







SPOON

MOMENTU








BREAKFAST




Fruit & Yoghurt

	Chunky Fruit Salad w/ yoghurt, almonds & honey	\$7.50
	Fruit, Muesli & Yoghurt	\$12.70
	Yoghurt & Muesli	\$7.40
	Flavoured Yoghurt	\$4.50








Something Sweet

	Pancakes w/ ice-cream and maple syrup	\$12.00
	Pancakes w/ chocolate chips, ice cream and honey	\$12.50
	Creamy Honey Oats w/ banana	\$7.50
	Waffles w/ bacon, banana & honey	\$12.50
	Waffles w/ banana, strawberries & maple syrup	\$12.50

Le Croissant










	Original	\$3.90
	Ham, Cheese & Tomato	\$6.50
	Almond	\$4.50

EGGS

	Bacon & Egg Focaccia [bacon & egg on toasted Focaccia w/ hollandaise & bbq sauce]	\$10.50
	Brekkie Wrap [bacon, egg, mushroom, bbq sauce in a toasted tortilla]	\$9.90
	Scrambled Eggs [scramled eggs w/ wilted spinach, roast tomato & toast]	\$12.30
	Bacon & Eggs [two rashers bacon, eggs & toast]	\$14.20
	Salmon & Eggs [smoked salmon, eggs and avocado on toast]	\$14.90
	Smokey Breakfast [cheesy eggs, chorizo, mushroom, tomato & bagel]	\$15.20
	Morning After [eggs, bacon, roast beef, mushroom, tomato & toast]	\$16.70

BREAKFAST

Add-ons

 Eggs	\$3.00	 Salmon	\$4.00	 Mushroom	\$3.50
 Spinach	\$3.00	 Avocado	\$3.00	 Bacon	\$4.00
 Potato	\$4.00	 Tomato	\$3.00	 Ice Cream	\$1.50

FRENCH TOAST








Savoury French Toast \$12.90
[served with avocado, tomato & hollandaise sauce]



Traditional French Toast \$12.90
[served with ice-cream & honey]

BAGELS

 Original	\$5.20
 Jam & cream cheese	\$7.25
 Salmon, cream cheese, cucumber, red onion & lettuce	\$8.25
 Bacon, lettuce, avocado & tomato	\$8.25
 Bacon, egg & Avocado	\$8.25

MEAT FREE / TOASTS



Vege Breakfast \$14.90
[mushrooms, spinach, tomato, roast potato, avocado & toast]



Avocado Toast \$7.70



Raisin Toast \$5.90



Sourdough Toast w/ your choice of spreads \$4.90

LUNCH

Sandwich




TURKISH



-  Ham, Cheese & Tomato \$8.60
-  Roast Beef & Mustard \$8.60
-  Turkey, Cranberry & Brie Cheese \$8.60

CIABATTA












-  B.L.A.T (bacon, lettuce, avocado, tomato) \$8.60
-  Mediterranean \$8.60
-  Chicken Pesto \$8.60

WRAPS



-  Chicken Caesar \$8.60
-  Falafel \$8.60
-  Satay Chicken \$8.60

Hot Food

- | | |
|--|--|
|  Salmon Dill Potato Cake |  Thai Fish Cake (GF) |
|  Spinach & Feta Quiche (GF) |  Spinach & Feta Quiche |
|  Quiche Lorraine |  Chicken & Leek Pie |
|  Beef Pie |  Vegetable Lasagne (GF) |
|  Beef Lasagne (GF) | |

Add a side salad for \$4.50

OR

Add a side of chips for \$3.10

BURGERS



”Spoon Burger” \$8.90
 [Beef Pattie, onion, lettuce, onion, tomato & sauce]



“Chicken Burger” \$10.40
 [Chicken, avo, swiss cheese, lettuce, tomato, pesto]



“Veggie Burger” \$10.40
 [Veggie Pattie, eggplant, feta, avo, pesto, lettuce & sauce]



“Aussie Burger” \$11.90
 [Beef Pattie, bacon, egg, onion, lettuce, tomato, cheese, beetroot & sauce]

Add-ons (\$1.00)



Eggs



Mushroom



Avocado



Bacon



Tomato



Swiss



Cheddar



Beetroot



Cucumber



Tomato – Bbq - Sweet Chilli – Hollandaise - Mustard - Mayo

CHIPS



BOWL

Plain \$6.10
 Seasoned \$6.60



SIDE

Plain \$3.10
 Seasoned \$3.60

GOLD DRINKS

Blend-ups \$6.50



Coffee



Caramel



Mocha



Hazelnut



Choc Hazelnut



Chocolate



White Choc



Chai

Specialty Shakes \$6.80



Banana + Honey + Muesli



Banana + Malt



Banana Smoothie



Choc + Banana + Coconut



Snickers

Frozen Concoctions \$6.60



Watermelon + Strawberry Slushy



Coco Mango



Strawberry + Pine + Coco



Kiwi + Mint



Orange + Passion



Fruit Salad



Watermelon + Strawberry + Pineapple

Shake \$6.20



Choc



Vanilla



Caramel



Mocha



Butterscotch



Hazelnut



Coffee

Fresh Juices \$6.90



Orange



Apple



Carrot



Watermelon



Mint



Lemon



Celery



Ginger



Pineapple



Beetroot

HOT DRINKS



Short Black	 \$3.50	
Long Black	 \$4.00	 \$4.50
Flat White	 \$4.00	 \$4.50
Latte	 \$4.00	 \$4.50
Cappuccino	 \$4.00	 \$4.50
Mocha	 \$4.10	 \$4.60
Hot Chocolate	 \$4.10	 \$4.60
Chai Latte	 \$4.10	 \$4.60
Short Macchiato	 \$3.70	
Long Macchiato	 \$3.90	 \$4.40
Vietnamese	 \$4.10	 \$4.60
Vienna	 \$4.10	 \$4.60
Affagato	 \$4.10	



Earl Grey; English Breakfast; Orange Pekoe; Morning Tea; Chai; Madagascan Vanilla; Monk Pear



Sensha; Jasmine; Mint Mix



Turkish Apple; Lemongrass & Ginger; Detox; Chamomile

What's all folks!!

