERLAND NSW 2232

TEL: 8502 8769

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WHEN YOU ARE READY**

www.leftbower.com.au





ALL DAY BREAKFAST

YOGHURT & HONEY ADD: Granola \$3	\$7.50
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 GF bread +\$2	\$8
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 ADD: Egg \$3	\$17.50
BACON 'N' EGG ROLL ADD: Haloumi \$4 Avocado \$3 Hash brown \$2.50 Cheese \$1	\$13
EGGS YOUR WAY Two free range poached/fried eggs with sourdough toast ADD: Smoked Salmon \$8 Bacon \$6 Haloumi \$7 Chorizo \$7 Field Mushrooms \$7 Kale & Spinach \$5.50 Roast Tomatoes \$4	\$12.50
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 Fried, poached or scrambled egg, haloumi, grilled zucchini, roasted tomato, mushrooms, spinach & baked beans with sourdough bread	\$23 scrambled extra \$3
BOWER BIG BREAKFAST Fried, poached or scrambled egg, bacon, Field mushrooms, hash brown, chorizo, roasted tomato & relish with sourdough bread	\$26 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 Lemon pepper chicken, apple, walnuts, roasted capsicum, Pecorino, cheese, rocket & honey salad with soy linseed bread	\$23
ROAST PUMPKIN & HALOUMI SALAD Roasted pumpkin, haloumi, toasted almond, rocket, balsamic dressing with soy linseed bread	\$21
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 150g scotch fillet, mixed lettuce, pickled cucumber, caramelised onion, cheese, chipotle aioli & beer battered chips	\$26
OPEN CHICKEN MELT with avocado, spinach, cheese & chipotle aioli ADD: Chips \$3	\$20
OPEN MELT: PULLED PORK or SLOW COOKED BEEF BRISKET (Beef subject to Availability) with mixed pickled cabbage, carrot, caramelised onion, poached egg & chipotle aioli ADD: Chips \$3	\$26
TOASTIE: PULLED PORK or SLOW COOKED BEEF BRISKET (Beef subject to Availability) with caramelised onion, vintage cheese, & red cabbage pickle ADD: Chips \$3	\$19.50
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

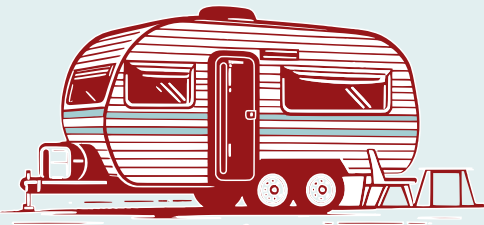
KIDS MENU

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**