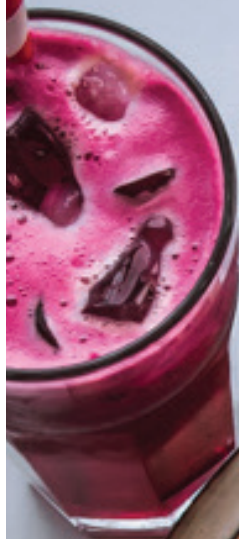




ACADEMY

MODERN CAFE CULTURE



BREAKFAST SELECTION (available till midday)

TOAST (AVAILABLE ALL DAY).....	\$7.50
organic butter, preserves (ciabatta, rye, seeded sourdough, gluten free, walnut and sultana) (V) (★)	
HOUSE-MADE BANANA BREAD (AVAILABLE ALL DAY).....	\$8.00
pralines, honey mascarpone and balsamic reduction (V)	
PANCAKES	\$15.50
fresh seasonal berries, honey mascarpone, yoghurt, cinnamon sugar (+ice cream \$2.00, +bacon \$2.50) (V)	
AVOCADO BRUSCHETTA (AVAILABLE ALL DAY).....	\$13.50
avocado, sliced tomato, rocket, balsamic reduction and basil oil, ciabatta (V) (★) (+danish fetta \$3.50, +bacon \$2.50)	
BBQ BACON SANDWICH (AVAILABLE ALL DAY).....	\$14.00
bacon, gruyere, fried egg, chilli jam, ciabatta (★)	
PAN-ROASTED WOOD MUSHROOM BRUSCHETTA (AVAILABLE ALL DAY).....	\$16.50
mixed mushrooms, poached egg, rocket, truffle oil, parmesan, ciabatta (V) (★)	
SHAKSHUKA	\$20.50
2 baked eggs in tomato sauce with butter beans, chilli peppers, cumin, paprika, cayenne pepper, fried onions, goat cheese, chickpeas and ciabatta (V) (★)	
AVOCADO SMASH	\$18.50
poached egg, avocado, quinoa, cherry tomato, fetta, dukkha, balsamic reduction, rocket and seeded sourdough (V) (★)	
VEGETABLE ROSTI	\$20.50
tomato relish, crispy kale, roast field mushroom, haloumi, smash avo, poached egg (V) (★)	
EGGS BENEDICT	\$19.50
2 eggs, grilled ham, sautéed spinach, hollandaise, ciabatta (★) (swap ham for bacon +\$1, +salmon \$2)	
OMELETTE (AVAILABLE ALL DAY).....	\$18.00
eggs, mushroom, spinach, capsicum, spring onion, tomato, cheddar, ciabatta (V) (★) (+ham \$2, +chorizo \$4.50)	
BREAKIE YOUR WAY!	\$13.00
start with 2 free range eggs any style - poached/scrambled/fried, served with 2 slices of bread (your choice) (★)	
THEN ADD EXTRAS:	
Aioli	\$1.00
Cheddar cheese / Hollandaise sauce	\$2.00
Free range egg (1)	\$3.50
Free range egg (2)	\$6.50
Hash browns (2) / Tomato (fresh or grilled)	\$3.00
Danish Fetta / Toast (per slice) / Fresh or grilled free range	\$3.50
Leg ham (2) / Mixed mushrooms sautéed / Spinach sautéed	
Asparagus grilled	\$4.00
Avocado / Chipolatas (2) / Bacon / Chorizo	\$4.50
Egg (2)	\$5.50
Smoked salmon	\$6.50
KIDS BREAKFAST (from 8am - 12pm)	
Cheese toastie (V).....	\$6.50
Kids eggs on toast (V).....	\$9.50
Pancake, maple syrup and icecream (V)	\$8.00
Ham and cheese toastie	\$8.50
KIDS LUNCH (from 11am - 4pm)	
Crispy squid salad and chips	\$10.50
Popcorn chicken and chips	\$11.50
Cheeseburger beef slider and chips	\$9.50
Kids pasta	\$9.00

