

MENU

COFFEE

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| Espresso | 4.2 |
| Long Black | 4.7 |
| Piccolo | 4.5 |
| Short Macchiato | 4.7 |
| Cappuccino Latte Flat White | 5.2 |

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| Coffee Supplements | |
| Immunity booster | 2.0 |
| Kickstart oil | 2.0 |
| Collagen booster | 2.5 |
| ARMOUR COFFEE | 3.5 |
| Immunity booster + Kickstart oil | |

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| Malibu Chai | 6.5 |
| Turmeric Latte | 6.0 |
| Matcha Maiden Latte | 6.0 |
| Hot Chocolate, Mocha | 5.2 |

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| Cold Brew | 5.2 |
| Batch Brew | 5.0 |

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| Iced Coffee or Chocolate with ice cream | 7.0 |
| | 8.0 |

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| Alternative Milks | +0.5 |
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TEA BY MALIBU 4.5

English Breakfast, Earl Grey, Sencha Green, Peppermint, Lemongrass & Ginger, Chamomile

SMOOTHIES

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|---|------|
| Peanut Butter and Banana Smoothie | 11.0 |
| banana, peanut butter, cacao, honey and almond milk. (VO, GF) | |

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| Mango Smoothie | 11.0 |
| mango, coconut milk, yoghurt and honey. (VG, GF) | |

MILKSHAKES (SERVED WITH MALT)

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| Nutella, strawberry, vanilla, salted caramel, chocolate, espresso | 8.0 |
| Alternative milks +1.5 | |

COLD DRINKS

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| BOBBY PREBIOTIC SOFT DRINK | |
| Berry, Ginger Beer | 4.5 |

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| Coke, Diet Coke, Sprite, Solo | 4.0 |
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JUICE

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| Orange Juice | 7.0 |
| Apple Juice | 7.0 |
| Mango Juice | 7.5 |

FOOD

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| Toast | 9.9 |
| your choice of sourdough, multigrain served with butter and condiments. | |
| Gluten Free +2.0 | |

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| Eggs | 14.0 |
| your way, fried, scrambled or poached eggs served on toasted sourdough. | |

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| Chia and Oat Porridge | 19.9 |
| honey poached pear, whipped mascarpone, ginger and orange granola. (VG) | |

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| Granola Bowl | 19.9 |
| nut crunch buckwheat granola, COYO, kiwi, strawberry and passionfruit. (V, VG, N, GF) | |

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| Crispy Zucchini Fritters | 21.0 |
| grated zucchini, Corn, mint, mixed herb, and flour with smash Avo, Bacon and poached egg | |

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| French Toast | 23.5 |
| anglaise soaked sourdough, vanilla poached berries, pistachio crumble, mascarpone, and lemon balm. (VG, N) | |
| Add bacon +4.0 | |

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| Smashed Avocado | 21.0 |
| whipped feta, chilli salt, almond dukkah, pomegranate on seeded sourdough. (VG, VO, N, GFO) | |
| Add egg +3.0 Add bacon +4.0 | |

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| Vegan Option | 21.0 |
| with vegan feta. (V) | |

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| Chilli Scrambled | 22.0 |
| bacon, chilli, coriander, Vietnamese mint, parmesan, shallots on sourdough. (VGO, GFO) | |
| Add rosti +4.0 | |

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| Super Greens Bowl | 23.5 |
| sauteed broccolini, sugar snaps, kale, avocado, edamame hummus, poached egg, gomasio and miso dressing. (VG) | |
| Add mushrooms +4.0 | |

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|----------------------|------|
| Vegan Option | 23.5 |
| with vegan feta. (V) | |

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| Brisket Benny | 23.5 |
| Pulled brisket, Kimchi, Pak Choy, fried shallots, two poached eggs, bearnaise hollandaise, on sourdough (GFO) | |
| Add mushrooms +4.0 | |

LUNCH

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| Cuban Toastie | 18.0 |
| shaved ham, pulled mojo pork, Dijon, cheese and pickles on toasted on thick cut sourdough. (GFO) | |
| Add chips +4.0 | |

