

# EAT

## WEEKDAY ON-THE-GO MENU

<b>Toast with Condiments</b>	<b>6.0</b>
<i>choice of sourdough or fruit toast</i>	
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<b>Eggs on Toast</b>	<b>10.0</b>
<i>choice of fried or scrambled eggs on sourdough toast served with rocket and relish</i>	
<i>add avocado</i>	+ 3.0
<i>add bacon</i>	+ 4.0
<i>add salmon</i>	+ 6.0
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<b>Granola (Gluten Free, Vegan)</b>	<b>14.0</b>
<i>lime and coconut granola served with coconut yoghurt, seasonal fresh berries and milk of your choice</i>	
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<b>Quincy Bowl</b>	<b>18.0</b>
<i>quinoa, brown rice, fried egg, spinach, avocado, mushrooms, cherry tomatoes, feta and dukkah</i>	
<i>add haloumi</i>	+ 4.0
<i>add salmon</i>	+ 6.0
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<b>Classic Bagel</b>	<b>5.0</b>
<i>with cream cheese</i>	
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<b>Bacon and Egg Bagel</b>	<b>9.5</b>
<i>with bacon, egg, tomato relish and mayonnaise</i>	
<i>add haloumi</i>	+ 4.0
<i>add avocado</i>	+ 3.0
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<b>BLAT Bagel</b>	<b>12.0</b>
<i>with bacon, spinach, avocado and tomato</i>	
<i>add haloumi</i>	+ 4.0
<i>add egg</i>	+ 3.0
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<b>Salmon Bagel</b>	<b>12.0</b>
<i>with smoked salmon, cream cheese, rocket and dill</i>	
<i>add avocado</i>	+ 3.0
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# EAT

<b>Avocado on Sourdough</b>	<b>10.0</b>
<i>with dukkah and rocket</i>	
<i>add haloumi</i>	+ 4.0
<b>Breaky Wrap</b>	<b>9.5</b>
<i>bacon, scrambled eggs, avocado, cheese and caramelised onion</i>	
<b>Ham and Cheese Toastie</b>	<b>13.0</b>
<i>with ham, american cheddar, special sauce and pickles</i>	
<i>add tomato</i>	+ 2.0
<b>Smashed Avocado</b>	<b>14.0</b>
<i>with cherry tomatoes, feta, fresh basil and balsamic glaze</i>	
<i>on sourdough</i>	
<b>Ham and Cheese Croissant</b>	<b>8.0</b>
<i>add tomato</i>	+ 2.0
<b>Roast Pumpkin Salad</b>	<b>12.5</b>
<i>roasted pumpkin, rocket, red onion, feta, pinenuts, cranberries</i>	
<i>with a balsamic glaze</i>	
<i>add haloumi</i>	+ 4.0

# EAT

## WEEKEND BRUNCH MENU

<b>Toast with Condiments</b>	<b>6.0</b>
<i>choice of sourdough or fruit toast</i>	
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<b>Eggs on Toast</b>	<b>10.0</b>
<i>choice of fried or scrambled eggs on sourdough toast served with rocket and relish</i>	
<i>add avocado</i>	+ 3.0
<i>add bacon</i>	+ 4.0
<i>add salmon</i>	+ 6.0
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<b>Bacon + Egg Burger</b>	<b>15.0</b>
<i>on brioche with bacon, egg, cheese, red onion, tomato relish, mayonnaise and rocket</i>	
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<b>Mushroom + Haloumi Burger</b>	<b>15.0</b>
<i>on brioche with portobello mushrooms, haloumi, chipotle mayonnaise and rocket</i>	
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<b>Quincy Bowl</b>	<b>18.0</b>
<i>quinoa, brown rice, fried egg, spinach, avocado, mushrooms, cherry tomatoes, feta and dukkah</i>	
<i>add haloumi</i>	+ 4.0
<i>add salmon</i>	+ 6.0
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<b>Vegetarian Big Breakfast</b>	<b>24.0</b>
<i>eggs on sourdough toast with mushrooms, onion, haloumi, blistered cherry tomatoes, avocado, rocket, dukkah and tomato relish</i>	
<i>add roasted pumpkin</i>	+ 3.0
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<b>Big Breakfast</b>	<b>24.0</b>
<i>bacon and eggs on sourdough toast with mushrooms, onion, haloumi, blistered cherry tomatoes, chorizo and tomato relish</i>	
<i>add avocado</i>	+ 3.0
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# EAT

