

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 peak hours.

We also ask for assistance in limiting dining times to 1.5 hours during busy times 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 | dfo)

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 | df)

Blueberry & Ricotta Hotcake w/ lemon curd, vanilla bean ice cream, fresh berries, shortbread crumble, basil 26

Corn and Capsicum 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/ streaky bacon, poached eggs, fresh spinach, & housemade hollandaise on a toasted croissant 26 (gfo | vo) (gfo | vo)

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

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

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)

Salmon Bruschetta, smoked salmon, cherry tomatoes, avocado, basil, dill + citrus cream cheese on toasted sourdough 28 (gfo | dfo | vo)

Chicken & Pesto Sourdough Toastie w/ basil pesto & sun-dried tomatoes & cheese 16 (gfo | contains nuts)

Sourdough Cubano Toastie, slow cooked pork belly, ham, pickles, American mustard & cheese 22

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 | dfo)
add grilled chicken 7 | add salmon 8

Crispy Pork Belly Salad, soba noodles, edamame, Japanese slaw, pickled ginger, coriander, fried onion, tonkatsu creamy dressing & a fried egg. 27 (df)

Steak Sandwich, Rib fillet, caramelised onion jam, streaky bacon, rocket, crispy onion rings & housemade hollandaise on turkish toast 28 (gfo)

Spicy Texas Smash Burger, double smash patties, American cheddar, dill pickle, cos lettuce, chipotle burger sauce on a toasted milk bun 22 (gfo)

Korean Chicken Burger, crispy chicken, slaw, dill, pickled cucumber, aioli & gochujang glaze, on a toasted milk bun 18.5

Crispy Fried Onion Rings w/ aioli | side 7.5

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 5 | 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 8

Toasted Croissant w/ butter + jam 8

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

Ham and Cheese Toasted Croissant w/ tomato relish 14

Kids Waffle w/ banana, nutella & maple syrup 13

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

Kids Cheeseburger w/ single smash pattie, American cheddar w/ tomato sauce 12

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 | additional 15% to pricing on public holidays

GF = gluten free | GF bread will add \$1.5 | V = vegetarian | VE = vegan | DF = dairy free | 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.