

GRIT & GRIND

FOLLOW US @GRITANDGRINDCAFE

COFFEE

ESPRESSO

Piccolo, Macchiato, Short black	3
Long Black, Flat White, Cappuccino, Latte, Hot Choc	3.5 4.5
Mocha, Chai Latte	4 5

EXTRA SHOT	+.50
ALTERNATIVE MYLK	+.50
DECAF	+.50
FLAVOUR	+.50
ORGANIC	+.50

OVER ICE

Iced long black	5
Iced coffee	6
Iced latte	
Iced mocha	

TEA

LOOSE LEAF TEA	4.5
English Breakfast, Earl Grey Peppermint, Green, Chamomile, Lemongrass & Ginger, Chai	

MILKSHAKES

Chocolate, Vanilla, Strawberry, Caramel	6
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SMOOTHIES

Acai, banana, apple juice, honey	8
Banana, honey, yoghurt, milk	
Mixed berries, yoghurt, milk	

FRESH JUICES

Kale, apple, lemon, celery, cucumber, ginger	7
Orange, pineapple, lemon	
Carrot, apple, ginger	

SOFT DRINKS

Coke, Diet Coke, Sprite, Fanta	3
Bundaberg Ginger Beer, Lemon, Lime & Bitters, Traditional Lemonade	4.5

SULLY'S ORGANIC KOMBUCHA

Raspberry, Lemon & Ginger, Apple & Pomegranate	4.5
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WATER

Still bottled water 600ml	3
San Pellegrino 250ml	4
San Pellegrino 750ml	8

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ALL DAY BREAKFAST

TOAST 5

Your choice of turkish or sourdough varieties including artisan white, quinoa & soybean and wholemeal

Spreads: butter, jam, vegemite, marmalade, peanut butter

GF or Vegan toast +\$2

RAISIN TOAST 5

HOMEMADE BANANA BREAD 5

HOMEMADE MUFFIN 5

CROISSANT

Plain with butter 5

With ham, cheese and tomato 9

TOASTIE 7

Turkish bread with melted cheddar cheese

HOMEMADE SAUSAGE OR VEGETARIAN ROLL 6

HOMEMADE GRANOLA 12

Served with seasonal fruit and sweetened yoghurt

FRUIT SALAD 9

PANCAKES (V) 17

Apple and ricotta pancakes with seasonal fruit, maple syrup and ice cream

EGGS YOUR WAY 9

Two free range eggs your way on sourdough toast

BACON & EGG ROLL 10

Free range fried egg and bacon on a roll

BACON & EGG WRAP 11

Free range scrambled egg, bacon, cheese, avocado rocket and homemade relish

BACON BANWICH 17

Double smoked bacon, two fried eggs, cheese, avocado and homemade relish with a homemade hashbrown

MORNING GLORY (V) 13

Avocado, tomato, ricotta, lemon and rocket on sourdough

EGGS BENEDICT 15

Two poached eggs, spinach, grilled tomato with homemade hollandaise sauce
- ham or bacon + \$4
- smoked salmon + \$6

PESTO EGGS 16

Scrambled eggs, sliced onion, parmesan cheese, spinach, homemade hashbrown and pesto on sourdough

GRIND'S BREAKFAST 21

Choice of eggs, smoked bacon, grilled tomato, homemade hashbrown, sautéed mushrooms and sautéed spinach on sourdough

CORN FRITTERS (V) 18

Sweet corn, zucchini, onion, capsicum, rocket, homemade relish with a tomato & avocado salsa

*Full range of pastries & sweets
on display at the counter*

ADD ONS

Feta 3 Two eggs 4 Ham 4 Bacon 4

Baked Beans 4 Avocado 4 Halloumi 4

Grilled Tomato 4 Homemade Hash Brown 4

Mushrooms 5 Smoked Salmon 6

(V) = Vegetarian

Please advise staff of any allergies when ordering

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LUNCH | 12:00 - 3:00PM

SANDWICHES / WRAPS

VEGGIE SANDWICH OR WRAP (V) 11

Roasted sweet potato, grilled capsicum, grilled zucchini with homemade relish, rocket and olive oil

Add side of chips + \$5

CHICKEN SANDWICH OR WRAP 11

Roast chicken mixed with homemade lemon aioli, onion, crispy lettuce and tomato on sourdough

Add side of chips + \$5

BURGERS / WRAPS

CRISPY CHICKEN BURGER OR WRAP 18

Crispy thigh fillet, lettuce, tomato, tasty cheese and homemade lemon aioli

Served with chips or salad

BEEF BURGER 20

180g beef mince with crispy greens, tomatoes, pickle homemade lemon aioli and bbq sauce

Served with chips or salad

SALADS

GRIND'S SALAD (V) 18

Couscous, halloumi, lettuce, sliced orange, beetroot, pomegranate, walnuts, red radish and homemade dressing

Add roast chicken + \$4

CAESAR SALAD 13

Crisp lettuce, boiled egg, parmesan, crispy bacon with homemade croutons and homemade caesar dressing

Add grilled chicken or smoked salmon +\$6

KIDS MENU

CHEESEBURGER 10

Beef patty, cheese and tomato sauce

Served with chips

OPEN CHEESE MELT 7

Served with chips

Add ham + \$1

NUGGETS 7

Served with chips

LIGHT

GARDEN SALAD 6

CHIPS 7

SWEET POTATO FRIES 8

Served with homemade aioli and tomato sauce

POTATO WEDGES 8

Served with sour cream and sweet chilli

SOUP OF THE DAY 12

Served with toast

CHECK OUT
OUR
SPECIAL MENU

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ALCOHOL

FROM 10AM

SPARKLING

Di Giorgio Pinot Noir Chardonnay	12
Piccolo 200ml South Australia	
Tempus Two Varietal Prosecco	8 35
Adelaide Hills, South Australia	

ROSÉ

Stonefish Rosé	12 35
Margaret River, Western Australia	
Fleurs de Prairie Rosé	60
Provence, France	

WHITE

Stonefish Chardonnay	9 35
Margaret River, Western Australia	
Lost Turtle Sauvignon Blanc	12 45
Marlborough, New Zealand	
Starborough Pinot Gris	50
Marlborough, New Zealand	
Di Giorgio Riesling	40
Kongorong, South Australia	

RED

Garfish Cabernet Merlot	9 35
South Australia	
Wicked Thorn Shiraz	9 35
Barossa Valley, South Australia	
Lost Turtle Pinot Noir	55
Central Otago, New Zealand	
Finca El Origen Reserva Cabernet Sauvignon	65
Mendoza, Argentina	

COCKTAILS

Margarita	15
Tequila, orange liqueur, lime juice	
Aperol Spritz	15
Aperol, prosecco, soda water	
Negroni	15
Campari, Cinzano Rosso, Bombay Sapphire	
Classic Martini	15
Bombay Sapphire, Cinzano Dry	
Dry Martini	15
Absolut Vodka, Cinzano Dry	

BEERS

Crown Lager	7
James Boags Light	7
Corona	8
Peroni	8
Bridge Road Brewers Chestnut Pilsner	9
Bridge Road Brewers Beechworth Pale Ale	9