

BREAKFAST

Mon to Fri 6.30am - 11am / Sat all day until 2pm

Toasted EQ Bakehouse Artisan Bread (V) Choose from white sourdough, multigrain sourdough, raisin bread or our own gluten free rolls. Spread options include: housemade jam, Pic's peanut butter, Vegemite	4.9
Blueberry Ricotta Pancake (V) Luscious blueberry, soft ricotta, spiced orange curd, lemon syrup, mascapone	20
Corn, Capsicum and Quinoa Fritter (V) (GF) Red pepper hummus, avocado puree, fresh rocket, tomato and corn salad and drizzle of spicy tomato dressing + 1 poached egg \$2 extra + 2 poached eggs \$4 extra	21
Healthy Brekkie Bowl (vegan) Puy Lentils, Avocado, sweet potato, spiced potato, cucumber ribbons, pickled cabbage, bean spout, green goddess sauce + 1 poached egg \$2 extra + smoked salmon \$5 extra	20
EQ Breakfast 2 soft poached eggs, avocado, grilled chorizo, potato rosti, red pepper compote with sourdough toast	20
Zone Breakfast "Paleo" (GF) 2 poached eggs, avocado, bacon, mushroom, grilled tomato & wilted baby spinach. Toast optional.	21
Two Free Range Eggs on Toast Poached, scrambled or sunny side up on sourdough or multi grain toast + crispy bacon \$5 extra	14
Avocado Toast (V) EQ bakehouse bread, crushed fresh avocado, feta, carrot and cucumber ribbons, succulent cherry tomatoes, dry spiced chick peas and pomegranate + 1 poached egg \$2 extra + 2 poached eggs \$4 extra	18
Original Egg & Bacon Roll 2 fried eggs, grilled bacon, on a brioche bun with either chilli jam, tomato sauce or BBQ sauce + potato rosti \$5 extra	10
EQ Breakfast Burrito (modifiable) Flour tortilla, creamy scrambled eggs, spiced potatoes, refried beans, avocado, grated cheese, served with chipotle sauce	15
Omelette (modifiable) Fluffy omelette filled with mushroom, chorizo, persian feta, sauteed spinach, served on toasted artisan bread	20
Bakehouse Eggs Benedict Eq bakehouse sliced sourdough, 2 soft poached eggs, sauteed spinach with classic hollandaise sauce, micro herbs and your choice of: - bacon or - smoked salmon or - veggies	20
Spiced Apple Porridge (V) Creamy quinoa and oat porridge with apple and cinnamon, topped with fresh seasonal berries	16
Granola Bowl (V) (DF) House made granola, coconut yoghurt, housemade pineapple compote, fresh raspberries	16

BREAKFAST SIDES

Sweet pepper compote, chilli jam or hollandaise sauce	2
Avocado, mushroom, baby spinach, roasted tomato	4
Potato rosti, grilled chorizo	5
Grilled bacon, smoked salmon	5

(V) = vegetarian (GF) = gluten free (DF) = dairy free
Clients with specific dietary requirements please advise the kitchen

LUNCH

Mon-Fri 12pm - 2:30pm / Sat menu on blackbord

Shared Plates to Start

Stuffed Cheese Mushrooms (V) Served with basil pesto	13
Spicy Buffalo Wings Served with EQ hot sauce	12
Mini Soft Tacos with Chicken (vegan optional) Seasoned taco chicken, pico de gallo, avocado puree	13
Waffle Fries (V) Served with a peri peri mayo	10
Crinkle Truffle Parmesan Fries (V) Truffle oil, parmesan served with garlic aioli	10

Mains

Calamari (DF) Lemon and black pepper dusted calamari strips, rocket, tomato and cucumber salsa topped with honey mustard dressing	22
Corn, Capsicum and Quinoa Fritters (V) (GF) Red pepper hummus, avocado puree, fresh rocket, tomato and corn salad, drizzle of spicy tomato sauce	22
Paneer Shish Kebab (V) Tandoori marinated cottage cheese, seasonal vegetable, pilaf rice, cucumber and onion salad	20
Baby Back Pork Ribs Slow cooked pork ribs, house marinade, sweet potato mash, apple coleslaw	23
Fish & Chips John Dory fillets in a microbrew batter, summer salad, crinkle cut chips and tartare sauce	24
Chicken Breast Marinated chicken breast topped with a parmesan and bacon crumb, crispy polenta, and Italian cacciatore sauce	25
Chicken and Chorizo Risotto (GF) Tender chicken, spicy chorizo, capsicum and peas in a tomato based risotto	23
Creamy Seafood Fettucine Fresh pan seared prawns, mussels and calamari in a creamy garlic sauce	25
Grilled Tofu Steak (Vegan) Asian stir fry, marinated tofu, crisp rice crackers	20

EQ FUNCTIONS

We can create a truly memorable experience for your next function. From large scale parties through to intimate celebrations, EQ offers comprehensive event packages that highlight each unique space paired with creative and flexible food and beverage options.

Go to our website EQCAFE.COM.AU or enquire within

Sunday - 10% surcharge applies. Public holidays - 15% surcharge applies.

Please note we now accept EFTPOS only, NO CASH.

SALADS

Crispy Pulled Lamb Salad (DF) Pearl cous cous, dried tomatoes, eggplant, pumpkin, mint, arugula, preserved lemons, with a fresh lemon dressing	22
Sweet Potato and Quinoa Salad (V) (GF) Roasted sweet potato, quinoa, pickled red cabbage, broad beans, arugula, pine nuts and feta with a citrus and mustard dressing	20
Vietnamese Beef Noodle Salad (DF) Rice noodles, cucumber, beansprouts, mint, spring onion, coriander, toasted peanuts, wombok, red capsicum, seared beef with a Nuoc cham dressing	22

BURGERS

Classic Club Sandwich Toasted white bread, grilled chicken, crisp lettuce, tomato, smoked turkey, avocado, mayonnaise	20
Nacho Cheeseburger Ground Angus beef, lettuce, tomato, smokey chipotle sauce, EQ burger sauce and liquid cheese on a seeded bun served with waffles fries	20
Chicken Ramen burger Furikake marinated chicken crumbed instant ramen noodles, jalapenos, arugula, kewpie mayonnaise, on a seeded bun served with waffle fries	20
Earthling (vegan) Plant based burger, smashed avocado, hummus, jalapenos, lettuce and tomato on a seeded bun with waffles fries	20

PASTRIES



Fresh From Our Bakehouse Daily	
Plain croissant	4.5
Chocolate croissant	4.5
Custard filled Danish (seasonal fruit)	4.5
Pastry snails (custard & sultanas)	4.5
Almond croissant	6

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

EQ CATERING

Need catering for your next office event or party at home? We have a fantastic catering menu featuring our quality baked goods from our EQ Bakehouse, healthy options, sweet treats and more.

Go to our website EQCAFE.COM.AU or ask our staff

Ask about our range of cakes, baked fresh daily at the EQ Bakehouse.