

# Substance<sup>51</sup>

BANANA BREAD w/ maple butter \$6.5

FRUIT & NUT TOAST w/ butter & berry compote \$6.5

TOAST w/ jam, vegemite, peanut butter or honey \$6.5  
( sourdough, rye sourdough or gluten free )

TOASTED BAGEL w/ choice of butter & jam  
or cream cheese \$6.5  
( blueberry, poppyseed, rye & sunflower or gluten free )

TOASTED CROISSANT w/ butter and jam \$4.5  
HAM + CHEESE CROISSANT toasted w/ relish \$9.5

SOURDOUGH TOASTIE w/ ham, cheese + mustard  
\$9.5 (gfo)

BACON + EGG ROLL w/ relish + cheese \$12.5 ( gfo )

BLT POPPYSEED BAGEL w/ bacon, tomato, cos lettuce  
& aioli \$14.9 ( gfo | vo )

CHILLI CHEESE BURRITO w/ chorizo, bacon, avocado,  
scrambled eggs, blackened corn, spinach, chipotle aioli  
& a side of sour cream \$17.9 ( vo )

PORRIDGE & POACHED PEAR w/ rhubarb curd,  
crunchy nut clusters, and maple \$16.9 ( v | dfo )

WINTER CRUMBLE WAFFLE - cinnamon apple, rhubarb &  
crumble without forgetting the award winning...white choc,  
salted caramel & macadamia ice cream \$18.9 ( v )

SMASHED AVO on rye sourdough w/ a poached egg,  
cherry tomatoes, rocket, whipped feta + dukkah \$17.9  
( gfo | v | vgo )

LOADED CROISSANT w/ bacon, avocado, poached eggs,  
turmeric hollandaise and relish \$18.9 ( gfo | vo )

OMELETTE - chorizo, cherry tomato, baby bocconcini +  
basil w/ sticky balsamic & sourdough toast \$19.5 ( gfo | vo )

EGGS ON SOURDOUGH  
w/ 2 eggs (any style) & relish \$10.9 ( gfo | v )

WHY WOULDN'T YOU ADD (or build your own) .....  
bacon \$5 | avocado \$4 | mushrooms \$5 | toast \$3  
hash brown \$5 | wilted spinach \$3 | fried haloumi \$4  
chorizo \$6 | pork belly bites \$6 | smoked salmon \$6  
tomato \$3 | feta \$3 | 1 egg \$2.5 | hollandaise \$2

SUBSTANCE BENEDICT w/ house hash, bacon,  
poached eggs, fresh spinach & turmeric hollandaise \$18.9  
( gf | vo - change to mushroom or avo )

CRISPY SWEETCORN + ZUCCHINI FRITTERS w/ avocado,  
poached eggs, rocket & romesco sauce \$18.9  
( v | contains nuts | + bacon \$5 | + chorizo \$6 )

CHILLI BEEF & BEANS w/ grilled gruyere cheese,  
poached eggs, sour cream & sourdough toast \$17.9 ( gfo )

CRISPY CHICKEN & JALEPEÑO + CHEESE WAFFLE  
w/ poached eggs, chipotle aioli, maple butter & a spiced  
maple syrup \$21.5

SALMON + FETTA ROLLED CREPES w/ poached eggs,  
rocket, dill, fresh pomegranate & molasses reduction \$19.9

KALE TRAIL - sautéed mushrooms + kale on a beetroot &  
vegetable rosti w/ pea pesto, Danish fetta, poached egg,  
spinach, pistachios, pepitas & agave syrup \$18.5  
( gf | v | vgo )

ASIAN PORK BELLY BURGER w/ asian slaw, coriander,  
aioli + secret sauce on a toasted milk bun \$18.9 ( gfo )  
( + fries \$4 | + waffle fries \$5.50 )

SUBSTANCE BURGER w/ beef + pork pattie, fried haloumi,  
tomato, cos, chilli jam + aioli on a toasted bun \$17.9 ( gfo )  
( + fries \$4 | + waffle fries \$5.50 )

CRISPY CHICKEN SALAD w/ carrots, coriander, wombok  
red cabbage, spring onions, sugared crushed peanuts  
& sweet asian dressing \$19.9 ( gf )

PEARL COUSCOUS SALAD w/ roasted baby beets & dutch  
baby carrots, roast pumpkin, whipped feta, quinoa, rocket,  
lemon dressing, sticky balsamic & toasted seeds \$17.9  
( gfo | v | vgo | + crispy chicken \$6 )

FRIES w/ aioli \$4

WAFFLE FRIES w/ aioli \$5.5

LOADED WAFFLE FRIES w/ pork belly, cheese + sour cream \$13.5

LITTLE PEOPLE PLATES.....

Scrambled egg + bacon + toast \$9

Kids Waffle w/ banana, nutella + ice cream \$9.5

Kids Waffle w/ berry compote + ice cream \$9.5

Kids ham & cheese toasted sourdough \$7.5

No major variations to the menu, please use 'build your own' if needed | Dietary requirements? please see wait staff for appropriate changes to suit.  
gf = gluten free | gfo = gluten free option available (gf bagels or bread)  
v = vegetarian | vo = vegetarian option available  
vg = vegan | vgo = vegan option available | dfo = dairy free option