LUNCH SELECTION (available from 11am - 4pm)

SOMETHING LIGHT

ROAST VEGGIE BRUSCHETTA \$18.00
pumpkin, capsicum, eggplant, zucchini, asparagus, danish feta, basil infused olive oil (☆) (V) (★)

CHICKEN BRUSCHETTA \$19.00
grilled chicken, red mustard leaves, avocado, tomato, balsamic reduction, basil oil (☆) (★)

OMELETTE \$16.50
eggs, mushroom, spinach, capsicum, spring onion, tomato, cheddar, ciabatta
(+ham \$2, +chorizo \$4.50) (V) (★)

SANDWICHES & ROLLS

Please see our Display cabinet

HEALTHY BOWLS

SUPERFOOD VEGGIE BOWL \$23.50
broccolini, brussel sprout, sweet potato, cabbage, parsley, celery, kale, avocado,
cauliflower, goji, cream of tahini, almond dressing (V) (★)

BEEF BUDDHA BOWL \$25.00
beef, cauliflower, quinoa, cabbage, kale, tomato, onions,
snowpea sprout, Shawarma sauce

NOURISH BOWL \$25.00
dukkha dusted chicken or spiced marinated tofu, tzatziki, roasted chickpeas, haloumi,
avocado, cos lettuce, couscous quinoa salad and salsa with pesto (★)

SALADS

THAI BEEF SALAD \$25.00
beef, mint, bean sprout, chilli, carrot, mushroom, savoy & red cabbage, coriander, crushed peanut

CAESAR SALAD \$20.50
cos, bacon, poached egg, croutons, parmesan, anchovy dressing
(+chicken \$5.50, +smoked salmon \$6.50) (★)

PUMPKIN SALAD \$21.00
roasted pumpkin, red quinoa, mixed seeds, danish feta, beetroot, spinach (V) (GF)
(+chicken \$5.50)

LAMB SALAD \$26.90
shaved fennel, rocket, pistachio, greek yoghurt, chilli salsa verde,
preserved lemon dressing, sumac, garlic

MAINS

KALE AND SPINACH PESTO PRAWN LINGUINI \$25.00
cherry tomatoes, chillies, garlic, dash of cream, parmesan

FRIED KOREAN CHICKEN AND WAFFLES \$23.00
korean fried chicken served with homemade savoury waffles, fragrant herb salad,
sweet spiced sauce and sliced chilli

MAPLE GLAZE SALMON \$27.50
ginger, sesame seeds, garlic, chilli flake, soba noodle, cherry tomatoes,
lotus chips, spring onions, nori, snow pea sprout with tsuyu sauce

BURGERS

KOREAN FRIED CHICKEN BURGER \$23.00
korean spiced fried chicken served with smokey flavoured sauce
and coleslaw on brioche served with sweet potato chips

PRIME WAGYU BURGER \$23.50
caramelised onion, swiss cheese tomato, BBQ sauce, aioli, lettuce, brioche bun, side french fries

SIDES

Garden salad/greek salad \$5.00 Side of barbecued marinated tofu \$5.50
Shoestring fries Sml \$4 / Lge \$8 Side of Haloumi \$4.50

Our dressings and condiments may contain traces of garlic, soy, seeds or nuts.
If you have any allergies please ask our friendly staff.

