

MENU

BREKKIE BOWLS

ALL DAY FROM 6AM

ACAI HEALTH BOWL 16 / V / VGO
house granola, organic açai sorbet,
seasonal fruit and berries, toasted coconut
+ **peanut butter** 3

COCONUT CHIA BOWL 16 / VG / GF
coconut soaked chia, mango, strawberries and
raspberries, raspberry coulis, shaved coconut

TOAST & BREADS

ALL DAY FROM 6AM

FIG & RICOTTA 17 / V / GFO
fresh figs, herbs and lemon ricotta, organic
honey, dukkah, roasted walnuts on fig and raisin
sourdough

TOASTIE OF THE DAY 15
served with a side of pickles
(ask our friendly staff for today's flavour)

BROOKLYN BOY BAGELS 7 / VGO
cream cheese or pepe saya cultured butter or
jam
+ **fresh avocado (1/2)** 5
+ **seasoned crushed avocado** 5
+ **smoked salmon** 6

SOURDOUGH TOAST 6.5
(gluten free & vegan options available)
served with butter
*organic white, soy & linseed, miche (light rye),
fig & raisin*

*vegemite, strawberry jam, honey, peanut butter,
biscoff*

SIDES

- + **sourdough toast** 3.5
- + **free range egg, fried, poached, scrambled** 3.5
- + **potato rosti** 3.5 / df / gf
- + **wilted spinach or kale** 4
- + **grilled mushroom** 4.5
- + **bacon, halloumi (2)** 5
- + **fresh (1/2) or seasoned crushed avocado** 5
- + **cherry truss tomatoes, smoked semi dried
tomatoes** 5 / gf / df
- + **chorizo, chicken & pork sausage patty** 5.5
- + **corn fritter (1)** 5.5 / gf
- + **smoked salmon** 6
- + **housemade falafel (3)** 7 / vg / gf
- + **fried or grilled free range chicken** 8
- + **garlic & chilli prawns (5)** 10
- + **grilled salmon fillet (180-200gm)** 12

*Need
CATERING?*



BREKKIE PLATES

ALL DAY FROM 6AM

SAUSAGE & EGG MUFFIN 11 / GFO
house made free range chicken & pork sausage,
free range scrambled egg, aioli, american cheese
served on an english muffin
+ **potato rosti** 3.5

CHARLIE'S BACON & EGG ROLL 12 / GFO
grilled bacon, chilli fried egg, spiced tomato
sauce, aioli, rocket, served on a milk bun

EGGS N TOAST 14 / V / GFO
two free range eggs, scrambled / poached / fried,
on sourdough, served with Pepe Saya cultured
butter
+ **wilted spinach or kale** 4
+ **bacon, halloumi (2)**
+ **fresh (1/2) or seasoned crushed avocado** 5
+ **smoked salmon** 6

CRUSHED AVOCADO 19 / V / GFO
seasoned crushed avocado, feta cheese, almond
dukkah, soft boiled egg, hummus on sourdough

BANOFFEE FRENCH TOAST 19 / V
warm cinnamon bun with dulce de leche,
banana, peanut butter, whipped mascarpone,
candied pecans, maple and shaved chocolate

CORN FRITTERS 20 / GF
with grilled bacon, seasoned smashed avocado,
smoked semi dried tomatoes, relish, feta and a
free range poached egg

HEALTHY KICK START 20 / DF / GFO
free range poached eggs, seasoned crushed
avocado, roasted cherry truss tomatoes, sautéed
mushrooms on sourdough toast

CRAB OMELETTE 22 / GFO
(comes as is. sorry, no changes)
open omelette topped with blue swimmer crab,
chilli, shallot, mint, coriander, spinach, sprouts,
crispy smokey crackers and chilli oil

MUSHROOM POLENTA 22 / V / GF
sesame and miso mixed mushrooms, fried
polenta, pesto, hummus, almond dukkah, free
range poached egg and shaved pecorino

