

BREKKIE • ALL DAY

- **SOURDOUGH TOAST (X 2) / 8.50**
white, seeded or rye sourdough, white gluten free, charcoal (gf), choose your condiments, usual line up
- **FIG & RAISIN TOAST (X 2) / 9.00**
ADD ricotta & honey 3.00
- **EGGS YOUR WAY ON TOAST / 14.00**
be the cook - poached, fried, scrambled or egg white scrambled
ADD sides to build a brekkie...
 - extra egg 3.50 each item
 - ricotta / feta / roast tomatoes 4.00 each item
 - avo / sautéed kale / house beans / hash browns (x2) 5.00 each item
 - salmon gravlax / halloumi / bacon / chorizo / confit mushrooms 6.00 each item
 - falafel (x3) 9.00 **(VEGAN) (GF)**
- **CHILLI CRAB SCRAMBLED EGGS / 25.50**
blue swimmer crab, spring onion, sliced avocado, scrambled eggs, toasted bagel, house made chilli oil (contains sesame)
- **TOOTY FRUITY FRESH FRUIT BOWL / 14.00**
ADD yoghurt 3.00
ADD granola 3.50
ADD coconut yoghurt 4.00
- **BLACK STICKY RICE BOWL / 19.00 (V)**
black sticky rice, passionfruit curd, banana, berries, coconut crumble
go vegan: no curd / **go gluten free:** no crumble
- **SOOKY DOOKY BACON SMASH / 24.00**
2 poached eggs, chopped bacon, smashed avo & feta on sourdough, house dukkah, apple balsamic reduction. swap bacon for halloumi, mushrooms or salmon gravlax. (contains nuts)
ADD charcoal toast 3.00
- **SOY GARLIC MUSHROOMS ON SOURDOUGH / 24.00 (V)**
toasted sourdough, garlic teriyaki mushrooms, herb cream cheese, poached eggs, spring onion, sesame seeds, crispy shallots (contains sesame)
- **SUPER AÇAÍ 5.0 SMOOTHIE BOWL / 19.50**
açai with chia, supernuts, granola, coconut, banana & seasonal fruit
ADD warm peanut butter | nutella | biscoff 2.00
- **STICKY DATE PANCAKE / 23.50**
warm butterscotch caramel, macadamia semifreddo, macadamia tuille shards, seasonal fruit, berry compote (contains nuts)
- **THE CLASSIC BACON & EGG BUN / 11.00**
bacon, egg, bbq sauce, tasty cheese
ADD smashed avocado 2.00
ADD hash brown 2.00
- **VALENTINA BREKKIE PANINI / 15.50**
toasted panini, guac, herb aioli, baby spinach, over easy egg, grilled rodriguez chorizo, swiss cheese, valentina sauce

- **ONE PAN BREAKKY / 26.00**
eggs your way, bacon, chorizo, hash browns, confit mushrooms, grilled tomato & sourdough in hot skillet
ADD halloumi 6.00
ADD avocado 4.50
- **VEGETARIAN BIG BREAKFAST / 26.00 (V)**
eggs your way, sautéed kale & broccolini, halloumi, hash browns, confit mushrooms, grilled tomato & sourdough in hot skillet
ADD house beans 4.50
- **HUEVOS RANCHEROS / 19.50 (V) ADD PROTEIN**
oven roasted tomato chipotle ranchero sauce (it's a little spicy) pico de gallo, oaxaca cheese, sliced avocado, poached eggs, served with warm tortilla

LUNCH • FROM 11AM

- **THE GRAND ANGUS / 26.50**
grand angus beef pattie, coral lettuce, burger cheese, smokey barbeque sauce, maple aioli, house made pickles, crispy onions rings on a toasted milk bun served w fries
- **THE AMERICAN / 26.50 (NF)**
southern style fried chicken, burger slaw, swiss cheese, house made pickles, herb aioli, toasted milk bun served w fries
- **CHICKEN AND RICE / 26.50 (GF)**
Grilled chicken, pepperonata, fried egg, sautéed rice, corn, snow peas, broccolini, roasted almonds
- **CRAB LINGUINI / 30.00**
linguini tossed with blue swimmer crab, chilli, garlic, roast tomato sugo, baby spinach
- **GRILLED MARINATED WARM TIGER PRAWN SALAD / 28.50 (GF)**
marinated tiger prawns, charred romesco sauce, swiss chard, spinach purée, halloumi, roasted chat potatoes, roasted macadmia (contains nuts)
- **SIGNATURE SALMON SALAD / 28.50 (DF) (GF)**
grilled atlantic salmon, whipped chipotle & cashew purée, coriander, roast sweet potato, currants, cucumber, white cabbage, sweet corn, spring onion, dijon dressing, apple balsamic reduction
- **VITALITY BOWL / 19.50 (V)(GF)(DF) ADD PROTEIN**
garlic rice, spiced sweet potato, broccolini, kale, roasted beetroot, red bean purée, nut mix (contains nuts)
- **THE VILLAGE SALAD / 18.50 (DF) (V) ADD PROTEIN**
swiss chard, couscous, heirloom cherry tomatoes, cucumber, red capsicum hummus, pickled red cabbage, tabouleh, green olives, fried tortilla bread (contains sesame)

