

# COFFEE & DRINKS

EAT. DRINK. BE SOCIAL

## COFFEE

COFFEE	S	L
SHORT BLACK/RISTRETTO	3.3	-
MACCHIATO/PICCOLO	3.8	-
CAPPUCCINO/LATTE/FLAT WHITE LONG BLACK	4.0	4.7
MOCHA/HOT CHOCOLATE	4.6	5.2
AFFOGATO	4.5	-
BABYCINO Served with marshmallow		1.5
ALTERNATIVE MILKS SOY/ALMOND MILK/ LACTOSE FREE *Macchiato/Piccolo 0.5	0.7	0.9
EXTRAS ESPRESSO SHOT/DECAF/CARAMEL/HAZELNUT/VANILLA SYRUP		0.9

## TEA

ENGLISH BREAKFAST		4.0
EARL GREY		
CHAMOMILE		
PUNJABI CHAI		
GREEN & JASMINE		
PEPPERMINT		

## SUPERFOOD LATTES

	S	L
CHAI LATTE	4.6	5.1
TARO LATTE	4.6	5.1
TURMERIC LATTE	4.6	5.1
MATCHA LATTE	4.6	5.1

## CRUSHED

WATERMELON & PASSIONFRUIT CRUSH Fresh watermelon, lemon, passionfruit & ice	8	
PINEAPPLE & MANGO CRUSH Pineapple, mango, lemon & ice	8	
LEMON, MINT & LYCHEE CRUSH Lychee, lemon, mint, coconut & ice	8	

## COLD DRINKS

ICED LATTE Double shot of espresso served over milk and ice	6.8
ICED COFFEE/CHOCOLATE/MOCHA/CHAI/TARO/MATCHA Milk & ice-cream	7.0
ICED LONG BLACK Double shot of espresso served over water and ice	6.0
COLD BREW	6.0
SOFT DRINKS Coke/Coke Zero/Sprite/Sparkling Water/Bottled Water	3.5
LEMON, LIME & BITTERS	5.5
KIDS MILKSHAKES Chocolate/Caramel/Strawberry/Vanilla	4.2
MILKSHAKES Chocolate/Caramel/Strawberry/Vanilla + Make it a thickshake 2	5.5
PEACH & PASSIONFRUIT ICED TEA	7.0
WATERMELON & POMEGRANATE ICED TEA	7.0

## JUICE BAR

OJ/APPLE/WATERMELON	7.7
SUMMER LOVIN' Passionfruit, orange, pineapple & mint	7.7
SKITTLES Strawberry, watermelon, orange & apple	7.7
IMMUNITY BOOSTER Carrot, ginger, turmeric, orange & lemon	7.7
GREEN ELIXIR Kale, spinach, apple & cucumber	7.7

## BLENDED

BANANA BREAKFAST SMOOTHIE Milk, banana, honey and ice blended and topped with fresh banana and chia seeds + Add ice-cream 0.7	8
ACAI SMOOTHIE Amazonian acai, banana, coconut water topped with crunchy granola, coconut & seasonal fruit	12
FRAPPES Nutella/Espresso/Mocha	8

ESPRESSO  WARRIORS

ESPRESSO  WARRIORS

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# BREAKFAST

EAT. DRINK. BE SOCIAL

# LUNCH

SINCE 2014

## CLASSICS

<b>TOAST [V]</b> <b>MICHE SOURDOUGH/WHITE/WHOLEMEAL/RAISIN/TURKISH</b> With your choice of butter, vegemite, jam, peanut butter or honey on the side	<b>5</b>
<b>EGGS YOUR WAY [V]</b> Your choice of poached, scrambled or fried eggs served on toasted miche sourdough	<b>11</b>
<b>BACON &amp; EGG ROLL</b> Bacon and egg on a milk bun, with your choice of tomato or BBQ sauce	<b>9</b>
<b>HANGOVER BURGER</b> Crispy bacon, fried egg, a golden hash brown, melted tasty cheese and tomato relish on a toasted milk bun	<b>12</b>
<b>AVOCADO SMASH [V]</b> Smashed avocado, heirloom cherry tomatoes and feta with a poached egg served on toasted miche sourdough with beetroot hummus and a lemon wedge	<b>17</b>
<b>GOLDEN EGGS BENE</b> Deep-fried panko-crumbed poached eggs (2) and baby spinach; served on toasted miche sourdough with hollandaise and your choice of either; bacon OR chorizo OR mushrooms [V] + add cured salmon	<b>18</b> <b>4.5</b>
<b>HUNGRY WARRIOR</b> Eggs your way, bacon, sliced avocado, pan-fried mushrooms, tomatoes, sautéed kale, hash browns (2), chorizo and tomato relish served with toasted miche sourdough	<b>26</b>
<b>CLASSIC PANCAKES [V]</b> Pancakes, maple syrup, strawberries, banana and a scoop of vanilla ice-cream + add bacon	<b>16</b> <b>4</b>

