

# CASSOWARY CAFE MENU

SURCHARGE, SUNDAY 10%. PUBLIC HOLIDAY 15%

*BREAKFAST, All Day*

## BREAKFAST BURGER

Make it a double

\$14.50

\$17.50

## CASSOWARY BIG BREAKFAST

Eggs, Bacon, Grilled Tomato, Mushroom, Hash Brown, Chipolata Sausage, Roasted Spanish Onion, House Made Tomato Relish, Toast.

\$27.00

## CASSOWARY VEGETARIAN BIG BREAKFAST (V, GF, VE OPTION), Corn Fritter

Grilled Halloumi, Avocado, Eggs, Grilled Tomato, Mushroom, Hash Brown, Roasted Spanish Onion, House Made Tomato Relish, Toast.

\$26.00

## FLEETWOOD MAC (V, GF, VE)

Mushroom, Avocado, 2 Corn Fritters, House Made Relish, Toast.

\$22.00

## EGGS BENEDICT (GF)

Eggs, Smoked Salmon or Bacon, Hollandaise Sauce on Toast.

\$23.00

## WOOMPOO EGGS ON TOAST (GF, VE)

2 Eggs Cooked Your Way on Toast.

\$12.50

## French Omelette

Free Range Eggs, House Made Relish on Toast. See Extras for Side Options.

\$16.00

## TRADITIONAL PORRIDGE WITH A TWIST

Steeped Oats with Fruit and Berries. Available Warmed or Cold.

\$15.50

## AVOCADO ON TOAST WITH AN EGG (GF, VE, V OPTION.

Avocado, Feta, Lemon Wedge, Balsamic Dressing, Dukkha (Nuts) On Toast.

\$20.00

## MARINATED MUSHROOMS ON TOAST. VE V,

Mushrooms marinated in a mixed herb Oil and Apple Cider Vinegar

\$18.00

## EXTRAS

Bacon, Sausages, Chicken, Corn Fritters, Avocado, Mushrooms, Feta, Halloumi.

Kimchi,

Smoked Salmon,

Egg, Cheese, Grilled Tomato, Wilted Spinach, Baked beans

\$4.50.

\$7.00

\$2.80

| <b>BRUNCH MENU. All Day.</b>  |                    |
|---|--------------------|
| <b>TRADITIONAL BRUSHETTA</b> (GF, VE, VE)<br>Spanish Onion, Tomato, Fresh Basil Leaves, Feta, Balsamic Glaze on Toast.  | \$15.00            |
| <b>CORN FRITTERS WITH LEAFY SALAD</b> (GF, VE, V)<br>House Made Corn Fritters with Sweet Chilli Sauce, Leafy Salad with Goji Berries, Sesame Kernels and Green Goddess Dressing.                        | \$16.00            |
| <b>STEAK CUT AIR FRIED CHIPS.</b>   | \$6.00             |
| <b>POKE BOWL</b> (V, VE, GF) High Protein low carbs<br>Kimchi, Seaweed, Edame Beans, Chickpeas, Coriander, Brown Rice and Quinoa.<br>Add Chicken, Salmon.   | \$19.00            |
| <b>RAINFOREST MEETS THE SEA</b> (GF) High Protein, Low carbs.<br>Smoked Salmon, Lettuce, Snow Peas, Chickpeas, Pear, House Made Herbed Croutons on A Bed of Rice Noodles.                               | \$19.00            |
| <b>CAESAR SALAD</b><br>Diced Bacon, Poached Free Range Egg, Torn Lettuce, Parmesan Cheese, Caesar Dressing<br>Add Chicken.  | \$15.00<br>\$19.00 |
| <b>PIE, CHIPS (AIR FRIED), GRAVY, OR SAUCE OF CHOICE</b><br>Choose Your Pie, Steak, Steak and Pepper, Steak Bacon and Cheese.   | \$5.50             |
| <b>NAPOLI MEATBALL FIESTA.</b><br>The Napoli Meatball Fiesta Is a Delightful Celebration of Flavours Inspired by Traditional Neapolitan Cuisine. Served On a Base of Pasta with Avocado and Corn Chips. | \$20.00            |
| <b>THREE BEAN CHICKEN UDON FUSHION</b><br>This Fusion Dish Typically Features Tender Chicken, Three Types of Beans, And Chewy Udon Noodles, All Brought Together with A Flavourful Sauce.               | \$20.00            |
| <b>CROISSANTS</b>   |                    |
| HAM and CHEESE; HAM, CHEESE, TOMATO<br>AVOCADO And CHEESE<br>PLAIN<br>APPLE AND CINNAMON  | From<br>\$8.00     |
| <b>WRAPS</b><br>CAESAR SALAD<br>SWEET CHILLI CHICKEN<br>RUEBEN, HAM, PARMESAN CHEESE, LETTUCE, KIMCHI or PICKLES<br>BREAKFAST WRAP  | \$11.00            |

