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# GRIT & GRIND

  @GRITANDGRINDCAFE

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## HOT DRINKS

### ESPRESSO

- Piccolo 3.
- Espresso
- Macchiato
- Cappuccino 3.5
- Flat White
- Latte
- Long Black
- Hot Chocolate
- Mocha 4.
- Chai Latte
- Dirty Chai Latte 4.5
- Babycino 1.5

+ large .50c

+ extra shot .50c

+ decaf .50c

+soy/almond/oat/lactose free/coconut mylk .50c

+flavour .50c

+organic beans .50c

### ORGANIC LOOSE LEAF TEA 4.5

- English Breakfast
- Earl Grey
- Peppermint
- Green
- Chamomile
- Lemongrass & Ginger
- Spiced Chai

## COLD DRINKS

### OVER ICE

- Iced Long Black 5.
- Iced Latte 6.
- Iced Coffee (w. ice cream)
- Iced Mocha
- +soy/almond/oat/lactose free/coconut milk +\$1

### H2O

- Still bottled water (600ml) 3.
- San Pellegrino Sparkling (250ml) 4.
- San Pellegrino Sparkling (750ml) 8.

### MILKSHAKES 6.

- Chocolate, Vanilla, Strawberry, Caramel
- + malt +.50c

### SMOOTHIES 8.

- Acai, banana, apple juice, honey
- Banana, honey, yoghurt, milk
- Mixed berries, yoghurt, milk
- Spinach, banana, mango, coconut water
- +soy/almond/oat/lactose free
- coconut milk/coconut water +\$1

### FRESH JUICES 7.

- Kale, apple, lemon, celery, cucumber, ginger
- Orange, pineapple, lemon
- Carrot, apple, ginger

### SOFT DRINK 3.

- Coke, Coke Zero, Diet Coke, Sprite, Fanta

### BUNDABERG 4.5

- Lemon, Lime & Bitters, Ginger Beer, Traditional Lemonade

### ORGANIC KOMBUCHA 4.5

- Raspberry & Lemon, Lemon & Ginger, Apple & Pomegranate

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## ALL DAY BREAKFAST

### TOAST 5.

White, wholemeal, quinoa & soybean sourdough, turkish or raisin

Spreads: butter, vegemite, marmalade, peanut butter or house-made strawberry jam.

+ GF or Vegan toast \$2

### HOUSE-MADE BANANA BREAD OR MUFFIN 5.

### CROISSANT 5.

Plain with butter

### TOASTIES OR CROISSANT 9.

Cheese, tomato & ham

### HOUSE-MADE SAUSAGE OR CHICKPEA ROLL 6.

### HOUSE-MADE GRANOLA 12.

Seasonal fruits and sweetened yoghurt

+ coconut yoghurt \$2

### FRUIT SALAD 9.

### ACAI BOWL (V) 15.

Acai, mixed berries, banana, coconut water, topped with house-made granola, chia seeds and seasonal fruits

### PANCAKES (V) 17.

Apple & ricotta pancakes with seasonal fruit, maple syrup, house-made jam and ice-cream

### CORN FRITTERS (V) 18.

Sweet corn, zucchini, onion, capsicum, rocket & house-made relish with a tomato & avocado salsa

### MORNING GLORY (V) 13.

Avocado, sliced fresh tomato, ricotta, lemon & rocket on sourdough

### EGGS YOUR WAY 10.

Two free range eggs & grilled tomato on sourdough

### BACON & EGG ROLL 10.

Free range fried egg and bacon in a soft roll

### BACON & EGG WRAP 11.

Free range scrambled egg, bacon, cheese, avocado, rocket & house-made tomato relish

### GRIND'S BREAKFAST 21.

Two free range eggs, bacon, grilled tomato, house-made hashbrown, mushrooms & spinach on sourdough

### EGGS BENEDICT 13.

Two free range poached eggs, spinach, grilled tomato & hollandaise sauce

+ ham or bacon \$4

+ smoked salmon \$6

### PESTO EGGS 16.

Scrambled eggs mixed with pesto, sliced onion, parmesan cheese, spinach & sliced potato on sourdough

### BACON BAMWICH 17.

Two fried eggs, bacon, cheese, avocado, house-made tomato relish & house-made hashbrown, in a soft roll

### GRIND'S OMELETTE 17.

Mushroom, spinach, capsicum, red onion and cheese

+ ham \$2

### HALLOUMI STACK (V) 18.

Free range poached eggs, halloumi, semi-dried tomato, capsicum, rocket and pesto on sourdough

## ADDITIONS

Feta / Hollandaise Sauce 3.

