

LUNCH

11am - 2pm

BARISTA VS CHEF

GREAT COFFEE. GREAT FOOD



SANDWICHES

10am - 2:30pm

CHOICE OF SOURDOUGH, TURKISH OR WRAP
(gluten free option available)

ADD SIDE OF CHIPS or SALAD (+5)

HAM _ 15
ham | cheese | lettuce | tomato | pickles
dijon mustard | mayo

SALAMI _ 15
mild salami | cheese | baby spinach
tomato | grilled eggplant | pesto | mayo

TURKEY _ 15
turkey | avocado | lettuce | sprouts
brie cheese | cranberry sauce

GRILLED CHICKEN _ 16
chicken breast | cheese | lettuce
tomato | avocado | spanish onion | mayo

PERI PERI CHICKEN _ 16
grilled chicken | cheese | lettuce
tomato | avocado | peri peri sauce

CHICKEN SCHNITZEL _ 16
crumbed chicken | cheese | lettuce
tomato | spanish onion | aioli

SMOKED SALMON (I) _ 15
salmon | cream cheese | baby spinach
sprouts | spanish onion | capers

VEGGIE FRITTATA _ 15
grilled vegetable frittata | lettuce
tomato | avocado | mayo

SALAD _ 14
avocado | lettuce | tomato | carrot
cucumber | sprouts | spanish onion
beetroot relish

VEGAN FALAFEL WRAP _ 15
falafel | lettuce | tomato | spanish onion
carrot | sprouts | beetroot relish

BUILD YOUR OWN SANDWICH FROM _ 15

PASTA

ALL SERVED WITH LINGUINE

BOLOGNESE _ 19
traditional tomato sauce with beef mince
and basil

NAPOLITANA _ 18
traditional tomato sauce with basil

BOSCAIOLA _ 19
bacon, mushrooms, shallots in a creamy sauce

SMOKED SALMON (I) _ 23
smoked salmon, mushrooms, shallots in a
creamy rose sauce

KING PRAWNS (I) _ 23
king prawns, mushrooms, shallots in a
creamy rose sauce

VEGETARIAN _ 21
baby spinach, olives, sundried tomatoes,
mushrooms and eggplant in a napolitana
sauce

RISOTTO

cream sauce, parmesan cheese,
mushrooms and shallots topped
with crispy panko and truffle oil

with your choice of:

CHICKEN _ 21
KING PRAWN (I) _ 23
ZUCCHINI AND SUN-DRIED TOMATO _ 20

VEGAN RISOTTO _ 20
baby spinach, olives, sundried tomatoes,
mushrooms and eggplant in a napolitana
sauce

TOASTIES

ALL ON TOASTED SOURDOUGH
SERVED WITH CHIPS or SALAD

STEAK SCOTCH _ 24
seared scotch fillet steak with cheese,
lettuce, tomato, caramelised onion, tomato
relish and aioli

ITALIAN CHICKEN SCHNITTY _ 23
chicken breast coated in a crispy Italian
crumb with grilled eggplant, cheese, lettuce,
tomato, caramelised onion and aioli



SIGNATURE DISHES

SERVED WITH CHIPS and SALAD

CREAMY CHICKEN _ 23
grilled chicken breast topped with a creamy
mushroom and shallot sauce

CHICKEN PARMIGIANA _ 25
crumbed chicken breast topped with
mozzarella cheese, grilled eggplant and
napolitana sauce

CHICKEN SCHNITZEL _ 22
chicken breast coated in a crispy Italian
crumb

CREAMY MUSHROOM STEAK _ 25
scotch fillet steak cooked medium topped
with a creamy mushroom and shallot sauce

GRILLED BARRAMUNDI (I) _ 23
saltwater barramundi dressed with a basil
pesto purée

GRILLED SALMON (I) _ 24
atlantic salmon dressed with a basil pesto
purée

VEGETARIAN PRIMAVERA _ 22
grilled eggplant topped with sautéed
mushrooms and olives in a napolitana sauce