ADD PROTEIN TO ANY DISH

- ADD** salmon fillet 12.00
- ADD** poached egg 3.50
- ADD** prawns (x3) 10.50
- ADD** chorizo 6.00
- ADD** chicken fillet 9.00
- ADD** prawns (x3) 10.50
- ADD** falafel (x3) 9.00 **(VEGAN) (GF)**
- ADD** halloumi (x2) 6.00 **(V)**

SIDES

shoestring fries 7.00 | sweet potato fries 8.00

SWEETS & TREATS please see all our housemade desserts

df - dairy free | gf - gluten free | nf - nut free | v - vegetarian | vegan (please ask for vegan options) | Our chicken and beef is halal certified

KIDS DINING served with a fruit popper

- kids fruit salad - 8.00
- kids fried egg & bacon - 10.00
- junior hotcakes with fresh berries & maple syrup - 12.00
ADD ice cream 1.0

- chicken nuggets & fries - 14.00
- cheese burger with beef pattie, tomato sauce & fries - 15.00
- kids pasta served with fresh tomato sugo & parmesan - 14.00

SOUP OF THE DAY
CHECK SPECIALS BOARD



◉ SPECIALITY BY FRIENDS OF OURS ◉

- ristretto / espresso / 4.20
- long black / 4.80

◉ HOT ◉

- macchiato / piccolo / 4.30
- flat white / cappuccino / latte / chai latte / turmeric latte / mocha / 4.80
- whoopi (double ristretto 3/4 latte) / 4.80
- hot chocolate sw marshmallows / 5.00
- hot biscoff sw crumbled biscoff / 5.00
- mr potato head baby cino (served with marshmallows) / 3.00
- extra shot / soy / decaf / almond / oat / macca / mug / caramel / vanilla / hazelnut 1.00 extra

◉ LOOSE LEAF HERBAL TEAS ◉ / 5.00

jasmine green / peppermint / chamomile / lemongrass ginger / english breakfast / earl grey / 5.00
malabar chai infused / 6.50

◉ SMOOTHIES ◉

- **BANANA SMOOTHIE**
with honey, cinnamon & milk / 9.50
- **BERRY, BERRY NICE SMOOTHIE**
mixed berries with ice & a splash of milk / 9.50
- **AÇAÍ BREKKIE SMOOTHIE**
acai, banana, granola & almond milk (DF) / 10.00
- **SAM'S SUPER SMOOTHIE (DF)** banana, peanut butter, coconut water, protein, honey & cinnamon / 10.00

CUPANDCOOK.COM.AU

OPEN 7 DAYS 6:30AM - 3:00PM

f @ CUPANDCOOK

Please note that during peak periods you may incur longer waiting time. We appreciate no changes to menu during peak periods. 15% surcharge applies on Public Holidays.

DRINK ME



◉ FRESHLY SQUEEZED JUICES ◉

- freshly squeezed apple juice / 9.00
- freshly squeezed orange juice / 9.00
- freshly squeezed apple, pear & mint juice / 9.00
- 'revitaliser' mixed seasonal fruit / 9.00
- 'roger rabbit' carrot, apple, lemon, ginger, turmeric / 9.50
- 'winter green' kale, apple, pineapple, cucumber / 9.50
- 'Immunity hot shot' orange, ginger, honey, lemon and tumeric served warm / 7.00

◉ FRAPPÉS ◉

- greek style frappé / 8.00
- freddo espresso / 8.00
- freddo cappuccino / 9.00
- 'tropical slushie' passionfruit & mango blended with ice (df) / 9.50
- 'bay sunrise' organic strawberry, mango, kiwi and pineapple (df) / 9.50

◉ COLD ◉

- iced coffee blended with ice cream / 9.00
- iced chocolate blended with ice cream, chocolate decadence / 9.00
- iced mocha coffee & chocolate blended with ice cream / 9.00
- nutella thickshake / 9.50
- big peeps sized milkshake / 7.00
- little peeps sized milkshake / 5.00
- coke / coke sugar-free / lemonade / fanta / lemon, lime & bitters / 4.50
- mineral water / 4.50
- alkanline water / 4.50
- kids poppers (apple or orange) / 2.50

◉ STRONGER THAN COFFEE ◉ served from 10am

◉ WHITES ◉

- scarborough chardonnay, hunter valley
- the better half, sauvignon blanc, malborough nz
- trentnam piccolo prosecco 200ml / 11

◉ REDS ◉

- bud burst shiraz, barossa valley
- chain of ponds, section 400 pinot noir, adelaide hills
- scarborough rosé

**all wines | glass / 11.00
bottles / 45 | spirits available**

◉ COCKTAILS ◉

- **kitty kat vanilla martini / 18**
absolute vanilla, lemon, apple juice and sour monkey
- **espresso martini / 18**
gabriel coffee, vodka and kahlua
- **tooty fruity frozen fruit daiquiri / 18**
bacardi, mango liquor, pineapple, mango, kiwi and strawberries blended
- **young henry's gin and tonic / 12**
with a hint of pink grapefruit and thyme
- **negroni / 18**
sweet vermouth, gin and campari
- **traditional margarita / 18**
tequila, cointreau and fresh lime
- **jaja's mimosa / 18**
prosecco and fresh orange cubes

◉ BEER ◉

- young henrys newtowner pale ale / 9.50
- young henrys natural lager / 9.50
- young henrys cloudy apple cider / 9.50