

MENU

@BENTWOODFITZROY

SMOOTHIES

Peanut Butter and Banana Smoothie 12.0
banana, peanut butter, cacao, honey and almond milk. (VO, GF)

Mango Smoothie 12.0
mango, coconut milk, yoghurt and honey. (VG, GF)

SHAKES (SERVED WITH MALT) 10.0
Nutella, Strawberry, Vanilla, Salted Caramel, Chocolate, Espresso
Alternative milks +1.5

COFFEE

By Inglewood Coffee Roasters

Single Origin Espresso 4.2
Single Origin Long Black 4.7
Sunset Blvd with Milk 5.2
Turmeric Latte 6.0
Matcha Maiden Latte 6.0
Hot Chocolate, Mocha 5.2
Cold Brew 5.2
Batch Brew 5.0
Iced Coffee or Chocolate with ice cream 8.0
Prana Chai 6.5

Alternative Milks +1.0
Decaf +1.0

TEA 4.5

English Breakfast, Earl Grey, Chamomile, Peppermint, Green, Lemongrass and Ginger

JUICES AND DRINKS

Bobby Prebiotic Soft Drink
Cola, Berry 4.5
Kombucha 6.0
Drinking Coconut 7.5
Orange Juice 7.0
Apple Juice 6.0
Mango Juice 7.0
Coke, Diet Coke, Sprite, Solo 4.5

COCKTAILS

Peachy Summer 10.0
Prosecco and Orange Juice

Mimosa 9.0
Prosecco and Orange Juice

Bloody Mary 10.0
Classic Breakfast Cocktail

Espresso Martini 10.0
Vodka, Kahlua and Inglewood Coffee

Aperol Spritz 10.0
Aperol, Prosecco, Soda and Citrus

Sparkling Sangria Glass 10.0
Sangria Wine, Rum and Citrus

Gin and Tonic 10.0
Vodka, Lime and Soda 10.0

WINE

Tread Softly Prosecco 8/32
Mandoletto Pinot Grigio 8/35
Bleeding Heart Sauvignon Blanc 9/36
Palmetto Barossa Shiraz 9/36

BEER

Furphy 7
Pure Blonde 7
Corona 7
Somersby Apple Cider 7

FOOD

Toast 9.5
choice of sourdough, multigrain or fruit toast.
Gluten Free +2.2 | Nutella +1.0

Eggs Your Own Way On Toast 14.0
free range eggs your way.

Strawberry and Granola Acai Bowl 20.0
choice of peanut butter or nutella, acai, strawberry, banana, coconut, cocoa nibs and granola. (VG, N)

Blueberry and Banana Acai Bowl 20.0
peanut butter, acai, blueberry, banana, coconut, hemp seeds and buckwheat granola.
(V, VG, N, GF) Add Nutella (N) +3.0

Goji Nut Crunch Porridge 20.0
cherry labneh, figs, quinoa, buckwheat goji nut crunch and maple syrup. (VG, N)

Chilli Scrambled Eggs 23.0
with bacon, bird's eye chilli, coriander, cherry tomatoes, Vietnamese mint, fried shallots and parmesan on sourdough.
(GFO, VGO)
Add potato rosti +4.0

Churro Waffles 22.5
hot cocoa fudge sauce, vanilla ice cream, salted caramel and strawberries. (VG)

Prawn and Kimchi Omelette 25.0
kimchi braised prawns, kewpie mayo, sprouted bean asian salad, coriander, chilli and fried shallots on sourdough. (GFO)

Hotcakes 23.0
blossom hotcakes, raspberry curd, dark chocolate meringue, strawberries, freeze dried raspberries and vanilla mascarpone. (VG)
Add bacon +3.5

Brunch Bowl 22.0
quinoa, yoghurt, kale, haloumi, avocado, black dukkah, cherry tomatoes, poached egg and pita chips. (VG, GFO, N)
Add salmon +3.5 | Add bacon +3.5

Eggplant Caponata 23.0
with capsicum, cherry tomatoes, mint, sumac labneh, burnt chilli butter and a poached egg on thick cut sourdough.
(VG, GFO). Add bacon +3.5

Eggs Benny 23.0
pulled braised beef brisket, two poached eggs, chipotle hollandaise and sweet potato fries on cornbread waffles. (GFO)
Add mushrooms +3.5

Seeded Smashed Avo 21.5
pumpkin and sunflowers seeds, black sesame, lime, feta, pomegranates and chilli oil on thick cut multigrain. (VG, VO, GFO)
Add egg +2.5 | Add bacon +3.5

Vegan Option 21.5
with vegan feta. (V)

FOOD

Prawn Po Boy 24.0
grilled prawns, jalapeño lime sauce, remoulade, shredded white cabbage and tomato on a warm brioche roll.
Add chips +3.5

Southern Fried Chicken Burger 22.0
chipotle mayo, slaw, smoked cheese on a milk bun with cajun chips.

Falafel Salad 22.0
quinoa, tabouli, kale, spiced chickpeas, pumpkin hummus, green tahini dressing, pickled red onion and chili. (V, VG)

Braised Lamb 24.0
pulled slow cooked lamb shoulder, roasted pumpkin, hummus, pomegranates, quinoa tabouli salad and feta with house dressing.

KIDS MENU

Dippy Eggs and Soldiers 9.5

Mini Cheese Omelette 10.5
on sourdough (GFO).

Baby Doughnut Waffle 10.5
Ice cream, choc fudge sauce.

SIDES

Hash Browns (VG, V) / Potato Rosti (VG) 5.5
Mushrooms (VG, GF, V) 5.0
Extra Egg (VG, GF) 3.5
Haloumi (VG, GF) / Avocado (VG, GF, V) 5.5
Smashed Avocado and Feta (GF) 6.0
Short Cut Bacon (GF) 5.5
Roast Tomatoes (GF, V) 4.5
Smoked Salmon (GF) 6.0
Chipotle Hollandaise (VG, GF) 4.5
Tomato Relish (VG) 4.5
Feta (VG, GF) / Vegan Feta (VG, GF, V) 4.5
Chips with Aioli (VG) 10.0

GF - Gluten Free GFO - Gluten Free Option
VG - Vegetarian VGO - Vegetarian Option
V - Vegan VO - Vegan Option N - Nuts

10% surcharge on weekends.
20% surcharge on public holidays.
We are proud to pay our hardworking team the award which is why we include a surcharge on these days.

No split bills on weekends or public holidays. No alterations to menu items.

All food is prepared in a kitchen where nuts, gluten and other known allergens may be present.

Our team and our suppliers take caution to prevent cross-contamination, however, any product may contain traces. If you have a food allergy, please make this known at the time of ordering.