<b>Loaded Croissant</b>	<b>12.0</b>
<i>croissant filled with bacon, tomato and scrambled eggs</i>	
<i>add avocado</i>	+ 3.0
<b>Smashed Avocado</b>	<b>14.0</b>
<i>with cherry tomatoes, feta, fresh basil and balsamic glaze</i>	
<i>on sourdough</i>	
<i>add bacon</i>	+ 4.0
<b>Granola (Gluten Free, Vegan)</b>	<b>14.0</b>
<i>lime and coconut granola served with coconut yoghurt,</i>	
<i>seasonal fresh berries and milk of your choice</i>	
<b>Mexican Mince on Sourdough</b>	<b>14.5</b>
<i>with fried egg</i>	
<i>add bacon</i>	+ 4.0
<b>BLAT Bagel</b>	<b>12.0</b>
<i>with bacon, spinach, avocado, tomato, relish and mayonnaise</i>	
<i>add haloumi</i>	+ 4.0
<i>add egg</i>	+ 3.0
<b>Salmon Bagel</b>	<b>12.0</b>
<i>with smoked salmon, cream cheese, rocket and dill</i>	
<i>add avocado</i>	+ 3.0
<b>Roast Pumpkin Salad</b>	<b>12.5</b>
<i>roasted pumpkin, rocket, red onion, feta, pinenuts, cranberries</i>	
<i>with a balsamic glaze</i>	
<i>add haloumi</i>	+ 4.0

# EAT

## **ADD**

<i>Gluten Free Bread</i>	+ 1.0
<i>Avocado</i>	+ 3.0
<i>Fresh Heirloom Tomatoes</i>	+ 2.0
<i>Mushroom</i>	+ 4.0
<i>Bacon</i>	+ 4.0
<i>Egg</i>	+ 3.0
<i>Haloumi</i>	+ 4.0
<i>Salmon</i>	+ 6.0
<i>Roasted Pumpkin</i>	+ 3.0

*Please note, although we offer GF products, they are prepared in the same kitchen as all menu items. If you have a severe allergy please inform our cafe staff before you order.*

# DRINK

## COFFEE

Espresso	3.0	
Piccolo	3.0	
Doppio	3.5	
Macchiato	3.5	4.0
Long Black	3.0	3.8
Flat White	3.7	4.5
Latte	3.7	4.5
Cappuccino	3.7	4.5
Mocha	4.0	4.8
Chai Latte	4.0	4.8
Hot Chocolate	4.0	4.8
Affogato		5.0
Kids Chocolate Affogato		4.0

## TEA

T2 Tea - English Breakfast, Earl Grey, Chai, Green, Peppermint	4.0
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## EXTRAS

Extra Shot, Syrup, Soy Milk, Almond Milk, Lactose Free, Coconut Milk	0.5
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## SMOOTHIE BAR

<b>Up and at 'em</b>	<b>10.0</b>
kale, chia seeds, green apple, lemon, maple syrup and almond milk	
<b>Sunrise on Days</b>	<b>8.0</b>
mango cheeks, pineapple, coconut sorbet, coconut milk	
<b>Berry Blast</b>	<b>8.0</b>
blueberries, banana, coconut milk, coconut yoghurt	

# DRINK

## **COLD DRINKS**

<i>Sprite, Coke, Coke Zero, Ginger Ale, Bundaberg Ginger Beer</i>	4.0
<i>Antipodes Sparking or Still Bottled Water</i>	6.0
<i>Emma &amp; Tom's Juice: Orange or Cloudy Apple</i>	4.0
<i>Emma &amp; Tom's Juice: Little Apple Juice</i>	3.0
<i>Emma &amp; Tom's Smoothie: Green Power, Karma Rama or Extreme C</i>	4.5
<i>Emma &amp; Tom's Flavoured Milk: Strawberry or Chocolate</i>	4.0
<i>Emma &amp; Tom's Kombucha</i>	5.0
<i>Mount Franklin Bottled Water</i>	3.5