BURGERS

served on a toasted milk bun
WITH CHIPS or SALAD

BEEF _ 21
angus beef patty, cheese, pickles, lettuce,
tomato, caramelised onion, house burger
sauce

CHICKEN _ 21
grilled chicken, cheese, lettuce, tomato,
caramelised onion, creamy mayo

SOUTHERN FRIED CHICKEN _ 23
crispy southern fried chicken, cheese, lettuce,
tomato, caramelised onion, creamy mayo

VEGGIE _ 21
grilled vegetable frittata, lettuce, tomato,
caramelised onion, creamy mayo

VEGAN FALAFEL _ 21
falafel, lettuce, tomato, caramelised onion,
beetroot relish

EXTRAS
sauce (+1) | cheese (+2) | fried egg (+3)
bacon (+5) | beef patty (+6) | avocado (+3)
gluten free bun (+2)



SIDE DISHES

BOWL OF CHIPS _ Sml 7 / Lrg 10
seasoned with our house blend salt

SWEET POTATO CHIPS _ Sml 9 / Lrg 13
seasoned with our house blend salt

GARLIC BREAD _ 6
toasted with garlic butter and parsley

CREAMY MUSHROOM SAUCE _ 5
creamy sauce made with mushrooms and
shallots



SALADS

PBF SALAD _ 16
baby spinach, roasted pumpkin, beetroot,
walnuts, fetta, currants, sunflower and
pepita seeds drizzled with balsamic glaze

GREEK SALAD _ 16
baby spinach, tomato, cucumber, spanish
onion, fetta, kalamata olives, oregano and
parsley with olive oil

ADD:
GRILLED CHICKEN _ +6
GRILLED PRAWNS (I) _ +8
GRILLED ATLANTIC SALMON (I) _ +11



KIDS

(12 and under)

BURGER and CHIPS _ 16
angus beef patty, cheese, tomato sauce

CHICKEN SCHNITZEL and CHIPS _ 16
crumbed chicken breast with a side of
tomato sauce

PASTA _ 16
linguine pasta in a bolognese sauce

DIETARY REQUIREMENTS

Please inform our staff of any dietary
requirements or allergies prior to
ordering. We are able to cater for most
dietary needs.

BREAKFAST

7am - 11am



EGGS ON TOAST _ 15

choice of: **poached, scrambled or fried eggs**, served on toasted and buttered sourdough bread

ADD: BACON +5

B.L.A.T _ 17

bacon, lettuce, avocado, tomato and creamy mayo on a toasted and buttered sourdough sandwich

SMASHED AVO _ 20

toasted thick chia and rye sourdough topped with poached eggs, smashed avocado, fetta, sliced almonds, finished with a balsamic glaze

CHEF'S OMELETTE _ 21

fluffy egg omelette with ham, cheese, baby spinach, mushrooms, tomato and shallots served with toasted and buttered sourdough bread

(vegetarian option available)

EGGS BENEDICT _ 20

toasted thick chia and rye sourdough topped with poached eggs, sautéed baby spinach and mushrooms, finished with hollandaise sauce

ADD: BACON +5 SMOKED SALMON (I) +6

BREAKFAST BURGER _ 20

bacon and fried egg with cheese, sautéed baby spinach and mushrooms, a hash brown with tomato relish and BBQ mayo sauce, served on a toasted milk bun

SHAKSHOUKA EGGS _ 21

napolitana sauce with poached eggs, baby spinach and a smashed hash brown topped with fetta, shallots and parsley, served with toasted and buttered sourdough bread

BVC BIG BREKKIE _ 26

choice of: **poached, scrambled or fried eggs**, served on toasted and buttered sourdough bread with bacon, mushrooms, baby spinach, grilled tomato, smashed avocado and a hash brown

VEGGIE BREKKIE _ 23

choice of: **poached, scrambled or fried eggs**, served on toasted and buttered sourdough bread with mushrooms, baby spinach, grilled tomato, smashed avocado, fetta and a hash brown

EXTRAS

cheese (+1.5) | hash brown (+4) | mushrooms (+4) | grilled tomato (+4) | smashed avocado (+4) | egg (+4) | baby spinach (+4) | bacon (+5) | smoked salmon (I) (+6) | gluten-free options (+2)

