

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 busy times.

We also ask for assistance in limiting dining times to 2 hours so everyone can enjoy.

We appreciate you! Love team Substance xx

Eggs on Toast

two eggs on thick cut sourdough 13 (scrambled +1)

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 an 'everything bagel' 18.5 (gfo | vo)

Protein Bircher, coconut, apple, chia seed & amazonia vanilla protein bircher w/ lemon curd, berries & housemade granola 20 (gf | v | veo)

Croissant Benedict, w/ wilted spinach, poached eggs & housemade hollandaise on a round croissant 18 (gfo | v) add bacon 7 | salmon 8 | avocado 4 garlic butter mushrooms 5 | crispy chicken 8

Chilli Cheese Scrambled, on an 'everything bagel' w/ sriracha & cheese scrambled eggs, fresh chilli, spring onion & crispy shallots 19.9 (gfo | v)

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

Chilli Beef & Beans, slow cooked tomato, beef and bean ragu, topped with melted cheese, poached eggs & sour cream with toasted sourdough 25 (gfo)

Smashed Avocado on Sourdough w/ poached eggs, whipped feta, sun-dried tomatoes, macadamia dukkah & balsamic glaze 22 (gfo | v | veo)

Corn and Capsicum Fat Fritter w/ bacon, avocado, poached eggs & chilli jam 24 (vo)

Burrata Bruschetta, w/ cherry tomatoes, avocado, torn burrata, fresh basil & poached egg & balsamic glaze on thick cut sourdough 26 (gfo | v | veo)

Salmon Bagel, smoked salmon, cream cheese, dill, lime cured onions & macadamia dukkah on a poppyseed bagel 24 (gfo)

Lemon Meringue Pancakes w/ lemon curd, fresh berries, pistachio ice cream, toasted italian meringue 24 (vo)

Sides | egg 3.5 | whipped feta 3 | avocado 4
fried haloumi cubes 5 | sourdough thick toast 6
spinach 4 | garlic butter mushrooms 5
housemade hashbrowns 6 | chorizo 6 | ham 4
bacon 7 | crispy chicken 8 | salmon 8
hollandaise 2 | relish 1 | aioli 1

Pork Belly Tacos, soft tortillas, with housemade slaw, charred corn salsa, avocado, coriander & spicy aioli 22

Nourish Bowl, avocado, cherry tomatoes, fried haloumi, garlic butter mushrooms, rocket, turmeric cauliflower, poached eggs, lime cured onions, capsicum pesto & macadamia dukkah 24 (gf | v | veo)
add grilled chicken 7 | add salmon 8

Prawn Roll, chilli & garlic prawns on a soft brioche roll w/ iceberg lettuce, kewpie mayo, pickled cucumber, fries & aioli 24 (gfo)

Chicken Schnitzel Caesar, 250g chicken schnitzel, cos lettuce, aioli, bacon lardons, shaved parmesan, poached egg & dill 27

Bahn Mi Salad, Vietnamese grilled chicken, spinach, housemade pickled carrot & cucumber, coriander, spring onion, fresh chilli, and pate spread croutons with a soy & lemongrass dressing 25 (vo)

Steak Sandwich, Rib fillet, caramelized onion, streaky bacon, rocket, garlic mushrooms & housemade hollandaise on turkish bread 28 (gfo)

Korean Chicken Burger, crispy chicken, cos lettuce, dill, pickled cucumber, aioli & gochujang glaze, on a toasted milk bun 17

Smash Burger, two smash patties, american cheddar, pickles, substance burger sauce on a milk bun 17 (gfo)

Korean Crispy Fried Chicken, topped w/ gochujang glaze, dill, pickled cucumber & toasted sesame seeds 16

Shoestring fries w/ aioli | side 5 | bowl 10

Sweet potato fries w/ aioli | side 6 | bowl 12

Lighter Options | Kids Meals

Banana Bread 7

Toasted Croissant w/ butter + jam 7

Ham and Cheese Croissant w/ tomato relish 12

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

Ham and Cheese Sourdough Toastie 12 (gfo)

Chicken + Cheese Sourdough Toastie w/ basil pesto & sun-dried tomatoes 15 (gfo | contains nuts)

Kids Waffle w/ banana, nutella & maple syrup 13

Kids Pancake w/ strawberries, maple & ice cream 13

Kids Nuggets & Fries w/ tomato sauce 10

Kids Platter w/ ham, cheese, fruit, sourdough, corn chips & marshmallows 13