



menu



At EQ, we believe in ‘Brewing Connections’—whether it’s over a perfectly crafted cup of coffee or a freshly baked treat straight from our oven. EQ stands for Excellence & Quality, and that’s exactly what we bring to your table with every dish, every sip, and every smile.

With seven locations across Canberra, we’re more than just a cafe we’re your go-to spot for fresh, in-house dishes made with love and care. Our bakehouse is the heart of it all, where handmade pastries, artisanal breads, and delightful desserts come to life, filling our spaces with the comforting aroma of home.

Whether you’re meeting friends, sharing ideas, or simply savoring a quiet moment, our cozy atmosphere is the perfect backdrop for any occasion. Planning something special? Let us elevate your event with our catering and event services crafted to impress and designed to make every moment unforgettable.

**Come for the food, stay for the experience!
Flip the page and dive into a journey of amazing dishes, crafted just for you.
With love,
EQ Café and Bakehouse**



Morning Breakfast

STRAWBERRY SUNDAE WAFFLES (V) \$25

Belgian waffles topped with macerated strawberries, berry coulis and vanilla ice cream

Available till 14:00PM



Fruits & Grains

HOUSE MADE GRANOLA (V) (DF) \$16

Bakehouse granola, coconut yoghurt and cardamom spiced blood orange with your choice of milk

FRESH FRUIT & YOGHURT BOWL (V)(GF) \$16

Seasonal fruit topped with natural yoghurt and passionfruit pulp

SUMMER BIRCHER (VEGAN) \$20

Bircher muesli topped with crisp pear and a cherry compote



Available till 14:00PM



Quick & Easy

BREAKFAST TACOS \$16

Two mini flour tortilla, creamy scrambled eggs, avocado, bacon and pico de gallo

EQ BAKEHOUSE ARTISAN TOAST (V) \$10

Choose from white sourdough, multigrain sourdough, raisin bread or our own gluten free rolls. Spread options include strawberry jam, peanut butter and Vegemite

