

DRINKS

HOT

- macchiato / piccolo / 5.00
- flat white / cappuccino / latte / chai latte / turmeric latte / mocha / 5.50
- whoopi (double ristretto 3/4 latte) / 6.00
- hot chocolate sw marshmallows / 5.50
- hot biscoff sw crumbled biscoff / 5.50
- mr potato head babyccino (sw marshmallows) / 3.00
- extra shot / soy / decaf / almond / oat / macca / mug / caramel / vanilla / hazelnut 1.00 extra

LOOSE LEAF JUMBO POTS

jasmine green / peppermint / chamomile / lemongrass ginger / english breakfast / earl grey / 7.00
malabar chai infused / 8.00

GABRIEL'S FINEST ORIGINS

- ristretto / espresso / 4.50
- long black / 5.00
- filter / 5.00 (weekends only)

COLD

- iced coffee blended with ice cream / 9.50
- iced chocolate blended with ice cream, chocolate decadence / 9.50
- iced mocha coffee & chocolate blended with ice cream / 9.50
- freddo espresso / 6.50
- freddo cappuccino / 7.50
- nutella thickshake / 11.00
- big peeps sized milkshake / 8.00
- little peeps sized milkshake / 6.00
- coke / coke sugar-free / lemonade / fanta / lemon, lime & bitters / 5.00
- perrier mineral water / 5.00
- fiji water / 4.50
- kids poppers (apple or orange) / 2.50

FRAPPÉS

- greek style frappé / 7.00
- 'tropical slushie' passionfruit & mango blended with ice (DF) / 11.00

SMOOTHIES

- **BANANA SMOOTHIE**
with honey, cinnamon & milk / 10.00
- **BERRY, BERRY NICE SMOOTHIE**
mixed berries with ice & a splash of milk / 10.00
- **AÇAÍ BREKKIE SMOOTHIE**
acai, banana, granola & almond milk (DF) / 12.00
- **SAM'S SUPER SMOOTHIE (DF)**
banana, peanut butter, coconut water, protein, honey & cinnamon / 12.00
- **MANGO SMOOTHIE**
kensington pride mangoes, cavendish bananas & vanilla yoghurt / 10.00

FRESHLY SQUEEZED JUICES

- freshly squeezed apple juice / 9.50
- freshly squeezed orange juice / 9.50
- freshly squeezed apple, pear & mint juice / 9.50
- 'revitaliser' mixed seasonal fruit / 9.50
- 'roger rabbit' carrot, apple, lemon, ginger, turmeric / 10.00
- 'the lean green' kale, apple, pear, cucumber / 10.00
- 'hot immunity juice' orange, ginger, honey, lemon & turmeric served warm / 7.00

CATERING & EVENTS

From your next work meeting, to a special event at your home or venue, or a celebration in style at Cup, we have menus to meet your needs. Scan the QR code to view our current menus



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.



BREKKIE

ALL DAY

- **TOAST / 8.50**
white, seeded or raisin, fig & apricot sourdough, seeded bagel, panini, gluten free (x2), choose your condiments, usual line up
ADD ricotta & honey 3.00
- **EGGS YOUR WAY ON 2 PIECES OF TOAST / 16.00**
be the cook – poached, fried, scrambled or egg white scrambled
ADD sides to build a brekkie...
 - extra egg 4.00 each
 - ricotta / feta / roast tomatoes 4.00 each item
 - avo / sautéed kale / house beans / hash browns (x2) 5.00 each item
 - house smoked salmon gravlax / cypriot made halloumi / bacon / chorizo / roasted mushroom 6.00 each item
- **TOOTY FRUITY FRESH FRUIT BOWL / 14.00**
ADD yoghurt 3.00
ADD granola 3.50
ADD coconut yoghurt 4.00
- **SOOKY DOOKY BACON SMASH / 26.50**
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)
- **BREAKFAST PANINI / 18.50**
chicken sausage patty, sriracha mayo, guacamole, baby spinach, over-easy egg, swiss cheese & red onion jam (option to swap chicken sausage for smokey chorizo)
- **WILD PESTO MUSHROOM TOAST /21.50 (V)**
toast, basil pesto, wild mushroom medley, caramelised onions, sous vide eggs, rocket, goats cheese, fresh lime, puffed brown rice
- **BLUEBERRY PANCAKE / 19.50 (V) (NF)**
whipped ricotta & lemon cream, green apple, pear, & mint sauce, fresh blueberry & kiwi, crispy bubble tuile
- **SEASONAL FRUIT TOAST / 16.50 (V)**
one slice fruit loaf, fresh ricotta, peach compote, granola, lemon balm
- **BLACK STICKY RICE BOWL / \$19.50 (GF) (NF) (VEGAN)**
sticky rice w/ coconut & lime panna cotta, coconut chips, brûlée cinnamon banana, seasonal berries, mango chutney, lemon balm
- **SUPER AÇAÍ 5.0 SMOOTHIE BOWL / 19.50**
açai, supernuts, granola, sweet coconut chips, banana & seasonal fruit
ADD warm peanut butter l nutella l biscoff 2.00
- **THE CLASSIC BACON & EGG BUN / 12.00**
bacon, egg, bbq sauce, tasty cheese, milk bun
ADD smashed avocado 2.00 **ADD** hash brown 2.00
- **CHILLI CRAB SCRAMBLED EGGS / 26.50**
blue swimmer crab, spring onion, guacamole, scrambled eggs, house-made seeded bagel, house made chilli oil (contains sesame)
- **FALAFEL BREAKFAST TOAST / 19.50 (V)**
green pea falafel, toast, beetroot hummus, crumbled sheeps feta, rainbow chard, lemon, sous vide eggs, cashew nut crumb
- **BIG BREKKIE / 26.00**
eggs your way, bacon, chorizo, hash brown, roasted mushroom, grilled tomato & sourdough in hot skillet
ADD halloumi 6.00 **ADD** avocado 5.00
- **VEGETARIAN BIG BREAKFAST / 26.00 (V)**
eggs your way, halloumi, sautéed kale & broccolini, hash brown, roasted mushroom, grilled tomato & toast in hot skillet
ADD house beans 5.00 **ADD** avocado 5.00