## SOMETHING DIFFERENT

<b>VEGE OMELETTE [V]</b> A cheesy omelette with red capsicum, mushroom, onion, baby spinach and feta + add bacon/chorizo + add cured salmon	<b>17</b> <b>4</b> <b>4.5</b>
<b>BREAKFAST STACK</b> Toasted sourdough, stacked with sautéed kale, avocado, sliced tomato, bacon, poached eggs (2) and melted cheese; served with a balsamic glaze	<b>17</b>
<b>MEDITERRANEAN EGGS</b> Poached eggs (2) and chorizo, served on a bed of beetroot hummus, spanish onion, cherry tomatoes, feta and rocket salad with sourdough	<b>17</b>
<b>CORN &amp; ZUCCHINI FRITTERS [V]</b> Sweet corn and zucchini fritters, topped with a poached egg, rocket, avocado, tomato relish, pesto and a wedge of lemon + add bacon/chorizo/grilled haloumi + add cured salmon	<b>17</b> <b>4</b> <b>4.5</b>
<b>A-SIGH BOWL [VG]</b> Amazonian acai blended with coconut water and banana; topped with chia seeds, coconut flakes, granola, nuts and seasonal fruit + add peanut butter	<b>17</b> <b>1</b>



<b>EXTRAS</b>	
FETA/HOLLANDAISE/TOMATO RELISH/GARLIC AIOLI	<b>1.5</b>
GLUTEN FREE BREAD	<b>1.5</b>
EGGS (2)/HASH BROWNS (2)/ MUSHROOMS/SPINACH	<b>3.5</b>
AVOCADO/BACON/HALOUMI/CHORIZO/GRILLED CHICKEN	<b>4</b>
CURED SALMON	<b>4.5</b>

**V** = VEGETARIAN  
**VG** = VEGAN

\*Gluten Free options available  
\*All dishes may contain traces of nuts, seeds and seafood.

## TOAST TOPPERS

<b>VEGO DELIGHT [VG]</b> Toasted sourdough topped with spiced roast pumpkin, grilled broccolini, crushed walnuts and hummus + add grilled haloumi [V]	<b>16</b> <b>4</b>
<b>CHICKEN AVO MELT</b> Toasted sourdough topped with smashed avocado, grilled chicken, spinach, sliced tomato and melted cheese	<b>17</b>
<b>MUSHROOM BRUSCHETTA [V]</b> Toasted sourdough topped with mixed mushrooms, feta, garlic, basil and balsamic glaze	<b>16</b>

## MAINS

<b>CHICKEN SCHNITZEL</b> Chicken breast fillet crumbed and herbed served with a side of chips, salad and gravy + make it a parmi <i>napoletana sauce, ham and melted cheese</i>	<b>17</b> <b>5</b>
<b>BACON WRAPPED CHICKEN</b> Chicken breast wrapped in grilled bacon, served with roast pumpkin, grilled broccolini and hollandaise	<b>19</b>
<b>STEAK SANDWICH</b> Grilled steak fillet with caramelised onion, red capsicum, lettuce, BBQ sauce on turkish bread served with a side of chips	<b>17</b>
<b>FISH &amp; CHIPS</b> Beer battered fried fish fillets, served with chips, tartar sauce and side salad	<b>17</b>

## BURGERS

<b>GRILLED CHICKEN BURGER</b> Grilled chicken breast with avocado, mixed salad, tasty cheese and aioli on a milk bun served with chips	<b>16</b>
<b>WARRIOR BURGER</b> Beef patty, fried egg, cheese, lettuce, caramelised onion, tomato with BBQ sauce on a milk bun served with chips	<b>18</b>



## BOWLS

<b>LEAN &amp; MEAN BOWL</b> Grilled Portuguese chicken, sweet potato, sautéed kale, cherry tomatoes and spanish onions; topped with two poached eggs and citrus vinaigrette + add bacon/chorizo + add cured salmon	<b>17</b> <b>4</b> <b>4.5</b>
<b>VEGELICIOUS [VG]</b> Quinoa, broccolini, carrot, pumpkin, kale, beetroot mix, beetroot hummus and zucchini noodles with citrus vinaigrette + add grilled chicken/haloumi	<b>17</b> <b>4</b>
<b>PUMPKIN &amp; FETA SALAD [V]</b> Spiced and roasted pumpkin, served on a bed of rocket, cherry tomatoes, avocado, feta and walnuts drizzled with citrus vinaigrette + add grilled chicken	<b>16</b> <b>4</b>
<b>SOY SWEET CHILLI SALMON</b> Grilled salmon fillet on a bed of brown rice, roasted almonds, kale, onion, red capsicum, sweet potato and broccolini	<b>19</b>
<b>CAESAR SALAD</b> Baby cos, parmesan cheese, bacon, croutons and a poached egg with caesar dressing + add grilled chicken	<b>16</b> <b>4</b>

## KIDS MENU

For children under 12 years of age.

All kids meals come with a freshly squeezed apple OR orange juice

<b>BIG BREAKFAST</b> Bacon, scrambled eggs, hash brown, white toast and tomato sauce	<b>13</b>
<b>MESSY HOTCAKE</b> Pancake, with maple syrup, strawberries and vanilla ice-cream	<b>13</b>
<b>CHEESY TOASTIE</b> Classic cheese toastie on white bread with chips OR apple sticks	<b>13</b>
<b>CHICKEN NUGGETS</b> Crispy chicken nuggets (6) and tomato sauce with chips OR apple sticks	<b>13</b>