SMOKED SALMON ENGLISH MUFFIN \$13

Toasted English muffin with salmon, cream cheese and chives

TOASTED ENGLISH MUFFIN (V) \$9

Served with strawberry jam and butter

Available till 11:30AM





The Classics

CLASSIC AVO ON TOAST (V) / GF ON REQUEST +2 \$19

Fresh smashed avocado and feta on
sourdough or multigrain toast

+1 Poached Egg \$3 Extra

+2 Poached Egg \$5 Extra

TURKISH EGGS (V) \$23

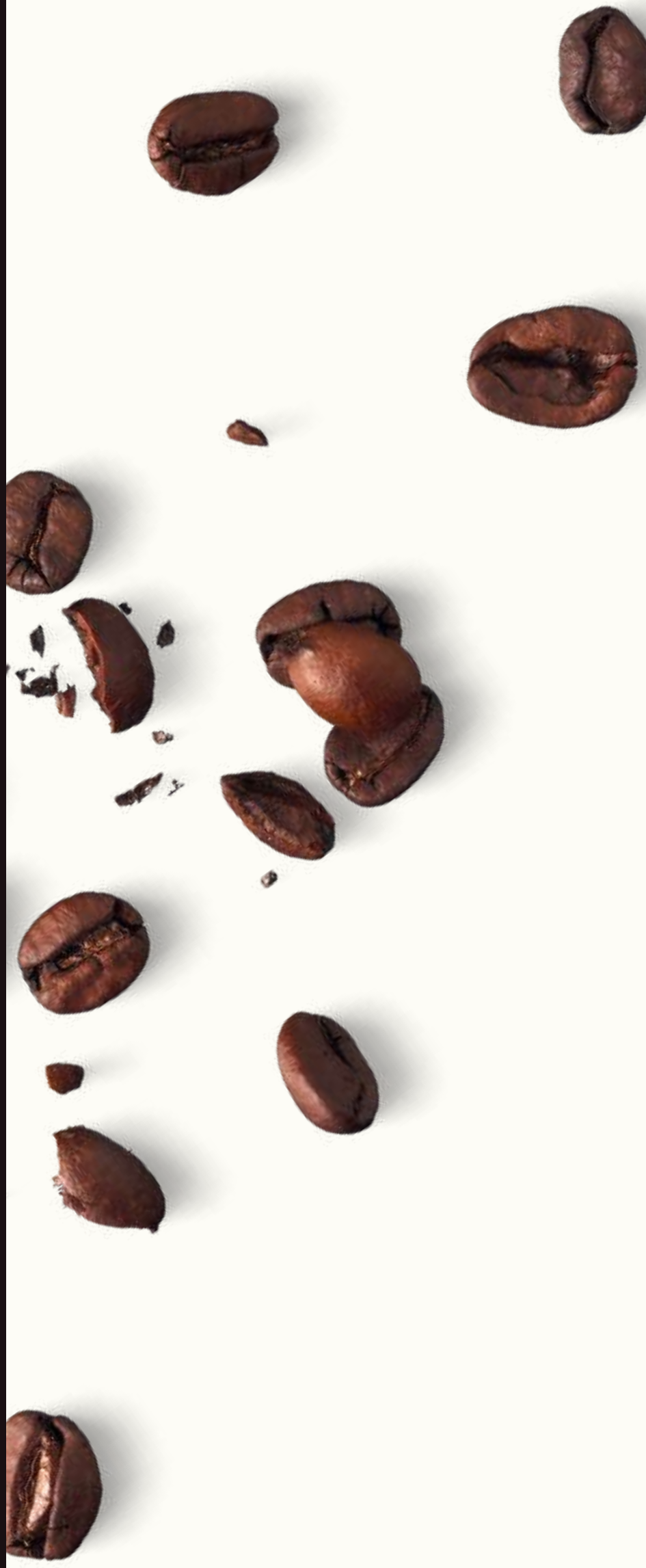
Homemade labneh, sauteed spinach,
roasted tomato, grilled capsicum, poached
eggs, with chilly & dill butter, served with
multigrain toast

SWEET CORN AND ZUCCHINI FRITTERS (V) (GF) \$23

Corn, haloumi and zucchini fritters
served with beetroot hummus and
house salad

+ 1 Poached egg \$3 extra

+ 2 Poached eggs \$5 extra



Available till 14:00PM



Free Range Eggs

EQ BIG BREAKFAST \$26

2 eggs your way, bacon, grilled chorizo, button mushrooms, grilled tomato, avocado, hashbrown, red pepper compote, wilted baby spinach and sourdough

EGGS ON TOAST / GF ON REQUEST +2 \$15

2 Poached, scrambled or sunny side up on sourdough or multigrain toast

+Bacon \$5 extra

+Avocado \$4 extra

+Smoked salmon \$6 extra

BAKEHOUSE EGGS BENEDICT \$24

2 soft poached eggs, sauteed spinach, hollandaise sauce on sourdough toast with your choice of

- Bacon
- Smoked salmon
- Sauteed vegetables

DOUBLE BACON & EGG ROLL \$16

2 fried eggs, grilled bacon, swiss cheese, on a homemade brioche bun with either chilli jam, tomato or bbq sauce

+Hashbrown \$4 extra

+Caramelised onion \$1 Extra

BREAKFAST BURRITO (V) \$18

Flour tortilla, creamy scrambled eggs, spiced potatoes, refried beans, avocado, cheese, served with chipotle sauce and pico de gallo

+Diced chorizo \$3 extra

+Diced bacon \$3 extra

Available till 14:00PM



All Day Breakfast

SWEET CORN AND ZUCCHINI FRITTERS (V) (GF) \$23

Corn, haloumi and zucchini fritters served with beetroot hummus and house salad

+ 1 Poached egg \$3 extra

+ 2 Poached eggs \$5 extra

EGGS ON TOAST / GF ON REQUEST +2 \$15

2 Poached, scrambled or sunny side up on sourdough or multigrain toast

+ Bacon \$5 extra

+ Avocado \$4 extra

+ Smoked salmon \$6 extra

CLASSIC AVO ON TOAST (V) / GF ON REQUEST +2 \$19

Fresh smashed avocado and feta on sourdough or multigrain toast

DOUBLE BACON & EGG ROLL \$16

2 fried eggs, grilled bacon, swiss cheese, on a homemade brioche bun with either chilli jam, tomato or bbq sauce

+ Hashbrown \$4 extra

+ Caramelised onion \$1 Extra

Available till 8:00PM





ENTREE'S

GARLIC BREAD \$10

+ Cheese \$2 extra

CALAMARI FRITTI \$15

Lightly seasoned fried calamari served with roasted garlic and lime aioli.