KIDS DINING *served with a fruit popper*

- **kids fruit salad – 8.00**
- **kids chicken burger** buttermilk fried chicken, tasty cheese, aioli on milk bun sw/ fries – **18.00**
- **kids fried egg & bacon – 12.00**
- **junior hotcakes** with fresh berries & maple syrup – **12.00**
ADD ice cream **1.00**
- **chicken nuggets & fries – 14.00**
- **cheese burger** with beef pattie, tomato sauce & fries – **16.00**
- **kids pasta** served with fresh tomato sugo & parmesan – **14.00**
bigger kids size pasta – 18.00

PLEASE ALSO CHECK SPECIALS BOARD

df – dairy free | gf – gluten free | nf – nut free | v – vegetarian | vegan (please ask for vegan options) | our chicken & beef is halal certified

LUNCH

FROM 11AM

- **SIGNATURE SALMON SALAD / 32.50 (DF) (GF)**
grilled atlantic salmon fillet, chipotle cashew cream, roasted sweet potato, cucumber, corn, currants, shaved white cabbage, coriander, spring onion, dijon dressing & caramelised apple balsamic
- **SALMON POKE BOWL / 22.50 (DF) (GF) (NF)**
house cured salmon gravlax, brown rice, shaved cabbage, carrot, black quinoa nori crisp, pickled ginger, cucumber, edamame, green apple ponzu, roasted sesame dressing (contains sesame)
- **FALAFEL BOWL / 25.50 (GF) (V) (DF)**
green pea falafel, tabouleh, beetroot hummus chopped red cabbage, pickled sumac onions, bread crisp, pomegranate, rainbow chard, avocado, lemon olive oil dressing (contains sesame)
ADD protein
- **ARROZ POLLO CON / 26.50 (DF)**
grilled marinated chicken breast, herb rice, corn, peas, sundried tomatoes, broccolini, peperonata, salsa amarillo, red onion, lemon, fried egg, crispy eshallots (contains nuts) (contains sesame)
- **KYLE BAY SMASH BURGER / 28.00 (NF)**
grand angus beef patty, milk bun, smokey bq sauce, herb aioli, iceberg lettuce, smoked cheddar cheese, house made pickles sw house seasoned fries
ADD crispy bacon 6.00
- **CRISPY CHICKEN BURGER / 28.00 (NF)**
crispy chicken tenderloins, milk bun, gochunang aioli, slaw, swiss cheese, pickled red onions sw house seasoned fries
ADD crispy bacon 6.00
- **CRAB LINGUINI / 32.00**
linguini tossed with blue swimmer crab, chilli, garlic, roast tomato sugo, baby spinach

ADD PROTEIN TO ANY DISH

- ADD** salmon fillet 12.00
- ADD** poached egg 3.50
- ADD** chorizo 6.00
- ADD** chicken fillet 10.00
- ADD** falafel (x3) 9.00 **(VEGAN) (GF)**
- ADD** cypriot made halloumi (x2) 6.00 **(V)**

SIDES

shoestring fries 7.00 | sweet potato fries 8.00

SWEETS & TREATS

please see all our house made desserts

STRONGER THAN COFFEE

WHITES

- scarborough chardonnay, hunter valley
- the better half, sauvignon blanc, marlborough nz
- trentham piccolo prosecco 200ml / **11.00**

REDS

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

all wines | glass / 12.00 bottles / 55.00
spirits available

BEER

- young henrys newtowner pale ale / **11.00**
- young henrys natural lager / **11.00**
- young henrys cloudy apple cider / **11.00**

COCKTAILS

- **kitty kat vanilla martini / 19.50**
absolut vanilla, lemon, apple juice & sour monkey
- **espresso martini / 19.50**
gabriel coffee, vodka & kahlua
- **cosmopolitan / 19.50**
vodka, cointreau, cranberry juice & lime juice
- **negroni / 19.50**
sweet vermouth, gin & campari
- **traditional margarita / 19.50**
tequila, cointreau & fresh lime
- **jaja’s mimosa / 19.50**
prosecco & fresh orange cubes
- **spirits available**

~ alcohol served from 10am