

MENU

COFFEE

Espresso	4.9
Long Black	5.0
Piccolo	5.0
Short Macchiato	4.9
Cappuccino Latte Flat White	5.5

Coffee Supplements	
Immunity Booster	2.0
Kickstart Oil	2.0
BULLETPROOF COFFEE	3.5
Immunity Booster+ Kickstart Oil	

Malibu Chai	6.5
Turmeric Latte	6.0
Matcha Maiden Latte	7.0
Hot Chocolate, Mocha	5.5
Cold Brew	6.5
Batch Brew	6.5

Iced Coffee or Chocolate with Ice Cream	7.0
	8.0

Alternative Milks	0.6
Iced	0.6

TEA BY MALIBU

english Breakfast, earl grey, sencha green, peppermint, lemongrass & ginger, chamomile

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)	

Green Smoothie	12.0
mango, banana, cucumber, mint and spinach	

MILKSHAKES (SERVED WITH MALT)

nutella, strawberry, vanilla, salted caramel, chocolate, espresso, Blue Heaven	9.0
Alternative milks +1.5	

COLD DRINKS

BOBBY PREBIOTIC SOFT DRINK	
Berry, Ginger Beer	4.5
Coke, Diet Coke, Sprite, Solo	4.5

JUICE

Orange Juice	7.5
Apple Juice	7.5
Mango Juice	7.5

FOOD

Toast	11.2
your choice of sourdough or multigrain served with butter and condiments. Gluten Free +2.0	

Eggs Your Way	15.9
fried, scrambled or poached eggs served on toasted sourdough or multigrain (V/GF)	
Add Avo +4.5 Bacon +4.5	

Blueberry and Banana Acai Bowl	22.5
peanut butter, acai, blueberry, coconut, macadamia nut granola (VG/N/GF) Add Nutella +3	

Smashed Avocado	23.9
feta on seeded sourdough (VG, VO), pumpkin hummus, pickled radish, dukkah, cherry tomatoes, pomegranate (VG, VO, GFO)	
add egg +4 add bacon +4.5	
Vegan Option	
with vegan feta. (V)	

Crispy Zucchini Fritters	23.7
grated zucchini, corn, mixed herbs, smashed avocado, bacon, and poached egg, Onion Tomato corn salsa (VGO)	

Chilli Scrambled	24.7
bacon, chilli, coriander, Vietnamese mint, chilli oil, parmesan, shallots on sourdough (VGO, GFO)	
Add rosti +4.0	

French Toast	23.5
cinnamon brioche, almond crumble, ice cream, seasonal fruit, lemon curd (VG/N)	
Add bacon +4.5	

Eggs Benedict	24.2
smoked beef brisket, rosti, hollandaise sauce and side of smokey bbq sauce Add Mushroom +4	

LUNCH

Cuban Toastie	20.9
shaved ham, pulled mojo pork, dijon, cheese, pickles on toasted thick cut sourdough (GFO)	
Add chips +4.0	

Quinoa & Kale Bowl	23.5
quinoa, yogurt, kale, halloumi, avocado, spice dukkah, cherry tomato & poached egg (VG. VGO, GF)	
Add Poached Chicken +\$5 Add Bacon +4.5	
Add Smoked Salmon +\$5.5	

Herbed Mushroom	24.4
sautéed herbed mushrooms and broccolini, creamy yoghurt, soft fried egg, drizzle of chilli oil and crispy sweet potato, served with a slice of toasted multigrain	

Super Green Bowla	24.5
sauteed broccolini, asparagus, kale, avocado, pumpkin hummus, poached egg, gomasio, and miso dressing (VG VO) Add mushrooms +4.0	

Grill Chicken Salad	25.2
chicken, lettuce, slaw, cherry tomato, avocado, caramelised pineapple, cucumber with sweet chilli lemon dressing	

Soba Noodle Spring Salad	24.6
black sesame seeds, slaw, spring veg, edamame beans, gomassioa and miso dressing (VG)	
Add egg +4 Add Chicken +5	

BURGER

Fried Chicken Burger	24.7
with chipotle aioli, slaw, house pickles, burger cheese on a milk bun + handful of chips	

Wagyu Beef Burger	26.8
tomatoes, house pickles, cos lettuce, burger cheese, bentwood burger Sauce , milk bun + handful of chips	
Add egg +4 Add bacon +4.5	

Vego Lover Burger	24.6
golden zucchini patty, grilled halloumi, beetroot relish, spicy mayo, fresh onion, tomato and crisp lettuce, served in a toasted bun with chips.	

Reuben Sandwich	20.9
smoked brisket, sauerkraut, Swiss cheese and American mustard on toasted thick-cut sourdough. Add chips +4.50	

KIDS MENU

Waffle	10.0
belgium waffle, maple, ice cream (VG)	

Dippy Eggs (VG, GFO)	12.0
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Chicken Nuggets and Chips	11.0
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Cheese Burger	18.0
beef patty , milk bun, cheese ,ketchup with fries	

SIDES	
Hash Browns (VG, V) / Potato Rosti (VG)	5.5
Mushrooms (VG, GF, V)	5.5
Extra Egg (VG, GF)	4.9
Haloumi (VG, GF) / Avocado (VG, GF, V)	5.5
Smashed Avocado and Feta (GF)	6.0
Short Cut Bacon (GF)	5.5
Garlic Spinach	4.0
Roast Tomatoes (GF, V)	5.5
Smoked Salmon (GF)	6.5
Bearnaise Hollandaise (VG, GF)	3.5
Tomato Relish (VG)	3.5
Feta (VG, GF) / Vegan Feta (VG, GF, V)	4.5
Chips and aioli	11.0

GF - GLUTEN FREE | GFO - GLUTEN FREE OPTION
VG - VEGETARIAN | VGO - VEGETARIAN OPTION
V - VEGAN | VO - VEGAN OPTION | N - CONTAINS NUTS

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

COCKTAILS

Bloody Mary Vodka, lemon, spice mix, tomato juice	18.0
Aperlo Spritz Aussie Bitter Aperitif, prosecco, soda	17.0
Espresso Martini Vodka, coffee, coffee liqueur	19.0
Gin and Juice Gin, apple juice	16.0
Mimosa Prosecco, orange juice	14.0

WINE

Y Seies Pinot Grigio	12.0	55.0
Ingram Rd Heathcote Shiraz	13.0	60.0
Maschio Prosecco	12.0	52.0

BEER

Balter XPA	11.0
Great Northern	10.0
Travla	10.0

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

10% Surcharge on weekends.
20% Surcharge on public holidays.

FUNCTIONS

Make your next event one to remember.

Our captivating, light filled space at Bentwood is the perfect setting for your next function or event.

Please speak to our friendly team for more information or e-mail us at touchbase@bentwoodfitzroy.com.au



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