

HOT DRINKS

COFFEE	C	M
Espresso, macchiato, ristretto		3
Long black, cappuccino, latte, flat white, chai latte	3.8	4.8
Mocha, hot chocolate, Bounty hot chocolate		4.8
MILK LAB		
lactose free milk		.5
Almond milk, coconut milk, Bonsoy soy milk		1
FLAVOURS		.5
Vanilla, hazelnut, caramel		
TEA		4.2
Selection of Tea Drop Blends		
English Breakfast, Supreme Earl Grey, Honeydew Green, Cleopatra Champagne, Malabar Chai, Peppermint, Lemongrass & Ginger		

COLD DRINKS

FRAPPES		8
Exotic Mixed berries, banana, passionfruit & mango		
MILKSHAKES		5
Chocolate, strawberry, vanilla, caramel		
SUPERSHAKES		8
Salted caramel popcorn, Bounty chocolate		
THICKSHAKES		6
Chocolate, strawberry, vanilla, caramel		
SMOOTHIES		
Banana Honey, ice cream & milk		7
Mixed Berries Honey, ice cream & milk		7
Mango Honey, ice cream & milk		7
Wil Shake Banana, mixed berries, protein, ice cream & milk		8
Summer Strawberry, banana, yoghurt, almond milk		8
ENERGY SMOOTHIES		8
Detox All goodness of spirulina, dark leafy greens & coconut water		
Power All super fruits, blueberry's, goji, acerola, maqui berries & coconut water		
NON-DAIRY SMOOTHIES		
Flip Out Tropical juice, passionfruit & mango		7
Yogo Tropical juice, strawberries, mango & banana		7
Greenie Pineapple, spinach, mango, banana, ice & coconut water		8
ICED DRINKS		5
Ice Chocolate Chocolate syrup, ice cream & milk		
Ice Coffee Espresso coffee, ice cream & milk		
Ice Latte Coffee, vanilla syrup, ice & milk		
BOTTLED DRINKS		
Cascade Ginger Beer, Cascade Apple Isle		4.7
Coke, Diet Coke, Coke Zero, Sprite, Lift		4.4
BY THE GLASS		3.5
Lemon, Lime and Bitters, Soda and Lime, Lemonade, Coke		
SPARKLING WATER 500ML		6
Beloka Australian Snowy Moutains		
ICE TEA		4.7
Lemon & black tea, Peach & black tea, Mango & green tea		
HOMEMADE SODAS		4.9
Old skool lemonade or strawberry & mint		

JUICE

FRESHLY PRESSED JUICE		7.5
Choose your own mix		
Oranges, apple, celery, watermelon, pineapple, ginger, mint		
EXOTIC JUICES		7.5
Minty Juice Apple, mint & lime		
Vitamin Juice Beetroot, carrot, red grapes, lemon, turmeric		
EQ Juice Orange, apple, passionfruit		
Energy Juice Carrot, apple, orange & ginger		
Green envy Cucumber, kale, celery, apple & pineapple		

ALCOHOLIC DRINKS

BEER ON TAP		8
Asahi		
Bentspoke Barley Griffin		
Pressman Apple Cider		
DOMESTIC BEER		
James Boags Premium		7
Melbourne Bitter		7
Great Northern Mid-strength		7
Cascade Light		6
IMPORTED BEER		
Corona <i>Mexico</i>		7.5
Peroni Lager <i>Italy</i>		8
AUSTRALIAN CRAFT BEER		
Bentspoke Crankshaft IPA <i>ACT</i>		8.5
Mountain Goat Pale Ale <i>VIC</i>		9
4Pines Kolsch German Style Lager Golden Ale <i>NSW</i>		9
CIDER		
Somersby Blackberry		8.5
Somersby Pear Cider		7.5
SPIRITS		8
Jim Beam, Johnny Walker Black, Jack Daniels, Bacardi, Bundaberg Red Rum, Bombay Sapphire Gin, Absolut Vodka, Midori, Baileys, Kahlua, Southern Comfort		