KIDS

12 YEARS AND UNDER

Scrambled Eggs served with sourdough and
tomato sauce / 10

Kids French Toast with vanilla ice cream, seasonal
berries & maple syrup / 12

Cheeseburger grass fed beef patty, american
cheese, tomato sauce served on a milk bun with
chips / 12

Chicken Burger grilled chicken, american cheese,
tomato sauce served on a milk bun with chips / 12

**Chocolate, strawberry or vanilla
milkshake** / 5.95

Banana Smoothie / 5.95

LUNCH PLATES

FROM 11AM

GREENS BOWL 16 / VG / GF
broccoli, baby cos, green peas, avocado, kale,
parsley, mint, lemon dressing-designed to add
on;
+ **grilled free range chicken (100gm)** 8
+ **garlic & chilli prawns (5)** 10
+ **grilled salmon fillet (180-200gm)** 12

VEGAN BOWL 20 / VG / GF
soy braised eggplant, avocado, roasted sweet
potato, slaw, peanut dressing, pepitas & sesame
seeds
~ served warm

BUDDHA BOWL 20 / V / GF
grilled halloumi, turmeric fragrant quinoa,
chickpeas, radish, avocado, roasted pumpkin,
beetroot yoghurt, pumpkin seeds & herbed
tahini dressing

FALAFEL BOWL 22 / V / VGO
roasted dutch carrots, hummus, house made
falafels, pearl couscous, kale tabouli, feta &
seeds

PRAWN TACO (3) 22
garlic & chilli marinated prawns, pineapple and
jalapeño salsa, smashed avocado, chipotle mayo,
pickled cabbage on flour tortillas

MACRO BOWL 25 / GF
*(choice of grilled chicken, seared salmon or
garlic and chilli prawns (5))*
fragrant brown rice with dill, chickpeas, shallots,
grilled broccoli, pecans, peanut dressing &
sesame seeds

PRAWN LINGUINI 25
with chilli & garlic marinated prawns, chorizo,
cherry tomatoes, herbs, butter, white wine,
szechuan, chilli oil

BURGERS

FROM 11AM / GF BREAD AVAILABLE ON REQUEST

CHARLIE'S CHEESEBURGER 20
grass fed beef patty, american cheese's
special sauce, pickles, cos lettuce, tomato served
on a milk bun with chips

SPICY CHICKEN BURGER 20
fried free range chicken, jalapeño mayo,
american cheese, pickled cucumber, pickled
jalapeños, cos lettuce served on a milk bun with
chips

VEGAN BURGER 22 / VG
house made patty of chickpeas, kidney beans,
corn and spices, vegan chipotle slaw, cos lettuce,
vegan aioli, zucchini & cabbage pickles, vegan
bun and chips

TO SHARE

SHOESTRING CHIPS 8
with chipotle mayo

v - vegetarian vg - vegan gf - gluten free df - dairy free vgo - vegan option gfo - gluten free option dfo - dairy free option

Please advise our staff with any dietary/allergen requirements as the menu does not list every ingredient used. Ingredients are subject to availability

DRINKS

COFFEE BY PABLO & RUSTY'S

espresso, macchiato, piccolo 4oz / 3
black single origin / 4
white 6oz / 3.5 8oz / 4 12oz / 4.5
filter batch brew 12oz / 4.5
bottomless / 7
mocha 6oz / 4 8oz / 4.5 / 12oz / 5
chocolate 6oz / 3.5
8oz / 4 12oz / 4.5
black all sizes / 4

ICED 12oz
black / 4
latte / 5
mocha / 5.5
chocolate / 5.5

LIQUEUR SHOT 6
frangelico
kahlua
amaretto

AFFOGATO 7
by Charlie & Franks 60mL espresso,
ice-cream
+ cookie sandwich / 5.5
+ frangelico / 6
+ amaretto / 6

OTHER STUFF 5 12OZ

prana chai latte premium black tea, aromatic
spice, honey
matcha coconut mylk organic matcha green tea,
honey, coconut milk
golden turmeric mylk turmeric, ginger,
cinnamon, pepper, coconut milk

decaf, single origin, mocha, almond milk,
bonsoy, lactose free milk, coconut milk, oat milk,
extra shot, syrups / .50

