

BREAKFAST

Mon to Fri 6.30am - 11am / Sat + Sun 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
House made Cronuts (V) House made warm cronut, salted caramel sauce, Lotus Biscoff crumbs, served with strawberry ice cream	19
Beetroot, Pea and Feta Fritters (V) (GF) Beetroot, Tilba dairy feta, garden peas, saffron tahini yoghurt served with summer salad + 1 poached egg \$2 extra + 2 poached eggs \$4 extra	21
Turkish Eggs (V) Housemade labneh, sautéed spinach, roasted tomato, grilled capsicum, poached eggs, chilli butter and dill, served with artisan sourdough toast	20
Shakshuka (middle eastern eggs) (V) Baked eggs in a spicy tomato and red pepper sauce, harissa, topped with crumbled feta and toasted artisan bread	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	13
Avocado Toast (V) EQ bakehouse bread, crushed fresh avocado, bulgarian feta & fresh lemon + 1 poached egg \$2 extra + 2 poached eggs \$4 extra	16
Original Egg & Bacon Roll 2 fried eggs, grilled bacon, on a brioche bun with either chilli jam, tomato sauce or BBQ sauce	10
Omelette Fluffy omelette filled with smoked ham, baby spinach, caramelised onion, cheese served with toasted artisan bread	19
Bakehouse Eggs Benedict Fluffy house made crossiant, 2 soft poached eggs, sauteed spinach with classic hollandaise sauce, micro herbs and your choice of: - bacon or - beetroot cured salmon or - veggies	20
Seasonal Fruit and Mango Bircher (V) (GF) (vegan) Overnight oats, coconut water, dairy-free coconut yoghurt, cinnamon, apple, orange segments, maple, topped with mango, seasonal fruit and almond flakes	16
Granola Bowl (V) (DF) House made granola, fresh orange wheels, dried cranberries, coconut yogurt and berries	16
Beetroot Cured Salmon Gravlax Beetroot cured salmon, pickled fennel, potato rosti, poached eggs, crème fraiche, served with hollandaise saucee	19

BREAKFAST SIDES

Sweet pepper compote, chilli jam or hollandaise sauce	2
Avocado, mushroom, baby spinach, roasted tomato	4
Potato rosti, grilled chorizo	4
Grilled bacon, beetroot cured 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 + Sun menu on blackbord

Shared Plates to Start

Crumbed Prawns Served with a spicy cocktail sauce	12
Grilled Chorizo Served with a chimichurri sauce	13
Arancini Semi dried tomato and parmesan arancini served with basil pesto	12
Waffle Fries (V) Served with a peri peri mayo	10
Crinkle Cut Chips (V) Served with a garlic aioli	10

Mains

Calamari (DF) Lemon and black pepper dusted calamari strips, rocket, tomato and cucumber salsa topped with honey mustard dressing	22
Beetroot, Pea and Feta Fritters (V) (GF) Beetroot, Tilba dairy feta, garden peas, saffron tahini yoghurt and summer salad	22
Stuffed Eggplant (Vegan) Roasted eggplant, duxelle of lentil and mushroom, ratatouille, toasted almonds, tahini and mint dressing	19
Pork Belly (GF) Crispy pork belly, braised apple and fennel salad, pumpkin puree, root vegetables and a pan jus	25
Cauliflower Steak (V) (GF) Spiced cauliflower, bombay potatoes, tempered yoghurt, spiced creamy tomato gravy	19
Fish & Chips (DF) John Dory fillets in a microbrew batter, summer salad, crinkle cut chips and tartare sauce	24
Chicken Breast Pan seared chicken breast marinated with cumin and chilli, sweet potato mash, root vegetables and a mustard cream sauce	25
Baked Salmon (GF) Soba noodles, pickled cucumber, spring onion, sesame seeds, edamame, ponzu sauce and kimchi butter	25
Risotto (GF) Kaffir lime, chilli salmon served on a bed of lime and coriander risotto with smashed avocado	23
Chicken Pesto Orecchiette Chicken, mushroom, sundried tomato in a creamy pesto sauce topped with pangrattato crumb	23

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

Tuscan Panzanella Salad (V) Cucumber, cherry tomatoes, red onion, black olives, oregano, red peppers, sourdough croutons, bocconcini and Italian dressing	20
Vietnamese Beef Noodle Salad (GF) (DF) Rice noodles, cucumber, beansprouts, mint, spring onion, coriander, toasted peanuts, wombok, red capsicum, seared beef with a nuoc cham dressing	19
Chicken, Chorizo, Pear Salad (GF) Grilled chorizo, chicken tenderloin, pears, green beans, candied walnuts, pomegranate, shaved parmesan and balsamic dressing	22

BURGERS

Chicken Parmi Burger Hand crumbed chicken breast, smoked ham, smoked chilli, and tomato sugo, arugula, coleslaw and aioli on a seeded bun served with waffle fries	20
Old School Beef burger Grass fed beef, smoky bacon, caramelised Spanish onion, horseradish aioli, lettuce, tomato, cheddar cheese 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	
Chocolate croissant	
Custard filled Danish (seasonal fruit)	4.5
Pastry snails (custard & sultanas)	4.5
Almond croissant	4.5
	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.