PORCINI ARANCINI (V) \$13

Porcini mushroom and thyme infused risotto balls, crumbed and then fried. Served with truffle mayonnaise.

ANTIPASTI PLATTER \$15

Selection of cured meats, roasted veggies, marinated olives, crisps and cheese.

BROCCOLINI WITH GARLIC, OLIVE OIL AND PEPPER \$10

Available from 9:00AM





SPAGHETTI MARINARA \$27

Tossed with prawns, clams, mussels and calamari with napolitana sauce

Available from 12:00PM



Home Made Pasta

FETTUCCHINE ALLA CARBONARA \$25

Tossed with fresh button mushroom, bacon and parmesan.

ROTOLO GRATINATO \$25

Fresh hand rolled pasta filled with butternut pumpkin, spinach, feta, pine nuts in a gorgonzola cream sauce

SPAGHETTI CON POLPETTE \$25

Spaghetti tossed with lamb meat balls and tomato sugo

EQ'S ROSA PENNE \$24

Tossed with chicken, pancetta and chilli in a creamy napolitana sauce

RISOTTO AL POLLO \$23

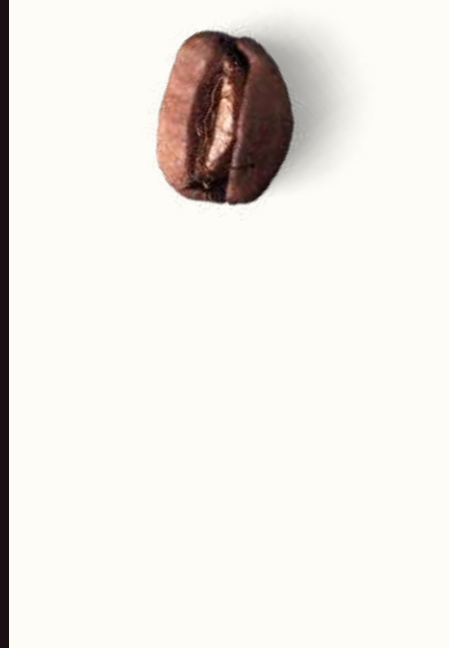
Risotto cooked with chicken, pancetta and fresh spinach

Available from 12:00PM





From The Kitchen

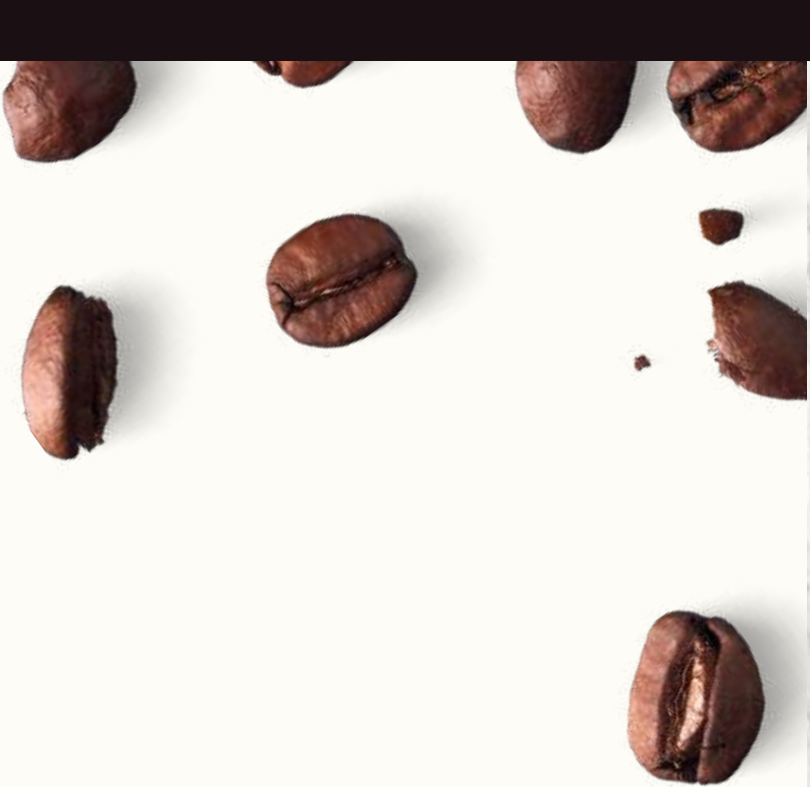


PORK SALTIMBOCCA (GF) \$27

Pan grilled pork tenderloin wrapped in prosciutto, served with mashed potatoes, root vegetables and jus.