+ macadamia milk 1

LOOSE LEAF TEA 5

english breakfast recharge
earl grey uplifting
gunpowder green antioxidant
lemongrass & ginger anti-inflammatory
peppermint & liquorice digestive

FOR HOME

SEE TODAY'S COFFEE DISPLAY

espresso 1kg / 42
single origin espresso 250gm / 17
decaffeinated 250gm / 17
single origin filter 250gm / 17
prana chai 250gm / 25 1kg / 49
milklab 1L / from 5.50 / df
fressko keep cup 8oz / 30 / 12oz / 35
mmore peanut butter / 14.95
CF museli granola 300gm / 7.95



In line with our strong
commitment to quality,
sustainability &
provenance we are proud
to partner with the
following suppliers that
help us to deliver our
vision to you...

FRESH JUICE 6.95 VG / GF

green detox kale, green apple, spinach, kiwi fruit,
celery, lemon & turmeric
veggie fix beetroot, carrot, celery, cucumber,
green apple & ginger
orange freshly squeezed oranges
coconuts whole (+ espresso / 3)

BOTTLED JUICE 6.95 VG / GF

| **cold pressed** see today's display

HEALTHY SMOOTHIES

9.95

mango lassi [gf] mango, greek yoghurt, lemon,
maple syrup, vanilla, cardamon & pecans
immune boost [vg, gf] mixed berry, almonds,
chia seeds, maple syrup, cinnamon & almond
milk
super açai [vg, gf] organic açai berry, banana &
coconut milk
recharge banana, oats, honey, almonds, yoghurt,
almond milk & cinnamon
+ **organic vegan protein** 2
+ **organic matcha powder** 2

SHAKES 8.5

salted caramel pecan full cream milk, vanilla ice
cream, maple syrup, roasted pecan, salt
choc peanut butter full cream milk, vanilla ice
cream, maple syrup, chocolate syrup, peanut
butter, salt

WATER / COLD DRINKS

kombucha 6.95 see today's display
LLB 4.5
pink lemonade 4
soft drink coke, zero, sprite 3.5
still water bottle 3.50
sparkling mineral water s.pellegrino 5.5
sparkling mineral water purezza bottomless 3.5
per person

WINE / SPARKLING

duchess n/v
hunter valley nsw 29 / 8
villa sandi prosecco veneto
italy 39 / 10

WINE / WHITES

vinaceous pinot grigio
adelaide sa 2018 36 / 9
flametree sbs
margaret river wa 2017 39 / 10
scorpius sav blanc
marlborough nz 2018 45 / 13

WINE / ROSÉ

| **excuse my french** rosé
languedoc france 2017 39 / 10

WINE / RED

radio boka tempranillo
valencia spain 2017 36 / 9
ingram road pinot noir
yarra valley vic 2017 40 / 10
howard park miamup cab sav
margaret river wa 2016 46 / 13
geoff merrill jackos shiraz
mclaren vale sa 2013 55 / 14

BEER / CIDER

the original sydney cider 7
east coast ipa 8
sydney lager 8
stone & wood pacific ale 8.5
coopers pale ale 8.5

ALCOHOLIC DRINKS / COCKTAILS

burnt orange bellini 12
villa sandi prosecco, burnt orange & vanilla syrup
margarita 13
tequila, triple sec, lime juice, sugar syrup
espresso martini 14
espresso coffee, vodka, frangelico

negroni 14
gin, campari, vermouth rosso
aperol spritz 14
as you know it!
spiced vanilla mojito 14
vodka, lime juice, ginger beer, vanilla bean syrup



OUR COFFEE IS
ROASTED BY
PABLO & RUSTY'S



LUXE BAKERY
HAND CRAFTED
SOURDOUGH



BROOKLYN BOY
BAGELS FOR
OUR BAGELS



LITTLE SECRETS
BAKEHOUSE FOR
OUR SPECIALTY
GLUTEN FREE
SWEETS RANGE



MMORE RAW
TREATS FOR OUR
HEALTHY SNACK
OPTION