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GRIT & GRIND

  @GRITANDGRINDCAFE

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DRINKS

COFFEE

Piccolo, Espresso, Macchiato	3.
Cappuccino, Flat White, Latte, Long Black	3.5
Hot Chocolate	
Mocha, Chai Latte	4.
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

English Breakfast, Earl Grey, Spiced Chai	4.5
Peppermint, Green, Chamomile, Lemongrass & Ginger	

OVER ICE

Cold Brew	5.
Iced Latte, Iced Mocha	6.
+soy/almond/oat/lactose free/coconut milk +\$1	

MILKSHAKES

Chocolate, Vanilla, Strawberry, Caramel	6.
+ malt +.50c	

SMOOTHIES

Acai, banana, apple juice, honey	8.
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

Kale, apple, lemon, celery, cucumber, ginger	7.
Orange, pineapple, lemon	
Carrot, apple, ginger	

SOFT DRINK

Coke, Coke Zero, Diet Coke, Sprite, Fanta	3.
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H2O

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

ORGANIC SOFT DRINK

Lemon, Lime & Bitters, Ginger Beer, Traditional Lemonade	4.5
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ORGANIC KOMBUCHA

Raspberry & Lemon, Lemon & Ginger, Apple & Pomegranate	4.5
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ALCOHOL

WINE / WHITE

Di Giorgio Riesling	9. 38.
Starborough Pinot Gris, Marlborough NZ	15. 55.

WINE / RED

Garfish Cabernet Merlot, SA	9. 35.
Wicked Thorn Shiraz, Barossa Valley SA	9. 35.

COCKTAILS

Margarita, Aperol Spritz, Espresso Martini	13.
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BEER / BOTTLED

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

WINE / SPARKLING

Di Giorgio Pinot Noir Chardonnay Piccolo (200ml), SA	12.
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WINE / ROSE

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

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ALL DAY MENU

LIGHT BREAKKY 5.

White, wholemeal, quinoa & soybean sourdough, turkish toast, raisin toast, croissant

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

+ GF or Vegan toast \$2

TOASTIES OR CROISSANT 9.

Cheese, tomato & ham

HOUSE-MADE GRANOLA / BIRCHER MUESLI 12.

BACON & EGG WRAP 12.

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

EGGS YOUR WAY 10.

Two free range eggs & grilled tomato on sourdough

+ bacon + baked beans + hashbrown + chorizo \$25

+ mushroom + avocado + hashbrown + baked beans \$25

PANCAKES (V) 17.

Apple & ricotta pancakes with seasonal fruit, maple syrup, ricotta

CORN FRITTERS (V) 18.

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

AVO ON TOAST (V) 17.

Smashed avocado, poached eggs, persian feta, rocket, sumac, cherry tomato and red radish

MORNING GLORY 15.

Avocado, cherry tomato, ricotta and rocket on sourdough

BACON BAMWICH 17.

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

CHORIZO CROQUETTE BENEDICT 21.

Poached eggs on a chorizo croquette, spinach and chilli hollandaise

TABOULI & FETA SALAD 18.

Couscous, halloumi, persian feta, tabouli and house-made dressing

KALE & ALMOND SALAD 19.

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

HALLOUMI & POTATO FRITTERS 19.

Served with quinoa, tomato & capsicum salsa, minted yoghurt and a poached egg

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, cheese, beetroot relish, tomato sauce + chips or salad

VEGGIE SANDWICH OR WRAP (V) 13.

Grilled capsicum, halloumi, tomato, rocket & pesto + side of chips \$5

CHICKEN SANDWICH OR WRAP 13.

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

+ side of chips \$5

ADDITIONS

Feta / Hollandaise Sauce 3.

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

Halloumi / Grilled Tomato / House-made Hashbrown 4.

Mushrooms 5.

Smoked Salmon / Grilled Chicken 6.

(V) = Vegetarian

Please advise staff of any allergies when ordering