

ESTD  2017

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*kyle bay*



# BREKKIE

## ALL DAY

- **TOAST – HOUSEMADE BREADS / 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
  - falafel ( x3 ) 9.00 **(VEGAN) (GF)**
- **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 )*
- **BREKKIE SAUSAGE AND EGG PANINI / 18.50**  
w/ chicken sausage, over easy egg, baby spinach, swiss cheese, smashed avocado, tomato relish, chimichurri & herb aioli, in a house made panini
- **WILD THING MUSHROOM ON TOAST / 19.50 (V)**  
mixed wild mushrooms, thyme, parsley, caramelised onion, rocket, soft centered crumbed egg x 1, shaved parmesan on house made single sourdough
- **STICKY DATE PANCAKES / 24.50 (NF)**  
tonka bean caramel, grapefruit semi fredo, burnt marshmallows, grapefruit, fresh berries & caramelised cornflakes
- **APPLE CINNAMON TOAST / 18.50**  
house baked fruit toast x 1 w/ ricotta, torched cinnamon sugar, stewed apples & burnt fig granola
- **BLACK STICKY RICE BOWL / 19.50 (GF) (NF) (V)**  
w/ coconut sticky rice, coconut chips, passion fruit curd, kiwi, strawberries, banana & lemon balm
- **SUPER AÇAÍ 5.0 SMOOTHIE BOWL / 19.50**  
açai, supernuts, granola, sweet coconut chips, banana & seasonal fruit  
**ADD** warm peanut butter | nutella | biscoff | pistachio (DF) 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, toasted seeded bagel, house made chilli oil ( contains sesame )
- **BIG BREKKIE / 26.00**  
eggs your way, bacon, chorizo, hash browns, roasted mushroom, grilled tomato & house sourdough in hot skillet  
**ADD** halloumi 6.00  
**ADD** avocado 5.00
- **VEGETARIAN BIG BREAKFAST / 26.00 (V)**  
eggs your way, sautéed kale & broccolini, halloumi, hash browns, roasted mushroom, grilled tomato & house sourdough in hot skillet  
**ADD** house beans 4.50  
**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**

# LUNCH

FROM 11AM

- **SIGNATURE SALMON SALAD / 32.50 (DF) (GF)**

w/ grilled Atlantic salmon fillet, chipotle cashew cream, roasted sweet potato, cucumber, corn, currants, shaved white cabbage, coriander, spring onion, dijon dressing & caramelised apple balsamic

- **WARM SALAD / 22.50 (NF) (V) (DF)**

swiss chard, brown rice, medley tomatoes & grapes, roasted pumpkin, fresh herbs, pumpkin seeds w/ roasted sesame dressing ( contains sesame )

**ADD** protein

- **GREEN FALAFEL BOWL / 25.50 (GF) (V) (DF)**

house made green pea falafel, beetroot hummus, herb salad, avocado, pickled cabbage, radish, tabbouleh, tri colour quinoa, roquette, lemon, olive oil, pomegranate glaze & house dukkah

**ADD** protein

- **POLLO CON ARROZ / 26.50 (DF)**

tomato rice w/ sous vide chicken breast, fried egg, charred corn, broccolini, green peas, sesame, pepperonata, cashew nut crumb ( contains nuts ) ( contains sesame )

- **THE BAY SMASH BURGER / 28.00**

angus beef patty, special sauce, coral lettuce, caramelised onion, American cheese, milk bun Parmesan waffle fries inside sw/ shoestring fries

- **CRISPY FRIED CHICKEN BURGER / 28.00 (NF)**

honey garlic crispy fried chicken, gochujang aioli, mixed coleslaw, swiss cheese, pickled onions, milk bun served with house seasoned fries

- **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 housemade desserts

# STRONGER THAN COFFEE

## WHITES

- scarborough chardonnay, hunter valley
- the better half, sauvignon blanc, malborough 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**

absolute 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

# 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

## 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
- 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
- 'bay sunrise' organic strawberry, mango, kiwi & pineapple (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

## 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 & tumeric served warm / 7.00

## LOOSE LEAF JUMBO POTS / 7.00

jasmine green / peppermint / chamomile /  
lemongrass ginger / english breakfast / earl grey / 7.00  
malabar chai infused / 9.00

## 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



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**OPEN 7 DAYS 6:30AM – 3:00PM**

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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.