

# Substance<sup>51</sup>

ESPRESSO

## Eggs on toast

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

## 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 | hollandaise  
chives | sourdough 16.5 (gfo | v)  
add bacon 7 | add salmon 8 | add avocado 4  
add mushrooms 5 | add crispy chicken 8

## Loaded Hash

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

## Acai Bowl

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

## Raspberry, Vanilla & Coconut Bircher

chia seeds | maple & coconut granola  
berry compote 17.9 (gf | ve | v)

## Biscoff Apple Crumble Pancake

biscoff pancake | cinnamon apples | maple  
brandy snap crumble | vanilla bean ice cream  
19 (v)

## Mushroom Omelette

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

## Bacon and Egg Roll

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

## 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)

## Wagyu Beef Burger

avocado | cheese | bacon & onion jam | lettuce  
tomato | aioli | shoestring fries 23

## Salmon Croquettes

hot smoked salmon, lemon, potato & chive croquettes  
avocado | cherry tomatoes | dill | poached eggs  
rocket | lemon caper mayonnaise 22

## 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)

## Nourish Bowl

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

## Korean Fried Chicken

crispy fried chicken | gochujang glaze  
toasted sesame | pickled cucumber 15

## 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 (gfo) 15

## Sides

sourdough (1 Slice) 3.5

avocado 4

mushrooms 5

grilled tomato 4

whipped feta 3

extra egg 3

haloumi 5

wilted spinach 4

bacon 7

hashbrown 6

chorizo 6

crispy chicken 8

smoked salmon 8

hollandaise 1

relish 1

aioli 1

cream cheese 1

peanut butter 1

kids egg (any way) on toast 6.5

kids waffle | banana | nutella | maple syrup 11.5

kids biscoff 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