Two eggs / Ham / Bacon / Baked Beans / Avocado 4.

Halloumi / Grilled Tomato / House-made Hashbrown 4.

Mushrooms 5.

Smoked Salmon 6.

(V) = Vegetarian

Please advise staff of any allergies when ordering

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## LUNCH

### VEGGIE SANDWICH OR WRAP (V) 11.

Roasted sweet potato, grilled capsicum, grilled zucchini, rocket & house-made tomato relish

+ side of chips \$5

### GOURMET DELIGHT SANDWICH OR WRAP (V) 11.

Artichokes, sun dried tomato, brie cheese, spinach, avocado and red onion

+ side of chips \$5

### ROAST CHICKEN SANDWICH OR WRAP 11.

Roast chicken mixed with onion, parsley & lemon aioli, crispy lettuce and tomato

+ side of chips \$5

### TASSIE SPECIAL SANDWICH OR WRAP 11.

Smoked salmon, avocado, cream cheese, capers, cucumber & rocket

+ side of chips \$5

### CRISPY CHICKEN BURGER OR WRAP 18.

Crispy breast fillet, lettuce, tomato, tasty cheese & lemon aioli + chips or salad

### BEEF BURGER 20.

180g beef mince with crispy lettuce, tomatoes, pickle, cheese, lemon aioli & bbq sauce + chips or salad

### STEAK SANDWICH OR BURGER 23.

Scotch fillet steak, beetroot, caramelised onions, crispy lettuce, tomato & bbq sauce + chips or salad

## SALADS

### GRIND'S SALAD 18.

Couscous, halloumi, lettuce, sliced orange, beetroot, pomegranate, red radish, walnuts & house-made dressing

### KALE & ALMOND SALAD 19.

Mixed leaves, feta, avocado, sweet potato, cucumber, cherry tomato mixed with kale & almond pesto & house-made dressing

### CAESAR SALAD 13.

Crisp lettuce, boiled egg, parmesan, crispy bacon, crispy sourdough & house-made caesar dressing

## SALAD ADD ONS

Feta 3.

Halloumi / Roast Chicken / Avocado 4.

Smoked Salmon / Grilled Chicken 6.

## LIGHT OPTIONS

Garden salad 6.

Chips 7.

Sweet Potato Fries 8.

Potato Wedges 8.

## FOR THE KIDS

Chicken nuggets & chips 7.

Cheeseburger & chips 10.

Kids pancakes with seasonal fruits 12.

**FULL RANGE OF PASTRIES AND SWEETS AT THE COUNTER**

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## ALCOHOL

### BEER / BOTTLED

- James Boag Light **6.**
- Crown Lager **7.**
- Corona, Peroni **8.**

### WINE / SPARKLING

- Di Giorgio Pinot Noir Chardonnay Piccolo (200ml), SA **12.**
- Tempus Two Prosecco, Adelaide Hills SA **8.|35.**

### WINE / ROSE

- Stonefish Rosé, Margaret River WA **12.|35.**
- Fleurs de Prairie Rosé, Provence France **60.**

## ALCOHOL

### WINE / WHITE

- Stonefish Chardonnay, Margaret River WA **9.|35.**
- Lost Turtle Sauvignon Blanc, Marlborough NZ **12.|45.**
- Starborough Pinot Gris, Marlborough NZ **50.**
- Di Giorgio Riesling, Kongorong SA **40.**

### WINE / RED

- Garfish Cabernet Merlot, SA **9.|35.**
- Wicked Thorn Shiraz, Barossa Valley SA **9.|35.**
- Lost Turtle Pinot Noir, Central Otago NZ **55.**
- Finca El Origen Reserva Cabernet Sauvignon, Argentina **65.**

### COCKTAILS

- Margarita **13.**
- Aperol Spritz
- Espresso Martini

Bottomless Mimosas (2hrs) \$20 per person.