(▲) Vegetarian Optional (V) Vegetarian (GF) Gluten Free (★) Gluten Free Optional (+25c) (☆) Vegan Optional

DRINKS MENU

ICED DRINKS

Iced Black	\$5.00	Iced Coffee	\$6.00
Iced Chocolate	\$6.00	Iced Mocha	\$6.50
Iced Latte	\$5.50	Iced Chai	\$6.00
Iced Matcha/Turmeric/Beetroot	\$5.50	Coffee Frappe.....	\$6.50
Chocolate Frappe.....	\$6.50	Cold Brew.....	\$5.00
Spritzer	\$6.00		

HOT DRINKS

	DINE - IN		TAKEAWAY	
	REG	MUG	SMALL	REG
Espresso	\$3.70		\$3.70	
Ristretto	\$3.70		\$3.70	
Piccolo Latte	\$3.90		\$3.90	
Double Espresso	\$4.10		\$4.10	
Long Black	\$4.10	\$5.30	\$4.10	\$4.60
Flat White	\$4.10	\$5.30	\$4.10	\$4.60
Cappuccino	\$4.10	\$5.30	\$4.10	\$4.60
Latte	\$4.10	\$5.30	\$4.10	\$4.60
Filter coffee (single origin)	\$3.90	\$4.40	\$3.50	\$4.00
Mocha	\$4.60	\$5.80	\$4.60	\$5.10
Hot Chocolate	\$4.10	\$5.30	\$4.10	\$4.60
Chai Latte	\$4.50	\$5.80	\$4.50	\$5.00
Matcha / Beetroot / Turmeric Latte.....	\$4.50	\$5.80	\$4.50	\$5.00
Long Macchiato	\$4.60	\$5.80	\$4.60	\$5.10
Affogato	\$5.00	\$5.80		\$5.00
Babycino	\$1.20			

LOOSE LEAF TEA

	FOR ONE	FOR TWO
English Tea	\$4.50	\$7.50
Earl Grey	\$4.50	\$7.50
Gunpowder Green Tea	\$4.50	\$7.50
China Jasmine	\$4.50	\$7.50
Organic Lemongrass and Ginger	\$4.50	\$7.50
Organic Peppermint and Lime	\$4.50	\$7.50
Rooibos Masala Chai Tea	\$4.50	\$7.50
Prana Chai	\$6.00	\$10.50

COLD DRINKS

Coke / Coke Zero / Diet Coke / Sprite	\$4.00	Lemon Lime & Bitters	\$5.00
Ginger Beer	\$3.50	Apple Juice	\$5.50
Still / Sparkling Water 250ml..\$3.50... 750ml..\$6.50		Apple & Raspberry Juice	\$5.50
Honey Lemon Ice Tea Glass.....	\$5.50	Passionfruit Jasmine Iced Tea.....	\$6.50
Chinotto.....	\$4.50		
Lemon / Grapefruit / Blood Orange Sparkling....	\$3.50 (250ml)		

FRESHLY SQUEEZED JUICES

DETOX (Apple, carrot, celery, ginger, lemon, beetroot)	\$8.50
SUPER (Watermelon, red apple, strawberry, mint)	\$8.00
WELLNESS DELIGHT (Carrot, cucumber, celery, kale, ginger, lemon)	\$8.50
TANG TERRIFIC (Orange, Pineapple, Watermelon)	\$7.00
REPLENISH (Apple, pineapple, lemon, mint)	\$8.00
FRESH ORANGE JUICE	\$7.50
IMMUNE BOOSTER SHOT (Turmeric root, carrot, lemon and ginger).....	\$3.50

SMOOTHIES

BANANA SMOOTHIE (milk, ice, banana, yoghurt, honey)	\$6.50
MIXED BERRIES (milk, ice, mixed berries, honey, strawberries)	\$6.50
MANGO AND BANANA (milk, ice, mango, banana)	\$6.50
GREEN (coconut water, ice, spinach, cucumber, banana)	\$8.50
SUNRISE (coconut water, ice, pineapple, mango, banana).....	\$8.50
FITNESS SMOOTHIE (avocado, whey protein, oats, honey, milk, banana and ice)	\$8.50

MILKSHAKES

Chocolate / Vanilla / Strawberry /Caramel /Spearmint / Banana	\$6.00 / KIDS \$5.00
(Add Extra Vanilla Ice Cream \$2.00)	