

# Substance<sup>51</sup>

## ESPRESSO

### Acai Bowl

scooped acai w/ coconut maple granola & seasonal fruit 22 (gf | v | ve)

### Bacon and Egg Roll

bacon, fried egg, melted cheese & tomato relish 16 (gfo)

### B.L.A.T on an 'Everything Bagel'

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

### Protein Bircher

coconut & apple bircher, amazonia vanilla protein, chia seeds, lemon curd, fresh berries & housemade granola 19 (gf | v | veo)

### Housemade Porridge

w/ orange & ginger poached pear, gingernut crumble & cinnamon vanilla maple syrup 19 (v | veo)

### Croissant French Toast

w/ streaky bacon, banana, vanilla bean ice cream, cinnamon maple syrup 24 (vo)

### Chilli Cheese Bagel

sriracha & cheese scrambled eggs w/ fresh chilli, spring onion, & crispy shallots on an 'everything bagel' 18.5 (gfo | v)

### The Benedict on Sourdough

w/ spinach, poached eggs, housemade hollandaise & chives 16.5 (gfo | v)  
add bacon 7 | add salmon 8 | add avocado 4  
add mushrooms 5 | add crispy chicken 8

### Corn and Capsicum Phat Fritter

bacon, avocado, poached eggs & chilli jam 24 (vo)

### Loaded Hash

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

### Smashed Avocado on Sourdough

w/poached eggs, whipped feta, sun-dried tomatoes, macadamia dukkah & balsamic glaze 21 (gfo | v | veo)

### Mushroom Omelette

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

### Lighter Options

#### 2 Eggs on sourdough toast

poached or fried sourdough 13 (scrambled +1)

#### Banana Bread 7

**Sourdough Toast** | butter + jam 7

**Bagels** | butter + spreads 7 (add cream cheese +1)  
poppyseed, everything, blueberry or gluten free

**Toasted Croissant** | butter + jam 7

**Ham and Cheese Croissant** | relish 12

**Ham and Cheese Sourdough Toastie** 12 (gfo)

**Chicken + Cheese Sourdough Toastie** w/ pesto & sun-dried tomatoes 15 (gfo)

### Burrata Bowl

burrata w/ tomatoes, fresh basil, basil pesto, chorizo crumb & garlic toasted turkish bread 28 (gfo | v)

### Chicken, Chorizo & Cheese Quesadilla

w/ avocado puree, lime cured onions, turmeric cauliflower aioli & a fried egg 24

### Chilli Beef & Beans

slow cooked beef, tomatoes and beans w/ melted cheese, poached eggs, sour cream + toasted turkish 24 (gfo)

### Nourish Bowl

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

### Garlic Mushroom

sauteed garlic mushrooms & spinach, white truffle puree, poached eggs, basil pesto, parmesan, balsamic glaze & toasted sourdough 22 (gfo | v)

### Bahn Mi Salad

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

### Salmon Bagel

smoked salmon, cream cheese, lime cured onions, dill & macadamia dukkah on a poppyseed bagel 21 (gfo)

### Steak Sandwich

Rib fillet, haloumi, charred onion, rocket, capsicum pesto, poached egg & housemade hollandaise on turkish bread 28 (gfo)

### Honey Chilli Chicken Burger

crispy buttermilk chicken, cos lettuce, pineapple salsa, hot honey dressing & mayo on a toasted milk bun 18

### Smash Pattie Beef Burger

beef and onion patties, burger cheese, pickles mustard & tomato suace 18 (gfo)

### Korean Fried Chicken

crispy fried chicken topped w/ gochujang glaze toasted sesame seeds, pickled cucumber & dill 16  
(make it a burger | 18)

**Shoestring fries** w/ aioli | Bowl 8 | Side serve 4

**Sweet potato fries** w/ aioli | Bowl 10 | Side serve 5

### Sides

egg 3 | whipped feta 3 | avocado 4  
mushrooms 5 | grilled tomato 4 | wilted spinach 4  
bacon 7 | haloumi 5 | housemade hashbrowns 6  
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 13

**kids pancake** | strawberries | maple syrup | ice cream 13

**kids nuggets** | shoestring fries | tomato sauce 10

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

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.