

ALL DAY BREAKFAST

Breads	9	Chilli Scrambled Eggs CGF CDF	21	Brekky Gnocchi CV CNF	25
Sourdough, multigrain, gluten free, fruit toast served with butter Assorted spreads available		on sourdough toast, parmesan, pesto, feta		with poached eggs, chorizo, mushrooms, spinach, green peas, caramelised onion, cherry tomato, roasted sweet potato, dukkah, hollandaise, burnt butter	
Bircher Muesli V	17	Smashed Avocado CGF CDF CNF	24	Spanish Baked Eggs	25
oats, granola, seasonal fruits, berry coulis, coconut, passionfruit pulp, labneh		on multigrain toast, poached eggs, cherry tomato, basil pesto, goats cheese, dukkah, lemon zest Bacon +5		with chorizo, smoked Napoli sauce, ratatouille veggies, broccolini, shaved parmesan, basil pesto and Turkish bread	
Apple Crumble Porridge V CDF CNF	17	Brioche French Toast CGF	25	CGF sorry no other variations	
topped with poached apple, nut crumble, vanilla labneh, seasonal fruits		vanilla mascarpone, bacon, caramelised banana, seasonal fruits, ice cream		The Jake CGF	26
Eggs your way V CGF	15	Brisket Benny CV NF	25	Poached eggs, bacon, chipolata sausage, mushrooms, avocado mash, hash browns, grilled tomato, sourdough toast	
on toast of your choice		homemade potato hash stack topped with slow cooked beef brisket, poached eggs, hollandaise sauce, broccoli, cherry tomatoes, lemon herb gremolata		V falafel, spinach VE falafel, spinach, tofu	

ALL DAY LUNCH

Zucchini, pea, haloumi & corn fritters GF V	24	Poke Bowl CV CGF CNF CDF	24
with avocado, beetroot jam, sour cream, apple & pea salsa, sesame wafer Egg +3 Bacon +5		Katsu chicken, quinoa rice, corn, edamame, pickled carrots, pickled ginger, cucumber, avocado, katsu sauce, soy sauce, wasabi mayo	
Southern Fried Buttermilk Chicken Burger	25	Chicken Caesar Salad	24
on a brioche bun with cheese, slaw, chipotle mayo, chips OPT grilled chicken		Grilled chicken with tossed cos lettuce, bacon, egg, crouton, parmesan cheese and Caesar dressing (No seafood in dressing)	
Steak Sandwich CGF	26	Bowl of chips	12
Steak, spicy relish, bacon, tomato, Swiss cheese, gherkin, lettuce, mayo, Turkish bread and chips OPT grilled veggie patty, avocado		with tomato sauce OR chipotle	

SIDES

Smoked salmon, grilled chicken	+6
Bacon, chorizo, chipolata sausages, avocado mash, sliced avocado, goats cheese, feta, mushrooms, hollandaise, grilled haloumi	+5
Grilled spinach, falafel, hashbrowns, grilled tomato, relish, tofu, coconut yoghurt	+4
Egg	+3

Food Allergen Disclaimer - If you have any allergies, intolerances or specific dietary requirements, please notify our staff and we will try to cater for you as best as possible. Our kitchen and cafe cannot guarantee against any cross contamination with **peanuts, tree nuts, milk, eggs, sesame, fish, shellfish, soy, wheat** or any other food

KIDS MENU Under 12

Ham & Cheese Toastie CGF	10 ea
Cheese Toastie CGF	
Cheese & Vegemite Toastie CGF	
Egg on toast CGF	
Avocado smash on toast CGF	
Chicken nuggets & chips with tomato sauce	12 ea
Waffle with maple syrup, seasonal fruits, vanilla ice cream	

DISPLAY

Assorted cakes, muffins, slices and cookies

Assorted sandwiches, toasties, wraps, light snacks

10% SURCHARGE ON WEEKENDS
20% SURCHARGE ON PUBLIC HOLIDAYS
SORRY NO RESERVATIONS ON WEEKENDS

CGF can be Gluten Free
CDF can be Dairy Free
CNF can be Nut Free
V Vegetarian
VE Vegan
GF Gluten Free

Jake
& the
Beans
Talk



SOMETHING TO DRINK

COFFEE

House Blend by Five Senses	4.5	5.0
+ Soy		0.7
+ Almond - Milk Lab		1.0
+ Oat		1.0
+ Lactose Free		1.0

The Split espresso, piccolo, sparkling water **6**

Cold Brew **6**

Chai by Prana **5.5**
Make it dirty ? + espresso 1.5

Hot Chocolate **4.5** **5.5**

Babycino **1**

TEA

Larsen & Thompson

English breakfast, Earl Grey, Jasmine Pearls, Sencha green, lemongrass ginger, peppermint, chamomile

CHAI TEA **5.5**

JUICES

Cold Pressed Juices over ice

The **GREEN** One
Kale, cucumber, celery, cos lettuce, green capsicum, apple and lemon

The **PURPLE** One
Beetroot, carrot, celery, apple and lemon

The **ORANGE** One
Turmeric, carrot, apple, oranges and lemons

The **PINK** One
Watermelon, pineapple and mint

SMOOTHIES

Superfood **12**
Berries, banana, maca powder, goji berries, honey, coconut water

Date Night **12**
Dates, banana, cocoa, honey, peanut butter, almond milk

Third Wheel + espresso +1.5

Mango Passion **12**
Mango, passionfruit, apple juice, coconut water, plain yoghurt

Banana Delight **12**
Banana, full cream milk, plain yoghurt, honey, cinnamon

COLD DRINKS

SHAKES **4.5** **6.5**
Chocolate, strawberry, vanilla, caramel, banana
Alternative milks available **0.5**

ICED with ice cream **7.5**
Coffee, chocolate, chai

Coke, Coke no sugar, Sprite, **4.5**
Lemon Lime & Bitters,
Ginger Beer, Sparkling
Mineral

Apple **OR** Orange Juice **3.5** **4.5**

BEER

Balter XPA **8**
Peroni **7**
Brookvale Union Ginger Beer **8**

WINE

SPARKLING

Varichon et Clerc **12 45**

WHITE

Little Goat Creek **9 34**

Sauvignon Blanc
Marlborough NZ

Villa Sand **9 35**

Pinot Grigio IGT
Veneto IT

ROSE'

Squealing Pig **9 35**

RED

Zante's Footstep **9 30**
Chocolate Factory
Shiraz
McLaren Vale SA

COCKTAILS

Mimosa **12**
Aperol Spritz **14**

10% SURCHARGE ON WEEKENDS

20% SURCHARGE ON PUBLIC HOLIDAYS

SORRY NO RESERVATIONS ON WEEKENDS

jakeandthebeanstalk.com.au / 03 9571 6661



Jake
& the
Beans
Talk