Available from 12:00PM





FILETTO DI MANZO (GF) \$27

Beef tenderloin grilled to doneness, served with mashed potatoes, wilted spinach and confit tomatoes.

PORK SALTIMBOCCA (GF) \$27

Pan grilled pork tenderloin wrapped in prosciutto, served with mashed potatoes, root vegetables and jus.

STINCO DI AGNELLO (GF) \$27

Traditional slow cooked lamb shanks, served with root vegetables, mashed potatoes and pan jus.

POLLA ALA PARMIGIANA \$28

Crumbed chicken breast topped with napolitana sauce, ham, mozzarella and parmesan. Served with house salad and chips.

Available from 12:00PM





Burgers

EQ BEEF BURGER \$25

Milk bun, two ground beef patties, cheese, crispy maple bacon, lettuce, tomato, thousand island sauce, served with chips.

PORTUGUESE STYLE CHICKEN BURGER \$25

Milk bun, Portuguese style marinated chicken, smashed avocado, cheese, lettuce, tomato and peri-peri sauce, served with chips.

STEAK SANDWICH \$26

House made roll, grilled minute steak, caramelised onion, red pepper, rocket, aioli and cheese sauce, served with chips.

CLASSIC CLUB SANDWICH \$24

Toasted white bread, grilled chicken, crisp lettuce, tomato, smoked turkey, bacon, fried egg, avocado, mayonnaise, served with chips.

Available from 12:00PM





Pizza

EQ'S SPECIAL PIZZA \$24

Chicken, fior de latte, pancetta, balsamic glazed onion, avocado, anchovy aioli.

MARGHERITA PIZZA (V) \$20

Fior de latte, napolitana sauce, fresh basil, extra virgin olive oil

CAPRICCIOSO PIZZA \$23

Napolitana sauce, fior de latte, prosciutto prosciutto ham, mushroom, artichoke hearts and olives.

GAMBERI PIZZA \$25

Fior de latte, napolitana sauce, garlic lime marinated prawns, chilli oil, roasted pepper strips.

SALMON PIZZA \$25

Fior de latte, Spanish onion, dill sprigs, mascarpone cheese, smoked salmon, avocado.

TARTUFO PIZZA (V) \$23

Portobello mushroom, fior de latte, truffle oil, thyme

CALABRESE PIZZA \$23

Calabrese sausage mix, fresh chillies, watercress, pesto drizzle, fior de latte

Available from 4:00PM





PROSCIUTTO PIZZA \$23

Fior de latte, cherry tomatoes,
fresh prosciutto, parmesan

PICANTE PIZZA \$23

Fior de latte, napolitana sauce, spicy
venetian salami, pickled chili,
roasted peppers.

VERDE RUCOLA (V) \$22

Pesto spread, mozzarella, sundried
tomatoes, parmesan cheese, fresh
arugula leaves.

ZUCCA PIZZA (V) \$22

Napolitana sauce, honey roasted
pumpkin, feta cheese, fried sage
and pinenuts.

VEG SUPREME (V) \$22

Mozzarella, Fior de latte, Napolitana
sauce, parmesan cheese, veggies,
capsicum, mushroom, red chillies
and olives

HAWAIIAN PIZZA \$22

Mozzarella, ham, pineapple, napolitana
sauce

Available from 4:00PM



SALADS

CAESAR SALAD (GF) \$18

Cos lettuce, crispy diced bacon, hard boiled egg, parmesan cheese, anchovy fillets, Caesar dressing.

