

All Day Breakfast Box

Toast

S/Dough, M/Grain, Monkey GL/Free, Light Rye, Pidè & Fruit Loaf – 6

With your choice...

Raspberry jam, orange marmalade, Peanut Butter, honey, or Vegemite

Monkey Fruit Salad *(seasonal fruits)*

Toasted almonds, yoghurt and honey – 12

Crumble Bomba Cup

Vanilla raspberry compote, yoghurt, crumble & shaved roast coconut - 12

Bircher Muesli *(contains peanuts)*

Cinnamon blueberries, yoghurt, honey & golden flaked almonds – 8 / 12

Baby Oats Porridge

Chai apples with raw coconut sugar – 8 / 12

Flip's Five-Grain Porridge

Rhubarb compote, coconut Greek yoghurt, and honey – 8 / 12

Apple Cinnamon Pancake

Served with vanilla ice cream, maple syrup, and cinnamon sugar - 16.5

Smash Avo Feta

On multigrain toast, drizzled with lemon oil – 17 / + poached egg - 18

New York Bagel

Crispy bacon, fried egg, lettuce and aioli – 16

Posh Pea Bruschetta

Green mint peas, whole broad beans, grilled asparagus, humus & grated pecorino cheese, with a poached egg – 17.5

Guacamole BLT

Crispy bacon, rocket & fresh tomato, served as a bruschetta on toasted light rye – 17.5 / + poached egg 18.5

Seasonal Field Mushrooms

Sautéed with baby spinach, goat's cheese, white truffle oil, poached egg on toasted rye – 18.5

Sweet Corn and Zucchini Fritter

With baby spinach leaves, cherry tomatoes & chive sour cream – 17.5

(when things are really busy, please understand, changes to the menu may not be possible)

Free Range Egg Box

Eggs Anyway

Poached, scrambled, fried with toast – 9.5

Greek Eggs

Poached eggs, humus, lemon spinach, Greek feta on olive toast – 18.5

Caprese Eggs

Poached eggs with sliced fresh tomato, basil pesto, ripped bocconcini, baby rocket leaves and Egyptian dukkah on sourdough – 18.5

Ocean Eggs

Poached eggs, smoked salmon, potato rosti, baby spinach, hollandaise on a toasted English muffin – 19

Autumn Eggs

Poached eggs, bacon, grilled tomato, fresh spinach, guacamole, & beetroot relish on sourdough – 18.5

Delicious Eggs

Poached eggs, sliced baby chorizo sausage, roast peppers, baby spinach, hollandaise and fresh ricotta on multigrain – 18.5

Persian Baked Eggs

Baked in smoky beans & lentils, chorizo & baby chickpeas – 18.5

Gym Junkie

Folded white egg omelet with mushrooms, goats cheese, asparagus and baby spinach – 18.5

Mr. Benedict

Poached eggs, grilled ham, hollandaise on toasted English muffin – 18.5

Side Box

extra egg - 3

mushrooms - 3.5

grilled chorizo - 5

Greek feta - 4.5

hollandaise – 3

goat's cheese - 4.5

extra toast - 2.5

avocado - 5

crispy bacon - 5

leg ham - 4.5

ricotta - 4.5

baby spinach - 3.5

grilled tomato - 3.5

Persian beans - 4.5

smoked salmon - 5.5

potato rosti - 3.5

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Lunch Box

Korean Chicken Burger

Marinated bbq chicken with pickled cabbage and rocket salad served on a brioche bun – 16.5 / + fries 20.5

Monkey's Fab Tuna Bagel or Tortilla Wrap

Italian tuna, basil, baby caper corn mix, boiled egg, & cos lettuce – 16.5

Steak Sandwich

Porterhouse steak, tasty cheese, shredded iceberg, tomato, bacon, grilled onion & bbq mayo on long Turkish Pidè – 17.5 / + fries 21.5

Smoked Salmon Bagel

Yummy egg salad, sliced dill pickle, cos lettuce, and caper aioli – 17

My Famous Reuben

Slow cooked corned beef, sweet and sour red cabbage, Swiss cheese, Dijon mustard, spiced gherkins served on light rye – 16.5

Leg Ham Toasty or Tortilla Wrap

With fresh tomato, Swiss cheese and tomato relish – 14.5

Veg Out Burger

Home made veggie patty, mixed leaves, tasty cheese & beetroot relish, served on Turkish Pidè – 17.5 / + fries 21.5

Tuna Brown Rice - Red Quinoa Salad

Roast pumpkin, green beans, baby spinach, fresh basil, & egg – 18.5

Gina's Chicken Couscous Salad

Cauliflower cumin spiced couscous, baby currants, green peas, spinach, & humus – 18.5

Chicken Nasi Goreng

Indonesian fried rice with chicken, fried egg, julienne carrot, cucumber & fried shallots served on a banana leaf – 18.5

Vietnamese Crunchy Prawn Noodle Salad

BBQ prawns, rainbow slaw, fresh coriander, mint, chili, fried shallots, crispy noodles, drizzled with a zestful Vietnamese dressing – 18.5

Thai Chicken Salad

Grilled breast, julienne carrot, cucumber, bean shoots, crushed peanuts, fried shallots & wombok, dressed with pomegranate & ginger – 18.5

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