| <b>GOURMET BURGERS</b> All Burgers Served with a Side of Chips  |                                  |
|---|----------------------------------|
| <b>CASSOWARY CHICKEN BURGER</b><br>Southern Style Marinated Chicken Breast, Cheese, Tomato, Lettuce, Onion.<br>Sauce Or Dressing, Aioli, Mayo, Chipotle, BBQ, Tomato. | \$18.50                          |
| <b>WAGU BEEF BURGER</b><br>Grass Feed Wagu Beef Pattie, Cheese, Tomato, Lettuce, Beetroot, Onion and<br>Pineapple, Sauce or Dressing.                                 | \$18.50<br><br>Double<br>\$24.00 |
| <b>GRUNT AND CROW BURGER</b><br>Egg, Bacon, Cheese, Tomato, Lettuce, House Made Tomato Relish.<br><br>Make It a Double, Extra Egg and Bacon.                          | \$18.50<br><br>\$22.00           |
| <b>WORKS BURGER</b><br>120g Wagu Beef Pattie, Bacon, Egg, Cheese, Tomato, Lettuce, Onion, Sauce   | \$23.00                          |
| <b>KOREAN BURGER</b><br>Grilled Marinated Chicken Breast, Kimchi, Cheese, Pineapple, Sauce of Choice.<br>Recommendation, Chilli Relish.                               | \$19.50                          |
| <b>OUTBACK BURGER</b><br>Pulled Pork, Lettuce, Onion, Cheese, Pineapple, Chipotle mayo  | \$20.00                          |
| <b>VEGETARIAN BURGER</b><br>Vegie/Vegan Pattie, Mushrooms, Onion, Sundried Capsicum or Tomato, Carrot,<br>Relish, Mixed leaf Lettuce, Aioli.                          |                                  |
| <b>KIDS MENU</b>  |                                  |
| EGG ON TOAST  | \$10.00                          |
| CHIPS   | \$6.00                           |
| MINI BURGER and Chips   | \$10.00                          |
| PANCAKES  | \$10.00                          |
| CHICKEN NUGGETS and Chips   | \$10.00                          |
| SANDWICH, Vegemite, Nutella.  | \$5.00                           |
| Kids Brekkie Bowl.<br>Steeped Oats, Yoghurt, Granola, Strawberry, Compote   | \$11.00                          |