WINE

SPARKLING	G	B
Barnsworth Sparkling <i>SA</i>	8	30
Paul Louis Brut <i>France</i>		45
Sparkling Moscato Piccolos 200mls <i>VIC</i>		9
WHITE WINE	G	B
Miritu Sauvignon Blanc <i>NZ</i>	8	30
Quealy Pinot Grigio <i>VIC</i>	8.5	32
Nick O'Leary Riesling <i>ACT</i>	9	43
Yering Station Chardonnay <i>VIC</i>	9	41
Nick O'Leary Rose <i>ACT</i>	9	43
RED WINE	G	B
Waihopai Pinot Noir <i>NZ</i>	8	30
Kilbibin Cabernet Sauvignon <i>SA</i>	8.5	35
Clare Hill Cabernet Merlot <i>SA</i>	8	30
Mallaluka Sangiovese <i>ACT</i>	9	40
Bourke St Shiraz <i>ACT</i>	8	38
Torbreck Woodcutter's Shiraz <i>SA</i>		43



X



BREAKFAST

MON-FRI 6.30AM - 11AM / SAT UNTIL 2.30PM

TOASTED EQ BAKEHOUSE ARTISAN BREAD (V) 4.9
Choose from white sourdough, multigrain sourdough, raisin bread or our own gluten free rolls
Spread options include: housemade jam, Pic's peanut butter, vegemite

BLUEBERRY RICOTTA PANCAKES - ALLOW 20 MINS (V) 19
with garden berries, Pepe creme and maple infused lemon balm
+ **free range bacon** 5

FETA & PEA QUINOA FRITTERS (V) (GF) 21
Housemade fritters, poached egg, winter salad, avocado, pomegranate, tzatziki, pistachio dukkah
+ **free range bacon** 5

HEALTHY BREKKIE PLATE 18
House made beetroot hummus, pan fried sweet potato, avocado, gravlax salmon, sumac scented labna, crispy kale, toasted seeds, lemon & multigrain artisan toast
+ **poached egg \$2 / + 2 poached eggs \$4**

EQ BREAKFAST 19
2 soft poached eggs, avocado, grilled chorizo, potato rosti, red pepper compote with sourdough toast

ZONE BREAKFAST 'PALEO' (GF) 21
2 poached eggs, avocado, bacon, grilled mushrooms
grilled tomato & wilted baby spinach, toast optional

EGG AU VIN 17
Multigrain artisan toast, bacon & eschallot jam, red wine garlic & thyme braised mushrooms, poached eggs, hazelnut crumb & truffle scented butter

TWO FREE RANGE EGGS ON TOAST 12
Poached, scrambled or sunny side up on sourdough or multi grain toast

AVOCADO TOAST (V) 16
EQ bakehouse bread, crushed fresh avocado, Bulgarian feta & fresh lemon
+ **poached egg \$2 / + 2 poached eggs \$4**

ORIGINAL EGG & BACON ROLL 10
2 fried eggs, grilled bacon, on brioche bun with either chilli jam, tomato or BBQ sauce

OMELETTE 19
Free range eggs, pork belly, bocconcini, chilli jam, shaved fennel
w a side of sourdough multigrain toast

EGGS BENNY 18
2 soft poached eggs on artisan toast w hollandaise sauce & your choice of:
- bacon
- baby spinach & gravlax salmon
- beetroot hummus & feta

HOUSEMADE PORRIDGE (V) 12
5 grain porridge, cinnamon crème fraiche, poached apple & blackberry compote, Anzac crumble

HOUSEMADE GRANOLA (V) 12
Our own mix of toasted almond, pistachio nuts, sunflower seed, pumpkin seeds, toasted oats, dry figs, dried cranberries, toasted coconut topped w passionfruit & strawberries, served w/ cow's milk

ACAI BOWL (V) 15
Acai berries, banana, peanut butter & almond milk topped with granola, banana, strawberry, crushed almonds & bee pollen

BREAKFAST SIDES

SWEET PEPPER COMPOTE, CHILLI JAM OR HOLLANDAISE 2
AVOCADO, MUSHROOM, BABY SPINACH, ROASTED TOMATO 4
POTATO ROSTI OR GRILLED CHORIZO 4
GRILLED BACON OR GRAVLAX SALMON 5