BARISTA VS CHEF

GREAT COFFEE. GREAT FOOD



ON THE GO

TOAST _ 6.5

sourdough - white, rye or multigrain
turkish or raisin (gluten free +2)

choice of spreads:

butter, peanut butter, vegemite, jam, honey
nutella, cream cheese
fetta (+2) or avocado (+3)



TOASTIES & CROISSANTS _ 10.5

ham and cheese
cheese and tomato
ham, cheese and tomato



BANANA BREAD _ 6.5

BACON & EGG ROLL _ 12

bacon and fried egg with BBQ mayo sauce, served on a toasted milk bun

ADD: HASH BROWN +4



BREAKFAST WRAP _ 15

bacon, fried egg, baby spinach, mozzarella cheese with tomato relish and BBQ mayo sauce, served on a toasted tortilla wrap
(vegetarian option available)

PORRIDGE _ 13.5

creamy oats cooked with milk, topped with fresh banana, honey and cinnamon
(+1.4) soy | almond | oat | lactose-free

YOGHURT & MUESLI _ 9

sweet creamy yoghurt topped with toasted muesli



YOGHURT & FRUIT _ 11

sweet creamy yoghurt topped with fresh seasonal fruits

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COFFEE

REGULAR _ 4.8 | LARGE _ 5.5

latte | cappuccino | flat white | mocha
piccolo | macchiato | long black
hot chocolate | chai latte

espresso _ 4.3

matcha latte (+1.4)
nutella hot chocolate (+1.4)



POURED OVER ICE

REGULAR _ 5.5 | LARGE _ 6.2

coffee your way poured over ice

EXTRAS +0.7

almond | oat | soy | lactose-free | decaf
extra coffee shot
syrops - (caramel, hazelnut, vanilla)

TEA POTS

TEA TONIC LOOSE LEAF HERBAL TEA _ 6

choose from a range of herbal teas by Tea Tonic

ICE BLENDS _ 9

blended with milk, ice, ice-cream & syrup
**iced coffee | iced mocha | iced chocolate
iced nutella (+2)**

MILKSHAKES _ 8

chocolate | strawberry | vanilla



SMOOTHIES _ 11

blended with your choice of milk

VITALITY

strawberries, mango, raspberries, goji berries

REBOOT

mango, pineapple, banana, passionfruit

DETOX

blueberries, banana, dates, boysenberries

ACAI ACTIVATE

acai, blueberries, banana, dates

ADD PROTEIN: +2

add a scoop of protein powder to any smoothie

Thanks for supporting local!

FRESH JUICES _ 9

PURE ORANGE

THE GREEN MACHINE

apple, pear, celery, baby spinach

HAWAIIAN KISS

pineapple, orange, watermelon

SUNSET SPLASH

apple, pear, pineapple, watermelon

GOOD MORNING

carrot, orange, apple, celery

CLEANSING BOOST

orange, apple, beetroot, ginger, lemon

THE ROOT

apple, carrot, beetroot, celery, ginger

TROPICANA

orange, apple, pear, pineapple

ALCOHOL

BEERS:

PALE ALE _ 12

CORONA _ 9.5

PERONI RED _ 9.5

PERONI GREEN _ 9.5

PURE BLONDE _ 9.5

APPLE CIDER _ 11



WINES (served by the glass) _ 9.5

WHITE: Sauvignon Blanc, Pinot Grigio

RED: Pinot Noir, Shiraz

ROSE: Italian region

SPIRITS AND COCKTAILS ON REQUEST

ask us about making your favourite cocktail or spirit mixer

DRINKS

BOTTLED WATER _ 4.5

SPARKLING WATER 330ML _ 5.5

SPARKLING WATER 750ML _ 9.5

LEMON LIME AND BITTERS _ 6

CHINOTTO _ 6

SOFT DRINK CANS _ 5

ICED TEA _ 5.5

KAMBUCHA _ 5.5

GINGER BEER _ 5.5

RED BULL _ 5