ARUGULA SALAD (V) (GF) \$18

Fresh rocket, fennel, parmesan, pomegranate seeds and vincotto.
+Grilled chicken \$4 extra
+Smoked salmon \$6 extra

Available from 12:00PM





DESSERTS

TIRAMISU \$13

CRÈME BRULÉE \$13

**VANILLA PANNA COTTA WITH
CHAMPAGNE STRAWBERRY COULIS \$13**

GELATO OR SORBET (2 SCOOPS) \$10

Italian pistachio gelato, mango gelato or lemon sorbet.

Available from 12:00PM





KIDS MENU

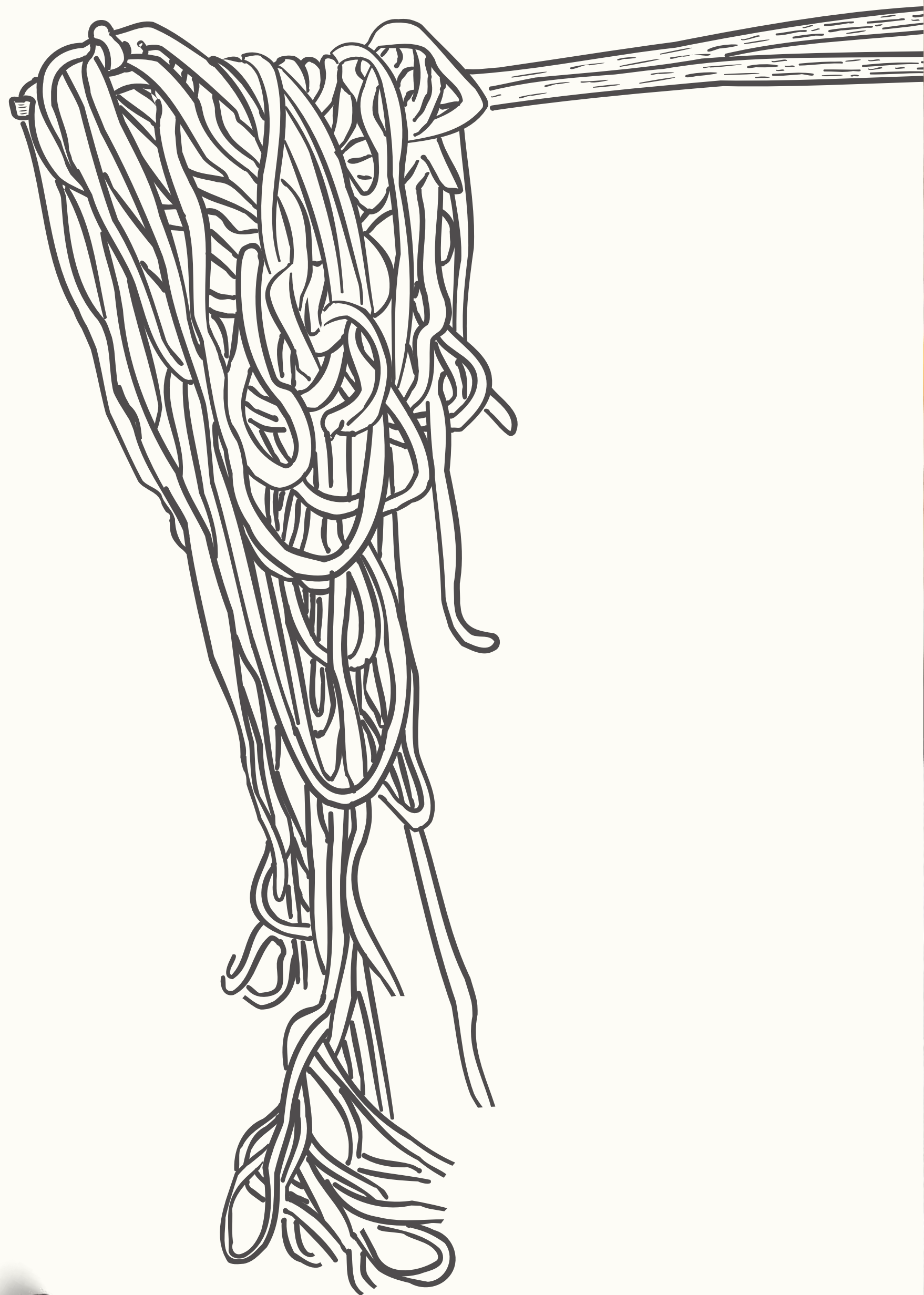
KIDS CHEESE PIZZA \$10

**KIDS CHICKEN CHEESE
PIZZA \$10**

**SPAGHETTI IN
NAPOLITANA SAUCE \$10**

**PENNE PASTA IN CREAMY
CHEESE SAUSE \$10**

Available from 12:00PM





DRINK MENU



FRESH JUICES

SWEET SUMMER \$9

Carrot, orange, watermelon & ginger

ENERGY JUICE \$9

Orange, apple, carrot & ginger

TROPICAL \$9

Watermelon, pineapple & pear

GREEN GODDESS \$9

Cucumber, celery, spinach, apple & ginger





Iced Drinks

ICED LATTE \$7

Espresso coffee, ice & milk

ICED COFFEE \$8

Espresso coffee, ice cream & milk

ICED LONG BLACK \$7

Espresso coffee & ice water

ICED MOCHA \$8

Espresso coffee, chocolate syrup, milk & ice

ICED CHOCOLATE \$8

Chocolate syrup, ice cream & milk

ICED CHAI LATTE \$7

Spicy chai flavour, milk & ice

ICED MATCHA LATTE \$8

Sweet matcha powder, ice & milk

VIETNAMESE STYLE ICED COFFEE \$8

Espresso coffee, ice & sweetened condensed milk





PROTEIN SHAKES

SLIM-N-TRIM \$14

Banana, mango, apple,
pineapple, whey protein,
ginger & spinach

PEANUT POWER \$14

Banana, peanut butter,
dates, low fat milk & whey
protein

VEGAN ESPRESSO MOCHA \$14

Banana, dates, oat milk, espresso,
cocoa & plant protein