## SWEET TREATS

|   |                        |
|---|------------------------|
| <b>GRANOLA FRUIT AND YOGHURT BOWL</b><br>Strawberry, Compote, Granola, Yoghurt, Honey on Steeped Oats.  | <b>\$15.00</b>         |
| <b>CASSOWARY SMASH</b><br>2 SCOOPS ICE CREAM, CREAM, MARSHMALLOW, GRANOLA, Caramel, Chocolate, Strawberry, Lime, Vanilla Topping.   | <b>\$13.50</b>         |
| <b>AFFOGATO. GF, VE, V</b><br>Ice Gream, Nutella, Double shot of Cold brew, Syrup of choice.<br>Vegan Version available   | <b>\$8.00</b>          |
| <b>PANCAKES, HOUSE MADE, (V, VE, GF)</b><br>2 Pancakes, 1 Scoop Ice-cream (Non-Dairy Available) \$1.50, Honey or Maple Syrup, Fruit Compote and Fresh Berries.  | <b>\$18.00</b>         |
| <b>ACAI SMOOTHIE BOWL.</b><br>Banana, Strawberry, Blueberry, Organic Granola Crunch.  | <b>\$17.00</b>         |
| <b>MANGO AND BANANA SMOOTHIE BOWL</b><br>Banana, Strawberry, Blueberry, Organic Granola Crunch.   | <b>\$17.00</b>         |
| <b>DAINTREE BOWL</b><br>Steeped Oats (Alt Milk), Pear, Orange, Apple, Blueberries, Coconut, Strawberries  | <b>\$18.00</b>         |
| <b>TOASTIES and MELTS. Ask about our Build Your Own Options at Counter</b><br>Pick one Protein. Ham, Chicken, Bacon, Pulled Pork<br>Pick 3 options. Tomato, Spinach, Cheese, Pickle, Avocado, Onion. Pineapple. | From<br><b>\$10.00</b> |
| <b>SANDWICHES. Bread, White, Wholemeal, Turkish.</b>  |                        |
| <b>SALAD SANDWICH</b><br>LETTUCE, TOMATO, BEETROOT, CARROT, ONION, CUCUMBER   | <b>\$10.00</b>         |
| <b>CLUB SANDWICH</b><br>THREE SLICES BREAD. LETTUCE, TOMATO, BEETROOT, CARROT, ONION.<br>CUCUMBER, AVOCADO, CHEESE, HAM.  | <b>\$15.00</b>         |
| <b>CHICKEN, AVOCADO</b>   | <b>\$11.00</b>         |
| <b>HAM CHEESE TOMATO.</b>   | <b>\$10.00</b>         |
| <b>BACON CHEESE and TOMATO</b>  | <b>\$12.00</b>         |
|   |                        |

| <b>DRINKS MENU, HOT</b>  | <b>REG</b>    | <b>LARGE</b> | <b>JUMBO</b> |
|--|---------------|--------------|--------------|
| <b>ESSPRESSO</b>   | \$4.00        | NA           | NA           |
| <b>RISTRETTO</b>   | \$4.00        | NA           | NA           |
| <b>MAGIC.</b> (Double Ristretto, Steamed Milk)                                       | \$5.50        | NA           | NA           |
| <b>MACHIATTO</b>   | \$4.50        | NA           | NA           |
| <b>PICOLO</b>  | \$4.50        | NA           | NA           |
| <b>BLACK</b>   | \$4.50        | \$5.00       | \$6.00       |
| <b>CAPPUCHINO</b>  | \$4.50        | \$5.00       | \$6.00       |
| <b>BABYCHINO with MARSHMALLOW</b>  | \$2.50        | NA           | NA           |
| <b>PUPPYCHINO</b> with Dog Biscuit. LF milk  | \$3.00        | NA           | NA           |
| <b>LATTE</b>   | \$4.80        | \$5.00       | \$6.00       |
| <b>KAFFINATOR</b>  | \$5.00        | NA           | NA           |
| <b>MOCHA</b>   | \$5.00        | \$5.50       | \$6.50       |
| <b>MASALA CHAI LATTE.</b> Organic, Vegan, Processed sugar free. For sale, ask Staff. | \$5.00        | \$6.00       | \$7.00       |
| <b>PUMPKIN CHAI LATTE.</b> For sale, ask Staff.                                      | \$5.00        | \$6.00       | \$7.00       |
| <b>STICKY MASALA CHAI.</b> For Sale, ask Staff. As sold in AMBIs Chai Bar Sydney.    | NA            | NA           | \$7.50       |
| <b>MATCHA.</b> Organic, Ceremonial. For sale, ask Staff.                             | NA            | \$6.00       | \$7.00       |
| <b>Tea.</b> Highest Grade, Orange Pekoe. Served in Tea pots.                         | NA            | NA           | \$6.00       |
| Australian Breakfast   | NA            | NA           | \$6.00       |
| French Earl Grey   | NA            | NA           | \$6.00       |
| Chai Masala. Variety of blends.  | NA            | NA           | \$6.00       |
| Australian Green Sencha  | NA            | NA           | \$6.00       |
| Turkish  |               |              |              |
| <b>Herbal (Tisane)</b>   | NA            | NA           | \$6.00       |
| Camomile, full flower.   | NA            | NA           | \$6.00       |
| Ginger and Lemongrass  | NA            | NA           | \$6.00       |
| Peppermint, Whole Leaf.  | NA            | NA           | \$6.00       |
| More Herbals available. Ask at counter.  | NA            | NA           | \$6.00       |
| <b>See in-store display.</b>   | 250g          | 500g         | 1kg          |
| <b>Coffee Beans sold at counter. We will grind.</b>                                  | \$15.00       | \$27.50      | \$50.00      |
| <b>Teas, Chai and Herbal packs sold</b>  |               |              |              |
| <b>Hishio, Ceremonial Organic Matcha.</b>  | 100g, \$40.00 |              |              |



