

ethos.

All Day Menu

Eggs your way \$15.00

GFO V

Two eggs cooked your way, relish, butter, served on your choice of toasted sourdough or grain bread

Avocado on Toast \$20.00

GFO V

Smashed avocado, feta & cherry tomato, fresh herbs, sesame, crispy shallots, seasonal greens, lemon, served on your choice of toasted sourdough or grain bread

Classic Eggs Benedict \$21.00

GFO V

Two poached eggs with spinach & hollandaise, served on your choice of toasted sourdough or grain bread

Mushroom Eggs Benedict \$23.00

GFO V

Two poached eggs with sautéed mushrooms, spinach & hollandaise, served on your choice of toasted sourdough or grain bread

Halloumi Eggs Benedict \$24.00

GFO V

Two poached eggs with fried halloumi, spinach & hollandaise, served on your choice of toasted sourdough or grain bread

Bacon Eggs Benedict \$24.00

GFO

Two poached eggs with crispy bacon, spinach & hollandaise, served on your choice of toasted sourdough or grain bread

Chia Pudding \$16.00

N V

Creamy coconut & vanilla chia pudding topped with seasonal fresh fruit, house-made granola, lemon curd, hibiscus syrup

Brioche French Toast \$24.00

V

Golden brioche French toast served with lemon curd, mascarpone, seasonal compote, caramelised banana, maple syrup, fairy crumb

Shakshuka \$28.00

GFO V DF S

Two eggs baked in a rich tomato, capsicum, and spiced sauce, finished with herbs & green tahini, served with toasted house-made challah bun

Vegan Full Breakfast \$32.00

GFO VG

Tofu scramble, two vegan sausages, house-made vegan hash brown, mushrooms, tomato, salsa verde, tomato relish, served on your choice of toasted sourdough or grain bread

Full Breakfast \$34.00

GFO

Two eggs your way, house-made hash brown, mushrooms, tomato, salsa verde, chicken-lamb sausage, crispy bacon, relish, butter, served on your choice of toasted sourdough or grain bread

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All Day Menu

Crispea Fritter \$22.00

GF VG Soy

A large crispy chickpea and vegetable fritter with cabbage, carrot and corn, served with vegan aioli, guacamole, crispy fried onion, sesame seeds, greens

Vegan Cabbage Fettuccine & Meatballs \$25.00

GF VG

Cabbage ribbons tossed in vegan marinara sauce with plant-based meatballs, finished with fresh herbs and greens

Pulled Pork Tacos \$25.00

GF DF Soy

Two soft corn tortillas filled with slow-cooked pulled pork, cucumber salsa, guacamole, aioli, fresh herbs and greens

Jackfruit Tacos \$25.00

GF VG Soy

Two soft corn tortillas filled with slow-cooked jackfruit, cucumber salsa, guacamole, aioli, fresh herbs and greens

Chicken Shawarma Wrap \$25.00

DF EF S

A generous toasted wrap filled with chicken shawarma, hummus, cucumber salsa, cabbage salad, fresh greens, served Middle Eastern style with **spicy** green tahini on the side

Mushroom Shawarma Wrap \$25.00

VG S

A generous toasted wrap filled with mushroom, capsicum and onion shawarma, hummus, cucumber salsa, cabbage salad and fresh greens, served Middle Eastern style with **spicy** green tahini on the side

Creamy Chicken & Mushroom Fettuccine \$28.00

Tender chicken, mushrooms, garlic, herbs and cherry tomatoes tossed through fettuccine in a white wine cream sauce, finished with parmesan and fresh herbs

North African Beef Tagine \$29.00

GFO

Slow-cooked beef with chickpeas, pumpkin, celery and courgette in a golden turmeric, paprika and herb-spiced sauce, served over couscous (GF option with quinoa +\$1.00)

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Little Ones Menu

Kids Eggs on Toast \$9.50

GFO V

One egg cooked your way, served with toasted sourdough or grain bread with butter

Kids Avocado on Toast \$11.50

GFO V

One toasted sourdough or grain bread with avocado and feta

Mini Pizza \$12.50

V

Margherita pizza on homemade base

Mini Pancake & Fruit Skewers \$12.50

V

Seasonal fruit skewers and mini pancakes served with milk chocolate dipping sauce lemon curd and fairy dust.

Mini Meatball Pasta \$14.50

Farfalle (butterfly) pasta with house-made tomato sauce and meatballs, topped with parmesan

Add-ons available with any dish:

Extra egg.....	\$4.00
Bacon.....	\$8.00
Roasted Mushroom.....	\$4.00
Fried Halloumi.....	\$5.00
Avocado.....	\$5.00
House-made hash brown.....	\$5.00
Chicken & Lamb sausage.....	\$2.00
Gluten free toast.....	\$2.00
Hollandaise.....	\$3.00

S Contain Sesame seed - our Tahini

Soy Contain Soy - our Vegan aioli

GFO Gluten Free Option available

GF Gluten Free ingredients

DF Dairy Free ingredients

EF Egg Free ingredients

VG Vegan ingredients

N Contains nuts

V Vegetarian

Please note:

Our food is prepared in a shared kitchen. We take care with dietary requests, but cannot guarantee a 100% allergen-free environment

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Drinks Menu

Common Good Coffee

Black.....	\$4.00
Flat White.....	\$4.50
Latte.....	\$5.00
Cappuccino.....	\$4.50
Mocha.....	\$5.50
Large.....	\$0.50
Takeaway cup.....	\$0.50
Almond.....	\$0.50
Soy.....	\$0.50
Coconut.....	\$0.50
Oat.....	\$0.50
Vanilla Shott.....	\$0.50

Decaf available upon request

Hot Drinks

Hot Chocolate.....	\$4.50
Chai Latte.....	\$6.00
Lemon, honey & ginger.....	\$5.50
Kids fluffy.....	\$3.00

Charity Tea \$4.50

Certified organic, fair-trade. Charity tea is a social enterprise who uses their revenue to address the issues of world hunger.

- Good Morning organic breakfast
- Royal organic earl grey
- Jazz organic jasmine green
- Relax organic peppermint
- Peachy organic peach honeybush
- Kawa organic kawakawa, lemon & ginger

Nutritional Lattes \$6.00

Matcha
Turmeric
Minty Cacao

Super-food Smoothies \$16.00

Blue

Blue spirulina, banana, pineapple, coconut water & coconut yogurt.

Green

12 organic super greens powder, banana, kiwifruit, pineapple, avocado, spinach & coconut water.

Acai

Acai berry, banana, gold kiwifruit, boysenberry & coconut water.

Tropical

Mango, orange, gold kiwifruit, banana, bee pollen & coconut water.

Dragonfruit

Dragonfruit, banana, orange, pineapple, coconut water & coconut yogurt.

Iced Drinks

Iced Coffee.....	\$9.50
Iced Chocolate.....	\$9.50
Iced Mocha.....	\$9.50
Iced Latte.....	\$6.50

WiFi

User network: ethos cafe Password: longblack