Shakes, Smoothies & More

BANANA SMOOTHIE \$9

Banana, ice cream, milk & honey

MIXED BERRY SMOOTHIE \$10

Mixed berries, ice cream, milk & honey

MANGO SMOOTHIE \$9

Mango, banana, mango nectar & yoghurt

FLIP OUT DAIRY-FREE FRAPPE \$9

Mango, passionfruit, tropical juice, blended with ice

MILKSHAKES \$7

Choice of chocolate, strawberry, vanilla, caramel, coffee, mocha, lime or banana

THICKSHAKES \$8

Choice of chocolate, strawberry, vanilla, caramel, coffee, mocha, lime or banana





House Cocktails & Spirits

ESPRESSO MARTINI \$14

Absolut Vodka, Kahlua & espresso coffee

MOJITO \$14

Bacardi Rum, lime juice, fresh mint & soda

FRENCH 75 \$14

Gin, sparkling wine & fresh lemon juice

SPIRITS \$11

Jim Beam Bourbon, Johnny Walker Black, Jack Daniels, Bacardi White Rum, Bundaberg Red Rum, Bombay Sapphire Gin, Absolut Vodka, Midori, Baileys, Kahlua, Jose Cuervo Tequila or Southern Comfort



BEERS & CIDERS

DOMESTIC BEER \$10

Great Northern Mid-strength
Cascade Light
Carlton Draught
Bentspoke Crankshaft
Bentspoke Freewheeler 0%

IMPORTED BEER \$10

Corona (Mexico)
Asahi (Japan)
Peroni (Italy)

CIDER \$10

Somersby Blackberry Cider
Somersby Pear Cider
Somersby Watermelon Cider





WINES

SPARKLING

KISSING BRIDGE SPARKLING

GLASS

\$9

BOTTLE

\$40

WHITE

Miritu Bay Sauvignon Blanc (NZ)

\$8

\$30

Reschke Riesling (SA)

\$9

\$43

Farrah Estate Chardonnay (VIC)

\$9

\$41

Nick O'Leary Rosé (NSW)

\$10

\$43

Reschke Pinot Gris (SA)

\$9

\$32

RED

Freddy Nerks Pinot Noir (SA)

\$9

\$40

Pickers Hut Merlot (VIC)

\$9

\$40

Nick O'Leary Shiraz (NSW)

\$10

\$45



PUBLIC HOLIDAY SURCHARGE 15%