| <b>COLD DRINKS</b>   |  |         |
|--|--|---------|
| MILKSHAKES   | SML  | LGE     |
|  | \$5.00   | \$6.50  |
| THICK SHAKES   | \$6.50   | \$8.00  |
| FRAPPES  | NA   | \$7.00  |
| SPIDER   | Select Soda flavour from the drinks display                        | \$9.00  |
| FRESH JUICE<br>Carrot, Apple Orange, Lemon, Pear. Any Combo.                               | Extra, Ginger \$0.60   | \$8.00  |
| <b>SMOOTHIES</b>   | LGE  | Extras  |
| Pash-n-Shoot. Mango, Pineapple, Passionfruit.  | \$9.00   | \$12.00 |
| Mango on Mango nectar  | \$9.00   | \$12.00 |
| Mango-n-Banana   | \$9.00   | \$12.00 |
| Berry go Round. Fruit of the Forest.   | \$9.00   | \$12.00 |
| Banana and Honey. <small>Recommended, add Nutella or Peanut butter</small>                 | \$9.00   | \$12.00 |
| Emerald Energizer. Broccoli. Spinach, Honey, Matcha.                                       | \$9.00   | \$12.00 |
| Banana, Coffee and Caramel.  | \$9.00   | \$12.00 |
| EXTRA. 30g Protein Powder, Blue Spirulina (antioxidant), Alt Milk, Nutella, Peanut Butter, |  |         |
| ICED LATTE   |  | \$6.80  |
| ICED LONG BLACK  |  | \$6.80  |
| ICED NITRO   |  | \$7.00  |
| ICED MOCHA   |  | \$7.00  |
| ICED MASALA CHAI LATTE   |  | \$7.00  |
| ICED TEA   | Turkish, Camomile, Ginger and Lemongrass, Blue Lagoon (Pea flower) | \$6.00  |
| MATCHA   |  | \$7.50  |
| STRAWBERRY MATCHA  |  | \$7.50  |
| MANGO MATCHA   |  | \$8.50  |
| Blue Matcha, Spirulina, and Matcha combined. Best post workout repair and revive.          |  | \$9.00  |
| <b>From the Drinks Fridge</b>  |  |         |
| NOAHS BOTTLED JUICES.  |  |         |
| POPPAs   |  |         |
| SAXBY  |  |         |
| GINGERBEER   |  |         |
| COKE CLASSIC, COKE ZERO  |  |         |