

SPEARS

all day breakfast

BIG BREAKFAST Fried Eggs, Bacon, Chipolatas, Mushrooms, Baked Beans and Toast	\$22.95
EGGS BENI Poached Eggs, Spinach, Hollandaise Sauce	with Bacon or Ham \$18.95 with Salmon \$22.95
EGGS YOUR WAY Fried, Poached or Scrambled with Toast	\$9.95
EGG AND BACON ROLL Fried Egg, Bacon, BBQ Sauce on a Bun	\$9.95
SMASHED AVO Poached Eggs, Avocado, Cherry Tomatoes, Feta, Rocket on Crusty Loaf	\$18.95
MUSHROOMS ON TOAST Grilled Mushrooms, Feta, Rocket, Crispy Enoki on Toast	\$17.95
POWER BOWL Fresh Fruit, Granola, Honey, Yoghurt, Chia, Toasted Nuts & Coconut	\$14.95
CHILLI SCRAMBLE EGGS (GF) Avocado, Rocket, Corn Fritter and Prosciutto	\$18.95
KETO BENEDICT (GF, DF) Poached Eggs, Sweet Potato Fritter, Spinach, Smoked Salmon, Avocado, Hollandaise Sauce	\$22.95
EXTRAS Bacon, Hash, Grilled Tomatoes, Mushrooms, Baked Beans, Chipotles	\$3.50 each
Smoked Salmon, Avocado	\$4.50 each

something light

CHIPS (GF)	\$5.95
WEDGES or SWEET WEDGES (GF)	\$8.95
TOASTIES Chicken, Mayo, Cheese Ham, Cheese, Tomato	\$8.95
TOAST Raisin Toast/Cinnamon Toast/Plain Toast Banana Bread	\$5.00 \$6.00
SCONES	\$6.95
CAKES (see cabinet)	\$6.95



Spears Café
Richmond Marketplace
78 March Street
Richmond NSW 2753
02 4545 2825



10% surcharge on Sundays and public holidays

salads

- CHICKEN CAESAR SALAD** Grilled Chicken, Bacon, Cos Lettuce, Croutons and Egg **\$19.95**
- SPEARS BUDDHA BOWL (V, DF, GF)** **\$16.95**
Roast Pumpkin, Avocado, Sesame Seeds, Radish, Chickpeas, Spinach and Lemon Oil
- THAI BEEF SALAD (GF, DF)** **\$21.95**
Marinated Beef Strips, Carrots, Cucumber, Coriander, Mint, Mixed Leaves, Chilli & Nam Jim Dressing
- CHICKEN SOUVLAKI LOW CARB** **\$20.95**
Chicken, Marinated Garlic, Rosemary, Paprika, Greek Salad Pita Bread, Mint Yoghurt, Hummus

burgers

- SOUTHERN FRIED CHICKEN BURGER** **\$18.95**
Crispy Fried Chicken Breast, Pineapple, Lettuce, BBQ Mayo, Bun with Chips
- SPEARS BURGER** **\$18.95**
Prime Mince, Grilled Onion, Bacon, Lettuce, Tomato, Beetroot, BBQ Sauce, Bun with Chips
- CLASSIC STEAK SANDWICH** **\$21.95**
Tender Fillet Steak, Grilled Onion, Tomato, Lettuce, Beetroot, BBQ Sauce on Toast with Chips
- BUNLESS BEEF** **\$19.95**
Bacon, Tomato, Onion, Mixed Leaves, Beetroot Relish and Sweet Fries
- BUNLESS CHICKEN** **\$19.95**
Tomato and Avocado Salsa, Mixed Leaves and Sweet Fries

pasta

- CHILLI KING PRAWN** Sweet Chilli, Garlic, White Wine Cream Sauce **\$22.95**
- CHICKEN BOSCAIOLA** Mushrooms, Bacon, Garlic Cream Sauce **\$19.95**
- BOLOGNAISE** Rich Tomato Sauce **\$19.95**

seafood

- GRILLED MARKET FISH** **\$24.95**
Fresh Market Fish (please ask staff) with Chips and House Salad
- FISH AND CHIPS** Beer Battered Barramundi with Chips, House Salad and Tartare Sauce **\$19.95**
- SUMMER SEAFOOD PLATTER** **\$23.95**
Battered Fish, Grilled Prawns, Salt and Pepper Squid, Seared Scallops and House Salad
- SALT AND PEPPER SQUID (GF)** House Seasoned Squid, Greek Salad with Aioli **\$19.95**
- SEAFOOD BASKET** Battered Fish, Prawn Cutlets, Calamari, Crab Bites, Scallop with Chips **\$22.95**

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