

THE GLASS ONION SOCIETY

- ALL-DAY BREAKFAST -

THE VEGAN BREKKY ROLL • V • GFO • 16.50
Vegan "bacon" with avocado, hash brown, beans, Lemon kale and a field mushroom.

LEMON KALE MUSHROOMS • V • GFO • 16.50
Sautéed mushrooms on sourdough with hummus and lemon kale. (add two poached eggs for \$4)

ORANGE BLOSSOM PANCAKES 16.50
Fluffy buttermilk pancakes infused w/ orange blossom and zest, poppy seeds, honey cream, sweet poached rhubarb and seasonal fruit.

CHAI MASALA PORRIDGE • V • GFO • 14.50
Chai spiced porridge, with poached seasonal fruit, toasted seeds & nuts.

EGGS BENNY BURGER • GFO • 16.50
Bacon and eggs on a damper roll with avocado, hollandaise sauce and baby spinach.

BACON AND EGGS • GFO • 16.50
Double bacon and two free-range eggs (as you like), served with sourdough toast, and tomato relish.

BLUEBERRY BAGEL 16.50
Toasted blueberry bagel w/ cinnamon ricotta, honey, seasonal fruit, chia, coconut and fairy floss.

MAKE YOUR OWN BREAKFAST? JUST ADD SOME SIDES

Hash Browns (each)	2
Beans	3
Mushrooms	3
Fried Haloumi	4
Extra Eggs (2)	4
Lemon Kale	4
Avocado (seasonally available)	5
Extra Bacon (2 rashers)	5

- LUNCH -

BURRITO BOWL • GF • VO 18.50
Blackbeans, jalapeños, avocado, tomato, corn and rice w/ spiced roast chicken breast
OR vegan option with roasted kumera.

VEGGIE QUESADILLA • GFO • VO 16.50
Sweet potato, corn, beans, chipotle and cheese w/ fresh tomato salsa, lime & coriander cream.

PULLED PORK BURGER • GFO • 18.50
Slow-cooked pulled pork with smokey BBQ sauce, cheese and slaw on brioche w/chips

VEGAN 'PULLED PORK' BURGER • GF • V 18.50
Vegan 'pulled pork' from Smokey BBQ Jackfruit, vegan cheese, slaw on damper roll w/chips.

SOUTHERN DAHL • GF • V 15.50
Spicy red Lentil yellow curry w/ kumera, lemon kale & pappadam

KUMERA WEDGES • GF • V 11.50
A bowl of sweet potato wedges with rosemary salt, served with sour cream and sweet chilli sauce.

SOUP OF THE DAY 14.50
A bowl of warm hearty soup w/ sourdough (ask staff for today's option)

LIGHT SNACKS & SWEETS

Banana Bread	6.50
GF Banana Bread	8.50
Fruit n Nut Toast	6.50
Plain Croissant	6.50
Ham & Cheese Croissant	8.50
Tomato & Cheese Croissant	8.50
Sourdough Toast (2 slice)	6.50

We also carry an assortment of raw, vegan and gluten free cakes!
Please ask for today's available varieties.



GF = Gluten Free

GFO = Gluten Free option available

V = Vegan

VO = Vegan option available

OUR PRIVATE BLEND COFFEE BEANS ARE AVAILABLE TO TAKE HOME
(200g for \$10.00; 1kg for \$39.95)

- COFFEES -

• Ask staff for this week's single origin •

Espresso 3.50
Macchiato, Piccolo Latte 4.00
Flat White, Latte, Cappuccino, REGULAR 4.00
Long Black, Mocha, Hot Chocolate, LARGE 4.50
Chai Latte:

Hibiscus, rosehip + beetroot pink latte, REGULAR 5.00
Turmeric clove golden latte, LARGE 5.50
Matcha green latte, vanilla matcha latte.

Iced Latte: REGULAR 4.00
(Fresh espresso shot over cold milk and ice) LARGE 4.50
Cold-Drip: slow brew coffee on ice 5.50

COFFEE EXTRAS

• Extra shot / Decaf / sweet syrups add 50c
[vanilla, caramel, hazelnut syrups available]
• Vitasoy Soy / Almond milk / Lactose Free Milk add 50c
• Single origin beans / Bonsoy / Coconut milk add \$1

TEA (BY THE POT) 5.50

our tea is by Tielka, an Australian family-owned company supporting organic & fair trade tea farmers worldwide.

English Breakfast. Earl Grey. Chai.
Chinese Green. Peppermint. Chamomile.
Rose Petal Green. Chilli Cacao Chai. Lemon & Ginger

- COLD DRINKS -

LONG JETTY ICED TEA • 5.50
House made old fashioned iced tea.

TRADITIONAL ICED COFFEE or ICED CHOCOLATE • 6.50
with whip cream & ice cream.

MILKSHAKES 5.50 • THICKSHAKES 7.00 • KIDSHAKES 3.50
Chocolate, caramel, vanilla, strawberry. (add malt, 50c)

• BANANA SMOOTHIE • 8.50
Frozen Banana, whole milk, ice cream, cinnamon & honey.

• GREEN SMOOTHIE • 8.50
Spirulina, spinach, pineapple, mango, chia, coconut water, lime.

• Soy/Almond/Lactose-Free Milks / Cream / Ice cream: plus \$1.00 •
• Bonsoy/ Coconut Milk: plus \$2.00 •

We also stock a wide range of other beverages, such as cold filtered or sparkling water, cold pressed juices and soft drinks.
See drinks display fridge or ask our staff.