

CAFE KINETIC

* BREAKFAST SERVED 6AM - 11.30AM *

-EGGS-

Eggs how you like them (plus sides to your liking)	12.00
Chilli Scramble	14.00
Eggs & Bacon on toast	20.00
Eggs & Sausage on toast	20.00
Kinetic BLT	17.00
Wood fired turkish bread with bacon, lettuce, tomato and home made mayo	
Breakie Focaccia	17.00
3 rashers of bacon, 2 eggs, tasty cheese, tangy barbeque sauce and homemade relish on wood fired focaccia	
Kinetic Breakfast Burger	16.00
Bacon, sausage, ham, egg and relish	
Eggs Benedict	24.90
Poached eggs on woodfired turkish bread with grilled smoked ham, sauteed spinach and home made hollandaise + Substitute bacon with ham +\$3.00	
Kinetic Atlantic	25.90
Soft poached eggs, smoked salmon, creamy hollandaise on wood fired turkish bread	
Salmon Scramble	25.90
Scrambled eggs with Atlantic Salmon, chives and cream cheese on toast	
Breakfast Zatar	25.90
Homemade relish, bacon, mushrooms and scrambled eggs on authentic zatar flatbread	
Baked Beans on Toast	25.90
Bacon, sausage, poached eggs and roasted tomato	
Kinetic Big Breakfast	29.90
Eggs, bacon <u>OR</u> sausage, spinach, tomato and mushroom, served with toast	
Steak Sandwich	
Pesto, rocket, parmesan cheese, onion	25.00
Steak & Eggs	29.90
Scotch fillet, eggs any style, mushrooms and home made relish on toast	
High Protein	29.90
Eggs, sausage, bacon, chicken loin, spinach (no toast)	

-SIDES-

GF Bread/bagel	3.00	Avocado	6.00
Relish	3.00	Feta	6.00
Hollandaise	3.00	Haloumi	7.00
Extra Egg	3.00	Bacon	8.00
Mushrooms	5.00	Sausage	8.00
Grilled Tomato	5.00	Chicken Tenderloins	9.00
Spinach	5.00	Salmon	9.00
Baked Beans	5.00		

Selected Spreads

Jam, Vegemite, Peanut Butter, Marmalade, Nutella

-OMELETTES-

Fresh Herb	19.90
With parmesan cheese, on toast	
Hellenic	22.90
Feta, kalamata olives, fresh herbs and roast peppers, on toast	
HCT	22.90
Ham, cheese & tomato, on toast	
Atlantic	27.90
Smoked salmon, chives and cream cheese, on toast	
Alexander's Omelette	29.90
Chicken, onion, mushroom, roast peppers, parmesan cheese	
Sam's Omelette	29.90
Sausage, bacon, cheese, mushroom, spinach, tomato, hollandaise sauce, on toast	
Colin's Omelette	29.90
Chicken, eggplant, zucchini, pumpkin, sundried tomato, avocado, spinach (no toast)	

-ROTI WRAPS-

Sausage & Egg Roti Wrap	17.00
Served with 2 fried eggs, sausage and homemade tomato relish	
Roti Wrap	17.00
Served with 3 rashers of bacon, 2 eggs and homemade tomato relish	
Vegetarian Roti Wrap	17.00
Served with sautéed spinach, tasty cheese and 2 eggs	

-VEGETARIAN-

Avocado Stack	26.90
Smashed avocado, sautéed mushrooms, herbed feta, rocket and poached eggs on toast	
Vege Out	26.90
Poached eggs, grilled tomato, sautéed spinach, avocado and grilled mushroom on toast	
Smashed Avo	26.90
Smashed avocado, feta, cherry tomato and poached eggs on toast	
Pesto Stack	26.90
Pesto, cherry tomato, haloumi and poached eggs on toast	

-TOASTIES-

Mini Egg & Bacon/Sausage Focaccia	6.50
Cheese & Tomato	6.80
Egg & Cheese	12.00
Bacon & Cheese	12.00
Ham & Cheese	12.00
Ham, Cheese & Tomato	12.80
Egg & Bacon Brioche	13.50
Egg & Bacon Sandwich / Focaccia / Roll	13.50

-TRADITIONAL NEW YORK BAGELS-

Gluten Free Bagels also available

Plain toasted with spread	7.00
With soft Philly Cream cheese	9.00
With ½ avocado	13.00
Egg & Bacon	13.50
Soft Philly Cream, smoked salmon & chives	15.00

-CONTINENTAL-

Sourdough Toast Multigrain, White	6.00
Turkish Focaccia with spread	6.00
Toasted Croissant with spread	7.00
Homemade Muffin (ask waiter)	7.00
Raisin Toast	6.00
Date & Fig Loaf	7.00
Banana Bread / Banana Berry Bread / Banana Walnut Bread toasted with butter	7.00
Seasonal Fruit Salad and 97% fat free yoghurt	15.50
Natural Muesli with mixed fruit served with fresh fruit and 97% fat free yoghurt	15.50
Bowl of Porridge served with banana, honey and cinnamon	15.50
Bircher Muesli with fruit	15.50
Organic granola with nuts, dried fruit, honey, puff wheat & yoghurt	15.50
Chilled Chia Pudding Housemade chia pudding using chia seeds, Greek yoghurt and almond milk topped with fruit puree and granola crunch	15.50

-DRINKS-

Coffee - Your choice	Reg 4.50	Lge 5.50	Hot Chocolate	Reg 4.50	Lge 5.50
Flavoured Coffee	Reg 5.00	Lge 6.00	With or without marshmallows		
Mochacchino, Vanilla, Caramel or Hazelnut			Tea		Pot 5.50
Golden Latte		7.00	English Breakfast, Earl Grey, Chamomile, Peppermint, Green, Lemongrass and Ginger, Chai		
With the healthy goodness of Tumeric			Smoothie		10.00
Matcha Latte		7.00	Banana, Mixed Berry		
Matcha tea latte			Protein Smoothie		14.00
Chai Latte		7.00	Milkshakes		10.00
Sweetened loose leaf or powdered tea with milk, honey and sprinkled with cinnamon			Chocolate, Caramel, Strawberry, Vanilla		
Frappe		7.50	Alternative Milk		+0.50
Iced Coffee Iced Chocolate		7.50	Oat, Almond, Soy, Lactose Free		