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| Chicken Schnitzel | 18.0 |
| crumbed chicken, harissa mayo, shredded cos, tomato and melted cheese on toasted Turkish. | |
| Add chips +4.0 Add bacon +4.0 | |

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| Lamb Shoulder Salad | 26.0 |
| slow braised lamb shoulder, beetroot hummus, ancient grain salad, feta, herbs, almond dukkha and pomegranate dressing. (N) | |

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| Brunch Bowl | 23.0 |
| Quinoa, Yogurt, Avocado, haloumi, Cherry Tomato, poached egg, Pita chips. (VO) | |

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| Local Mushrooms | 23.0 |
| Mushroom on sourdough bread (GFO), poached egg, salsa verde and stracciatella with hazelnuts. (VO) | |

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| Beef Burger | 23.5 |
| BBQ glaze, fried onion, lettuce, tomato, Dijon, smoked cheese, burger sauce on a milk bun with seasoned chips. | |
| Add egg +3.0 Add bacon +4.0 | |

KIDS MENU

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| Waffle | 9.0 |
| Belgium waffle, maple, ice cream (VG) | |

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| Dippy eggs (VG, GFO) | 10.0 |
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| Chicken nuggets and chips | 11.0 |
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SIDES

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| Hash Browns (VG, V) / Potato Rosti (VG) | 5.5 |
| Mushrooms (VG, GF, V) | 5.5 |
| Extra Egg (VG, GF) | 3.5 |
| Haloumi (VG, GF) / Avocado (VG, GF, V) | 5.5 |
| Smashed Avocado and Feta (GF) | 6.0 |
| Short Cut Bacon (GF) | 5.5 |
| Roast Tomatoes (GF, V) | 5.5 |
| Smoked Salmon (GF) | 6.5 |
| Bearnaise Hollandaise (VG, GF) | 3.5 |
| Tomato Relish (VG) | 3.5 |
| Feta (VG, GF) / Vegan Feta (VG, GF, V) | 4.5 |
| Chips and aioli | 10.0 |

GF - GLUTEN FREE | GFO - GLUTEN FREE OPTION
VG - VEGETARIAN | VGO - VEGETARIAN OPTION
V - VEGAN | VO - VEGAN OPTION | N - CONTAINS NUTS

All food is prepared in a kitchen where nuts, gluten & other known allergens may be present. Our team & our suppliers take caution to prevent cross-contamination, however, any product may contain traces. If you have a food allergy, please make this known at the time of ordering.

COCKTAILS

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| Bloody Mary Vodka, lemon, spice mix, tomato | 16.0 |
| Cucumber, Elderflower and Lime Spritz Gin, cucumber, elderflower liquor, fresh lime, soda | 18.0 |
| Aussie Orange Spritz Aussie Bitter Aperitif, orange, prosecco, soda | 16.0 |
| Espresso Martini Vodka, Inglewood coffee, coffee liqueur | 19.0 |
| Tropical Gin and Juice Tropical gin, apple juice | 13.0 |
| Mimosa Prosecco, orange juice | 12.0 |

WINE

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| Oscars Folley Pinot Grigio | 12.0 | 55.0 |
| Helens Hill Lana's Rose | 13.0 | 60.0 |
| Ingram Rd Heathcote Shiraz | 13.0 | 60.0 |
| Positano Prosecco | 11.0 | 52.0 |

BEER

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| Local Brewing Co Lager | 9.0 |
| Balter XPA | 10.0 |
| Matseos Ginger Beer | 9.0 |
| Gage Roads Single Fin | 9.0 |

No split bills on weekends and public holidays.
No alterations to menu items.

10% Surcharge on weekends.
20% Surcharge on public holidays.

FUNCTIONS

Make your next event one to remember.

Our captivating, light filled space at Bentwood is the perfect setting for your next function or event.

Please speak to our friendly team for more information or email us at touchbase@bentwoodfitzroy.com.au



BENTWOODFITZROY

WWW.BENTWOODFITZROY.COM.AU
INFO@BENTWOODFITZROY.COM.AU

