

# Substance<sup>51</sup>

ESPRESSO

## Eggs on toast

two eggs | poached or fried | sourdough 13  
(gfo | v | scrambled + 1)

## Bacon and Egg Roll

bacon | fried egg | melted cheddar | tomato relish  
16 (gfo)

## Chilli Cheese Bagel

sriracha & cheese scrambled egg | fresh chilli |  
poppyseed bagel | spring onion | fried onion 18  
(v | gfo)

## Zucchini, Capsicum, Mozzarella & Herb Fritters

cherry tomatoes | avocado | grilled haloumi |  
poached eggs | lemon and rocket salad 24 (v)

## The Benedict

poached eggs | wilted spinach | chives |  
housemade hollandaise | sourdough 16.5 (gfo | v)  
+ bacon 7 | + salmon 8 | + avocado 4 |  
+ mushrooms 5 | + crispy chicken 8

## Loaded Hash

crispy hash bits | bacon | melted cheese  
poached eggs | rocket | caramelized onion  
housemade hollandaise 24 (vo)

## Acai Bowl

burleigh acai | coconut & maple granola  
seasonal fruit 18.5  
(gf | v | ve)

## Crème Brûlée Porridge

vanilla porridge | cinnamon poached apples  
pistachio praline | brandy snap crumble 17.9 (v)

## Lemon Meringue Pancakes

vanilla pancake | Italian meringue | lemon curd |  
raspberry sorbet | housemade compote |  
seasonal berries 19 (v)

## Mushroom Omelette

wild mushrooms | spinach | tomato | cheese |  
toasted sourdough 22 (v | gfo | dfo)

## B.L.A.T Bagel

bacon | cos lettuce | avocado | tomato | aioli 18  
(gfo | vo)

## Salmon Bagel

smoked salmon | cream cheese | lime cured onions  
dill | macadamia dukkah 19.9 (gfo)

## Smashed Avocado

smashed avocado | poached eggs | whipped feta  
sun-dried tomatoes | macadamia dukkah | sourdough  
balsamic glaze 19.9 (gfo | v | veo)

## Spicy Spanish Eggs

chorizo and roast capsicum ragu | poached eggs |  
lemon and herb yoghurt | toasted sourdough |  
rocket salad | flaxseed cracker 24 (gfo)

## Nourish Bowl

avocado | poached eggs | cherry tomatoes | haloumi |  
zucchini | roast capsicum | turmeric cauliflower |  
rocket | lime cured onion | macadamia dukkah 22  
(gf | v | veo) + grilled chicken 7 | + salmon 8

## Steak Sandwich

Rib fillet | charred onion | rocket | haloumi |  
poached egg | roast capsicum pesto | turkish bread |  
housemade hollandaise 28 (gfo)

## Korean Fried Chicken

crispy fried chicken | gochujang glaze  
toasted sesame | pickled cucumber | dill 15  
( make it a burger | 18 )

## Bahn Mi Salad

Vietnamese grilled chicken | baby spinach  
pickled carrot & cucumber | coriander | spring onion  
soy and lemongrass dressing | fresh chilli  
pate spread croutons 25 (vo)

## Weekly Burger Special | ask waitstaff

Shoestring fries + aioli 8

Sweet potato fries + aioli 9

## Lighter Options

Banana Bread 7

Sourdough Toast | butter + jam 7

Fruit & Nut Toast | butter + jam 8

'Bagel Boys' Bagels | butter + spreads 7  
poppyseed | blueberry | gluten free  
add cream cheese +1

Toasted Croissant | butter + jam 7

Ham and Cheese Croissant | relish 11

Sourdough Toastie | ham | cheese 11 (gfo)

Sourdough Toastie | chicken | cheese | pesto |  
sun-dried tomatoes 15 (gfo)

## Sides

extra egg 3 | whipped feta 3 | avocado 4

mushrooms 5 | grilled tomato 4 | wilted spinach 4

haloumi 5 | housemade hashbrowns 6 | bacon 7

chorizo 6 | crispy chicken 7 | smoked salmon 8

hollandaise 1 | relish 1 | aioli 1 |

kids egg (any way) on toast 6.5

kids waffle | banana | nutella | maple syrup 11.5

kids pancake | strawberries | maple syrup  
vanilla bean ice cream 13

kids nuggets | shoestring fries | tomato sauce 10

kids platter | ham | cheese | fruit | sourdough  
marshmallows 11.5