

Substance⁵¹

ESPRESSO

Welcome to Substance. We hope you enjoy your dining experience with us.

We are happy to accommodate dietary requirements, however please refrain from changes to our dishes during busy times.

We also ask for assistance in limiting dining times to 2 hours so everyone can enjoy.

We appreciate you! Love team Substance xx

Protein Bircher, coconut, apple, chia seed & amazonia vanilla protein bircher w/ lemon curd, berries & housemade granola 20 (gf | v | veo)

Acai Bowl, scooped acai w/ coconut maple granola & seasonal fruit 24 (gf | v | ve)

Bacon and Egg Roll, bacon, fried egg, cheese & tomato relish on a toasted milk bun 16.5 (gfo | vo)

B.L.A.T, bacon, cos lettuce, avocado, tomato & aioli on a poppyseed bagel 18.5 (gfo | vo)

Corn and Capsicum Fat Fritter w/ bacon, avocado, poached eggs & chilli jam 24 (vo)

Chilli Beef & Beans, slow cooked beef, tomato and bean ragu, topped with melted cheese, poached eggs & sour cream with toasted sourdough 25 (gfo)

Croissant Benedict w/ wilted spinach, poached eggs & housemade hollandaise on a round croissant 18 (gfo | v) add bacon 7 | salmon 8 | avocado 4 garlic butter mushrooms 5 | crispy chicken 8

Chilli Cheese Scrambled, on a poppyseed bagel w/ sriracha & cheese scrambled eggs, fresh chilli, spring onion & crispy shallots 19.9 (gfo | v)

Smashed Avocado w/ sun-dried tomatoes, whipped feta macadamia dukkah & balsamic glaze 18 add poached egg 3.5 (gfo | v |veo)

Lemon Meringue Pancakes w/ lemon curd, berries, vanilla bean ice cream, toasted Italian meringue 24

Eggs on Toast
two eggs on thick cut sourdough 13 (scrambled +1)

Loaded Hash, crispy hash & melted cheese topped w/ bacon, poached eggs, rocket, caramelized onion, housemade hollandaise & chives 24 (vo)

Burrata Bruschetta, w/ cherry tomatoes, avocado, torn burrata, fresh basil & poached egg & balsamic glaze on thick cut sourdough 26 (gfo | v | veo)

Nourish Bowl, avocado, cherry tomatoes, fried haloumi, garlic butter mushrooms, rocket, turmeric cauliflower, poached egg, lime cured onions, capsicum pesto & macadamia dukkah 24 (gf | v | veo)
add grilled chicken 7 | add salmon 8

Bahn Mi Salad, Vietnamese grilled chicken, spinach, housemade pickled carrot & cucumber, coriander, spring onion, fresh chilli, and pate spread croutons with a soy & lemongrass dressing 25 (vo)

Salmon Bagel, smoked salmon, cream cheese, dill, lime cured onions & macadamia dukkah on a poppyseed bagel 24 (gfo)

Steak Sandwich, Rib fillet, caramelized onion, streaky bacon, rocket, garlic mushrooms & housemade hollandaise on turkish bread 28 (gfo)

Korean Chicken Burger, crispy chicken, cos lettuce, dill, pickled cucumber, aioli & gochujang glaze, on a toasted milk bun 17

Smash Burger, two smash patties, american cheddar, pickles, substance burger sauce on a milk bun 17 (gfo)

Bowl Korean Crispy Fried Chicken w/ gochujang glaze, dill, pickled cucumber & toasted sesame seeds 17

Fries w/ aioli | side 5 | bowl 10

Sweet potato fries w/ aioli | side 6 | bowl 12

SIDES

egg 3.5 | whipped feta 3 | avocado 4 | spinach 4 | garlic butter mushrooms 5
housemade hashbrowns 6 | chorizo 6 | ham 4 | fried haloumi cubes 5 | sourdough thick toast 6
bacon 7 | crispy chicken 8 | salmon 8 | hollandaise 2 | relish 1 | aioli 1

LIGHTER OPTIONS | KIDS MEALS

Banana Bread 7.5

Toasted Croissant w/ butter + jam 7

Ham and Cheese Toasted Croissant w/ tomato relish 12

Ham and Cheese Turkish Toastie 12.5 (gfo)

Chicken + Cheese Turkish Toastie w/ basil pesto & sun-dried tomatoes 15 (gfo | contains nuts)

Bagels w/ butter + spreads 7 (add cream cheese +1) poppyseed or gluten free

Kids Waffle w/ banana, nutella & maple syrup 13

Kids Pancake w/ strawberries, maple syrup & ice cream 13

Kids Nuggets & Fries w/ tomato sauce 13

Kids Platter w/ ham, cheese, fruit, sourdough, corn chips & marshmallows 13

Changes to menu items may incur extra charges | EFT surcharge applied on all EFT transactions | additional 15% to pricing on public holidays

GF = gluten free | GF bread will add \$1.5 | V = vegetarian | VE = vegan | 0 = option

Our cafe stocks products that contain gluten, dairy products, meat and nuts - please specify any intolerances so we can do our best to minimise any contact.