LUNCH

MON-FRI 12PM - 2:30PM / SAT MENU ON BLACKBORD

HOUSE MADE BEETROOT HUMMUS (V) (DF) 10
With fresh crusty EQ Artisan bread

SALMON GRAVLAX (DF) (GF) 13
With cucumber, onion, chilli, garlic, coriander, lemon

ARANCINI BALLS (V) 13
Truffle & parmesan risotto balls with aioli (5)

POLENTA CHIPS (GF) 10
with a truffle scented aioli

MAINS

CALAMARI (DF) 21
Lemon and black pepper dusted calamari strips, rocket, tomato & cucumber salsa topped w honey mustard dressing

CORN FED CHICKEN (GF) 21
Marinated corn fed chicken breast, soft truffle polenta, asparagus, creamed leek, crackling with root vegetables & pan juices

FETA & PEA QUINOA FRITTERS (V) (GF) 21
Housemade fritters with winter salad, avocado, pomegranate, tzatziki, pistachio dukkah
+ **gravlax salmon** 5

PORK BELLY (GF) 24
Braised pork belly, sweet corn puree, polenta chips, caramelized baby leek, crispy sage, apple cider braised sauce

CHARGRILLED SALMON FILLET (GF) 25
Pea & barley risotto, smoked walnuts, parmesan dill cream, roasted radish, braised celery, apple relish

FISH & CHIPS (DF) 24
Smooth dory fillets in Bentspoke craft beer batter served w chips & garden salad

RISOTTO (V) (GF) 20
Wild mushroom, asparagus, braised celery, baby spinach & micro herb salad

GNOCCHI (V) 21
Housemade potato gnocchi, rocket, pesto, bocconcini, cherry tomatoes, fresh basil & parmesan

SIDES

EQ OWN SEASONED CUT CHIPS (GF) (DF) 9
With lime aioli

GARDEN SALAD (V) (DF) (GF) 7
With balsamic vinegar

LET US HOST YOUR NEXT FUNCTION

We can create a truly memorable experience for your next function.
Go to our website eqcafe.com.au or enquire within.

SALADS

THAI BEEF SALAD (GF) (DF) 20
Marinated beef, bean sprouts, chilli spiced sweet potatoes, capsicum, crispy ginger, aromatic herbs, peanut crumbs, lychees, cherry tomatoes, shaved coconut with a coconut cream dressing

WARM GRILLED CHICKEN SALAD (GF) (DF) 21
Grilled chicken, turmeric roasted cauliflower, soya beans, honey roasted pumpkin, toasted pumpkin seeds, rocket, goji berries w a lemon vinaigrette

VEGETARIAN SALAD (V) (GF) (DF) 19
Rocket, quinoa, pickled heirloom carrots, shaved fennel, red radish, sugar snap peas with a honey lavender dressing

BURGERS

CHICKEN BURGER 20
Korean fried chicken, soy aioli, nam jim, pickled carrots, mixed lettuce, tomato on a brioche bun served w chips

WAGYU BEEF BURGER 20
100% wagyu beef pattie, mixed lettuce, tomato, Spanish onion, provolone cheese, BBQ Guinness sauce on a brioche bun served w chips

PASTRIES

FRESH FROM OUR BAKERY DAILY
Plain croissant 3.5
Chocolate croissant 3.5
Custard filled Danish (seasonal fruit) 3.5
Pastry snails (custard & sultanas) 3.5
Almond croissant 5

DESSERTS

STRAWBERRY & CUSTARD TARTLET 6

LEMON & MERINGUE TARTLET 6

VANILLA BRULÉE 6

BLUEBERRY TARTLET WITH YOGHURT CUSTARD 6

BAKED LEMON TARTLET 6

MANGO & STRAWBERRY FRANGIPANE TART 6

CHOCOLATE BROWNIE 6

ITALIAN CANNOLI 6

PISTACHIO & CHOCOLATE GATEAUX (GF) 6

CHEESE PLATTER 15
3 varieties of cheese served w lavosh bread

NEED A CAKE FOR A SPECIAL OCCASION?

Visit eqcafe.com.au/bakehouse to see the full selection.
All cakes, pastries and breads are made in-house at the EQ Bakehouse.