

MINT FOLK & CO

FOOD

Big breakie hash + bacon + sausage + tomato + holla + poached eggs on toast 24

Vanilla bean hot cake stack + berry sorbet + lemon cream 21

Granola + raspberry chia + seasonal fruit 18

Avocado, mint & pea smash + greens whipped lemon feta + sumac + poached eggs on seeded toast (GFO) 22

Cold smoked salmon + herb potato hash + watercress + pesto + poached eggs + hollandaise & popped capers (GF) 22

Charred seasonal greens + maple roasted vege + crispy fried halloumi + lemon hummus + toasted seeds & sauerkraut (GF) (V) 21.5

bene selection on sourdough

- asian flavoured pork belly + pickled cucumber (bread GFO) 23

- sweet & sticky chilli fried chicken 23

- charred seasonal greens + herb pesto (bread GFO) 23

- classic bacon 23

Eggs any style on toast 14.5

Choose your bread + add ons

ADD ONS

House smoked salmon / asian pork belly / sticky chilli fried chicken 7

Bacon / herb potato cake / kimchi / crisp fried hallouni / sauerkraut / avo & pea smash / fresh greens 5

hollandaise 2 / aioli 1.5

Shawarma spiced lamb mince + cumin flat bread + roast beetroot + tabbouleh + creamy goats cheese whip + dukkah 23.5

Smoky paprika black eyed beans + grilled corn salsa + greens + lemon hummus + chilli + corn chips (GF) (V) 20

Charcoal burger + braised bbq beef brisket + creamy coriander mayo + slaw + fries 23.5

Semolina fried calamari & fish + herb rock salt + lemon + mayo + gremolata + green salad 21

Sticky chilli fried chicken bowl 17.5

Herb & lemon salted shoestring fries + aioli side 4 / bowl 8.5

Polenta fries + parmigiano + aioli (GF) 12.5

MINT CHILD

Eggs + bacon on toast 8.5

Hot cakes + maple 9

Coco puffs + milk 5

Grilled cheese & ham on toast 5

Nachos + cheese + beans + sour cream 9.5

Shoestring fries 5

BREAD OPTIONS Traditional sourdough / seeded loaf / keto / multi grain GF

GF Gluten Free / GFO Gluten Free Option / V Vegetarian
Most of our menu can be made gluten free. Please talk to the front of house team for any specific dietary requirements and we will try really hard to accommodate your needs. Have a great day all you MINT FOLK xx

REFRESHMENTS

COLD PRESSED JUICE 9

made fresh to order

Bugsy green apple + spinach + cucumber + lemon + mint

Berry nice orange + apple + berry mix

Sunrise trio pineapple + orange + red apple

SMOOTHIE 8.9

feel free to change milks / all protein is plant based

Butter me up peanut butter + oat milk + chocolate protein + dates + banana

Strawberry fields almond milk + strawberry + banana + strawberry protein

Tropical vanilla mango + pineapple + coconut milk + vanilla protein

FROM THE FRIDGE

Daily Organics kombucha 7

Karma Cola 6

Lemmy Lemonade 6

Gingerella 6

Karma orange mango & apple 6

Karma apple & guava & passionfruit 6

Antipodes sparkling water 1L 10

COFFEE & TEA

Long black 4

Flat white 4.5 / 5.5

Mocha 5 / 6

Cappuccino 4.5 / 5.5

Latte 4.5 / 5.5

Long macchiato 4

Piccolo 4

Hot chocolate 5.5

Teas 4.5

english breakfast / earl grey / peppermint / preen tea / rooibos orange citrus organic

Alt milk oat / almond / coconut / soy 70c

PLEASE ORDER AT THE COUNTER

ICE CHOCOLATE / ICE COFFEE /

ICE SALTED CARAMEL 8.5

made with vanilla bean ice cream + topped with whipped cream

ESPRESSO OVER ICE 5.5

espresso over ice + your choice of milk oat / almond / coconut / soy / cow

TAP BEER

Emerson's pilsner 11

Panhead super charger 10

Zeffer crisp apple cider 10

FRIDGE BEER

Corona 330ml 9

Garage Project beer can 8.5

Garage Project fugazi 2.5% 8

Speight's big bot 10

Speight's Summit Ultra big bot 10

Steinlager Pure 330ml 8.5

Hoegaarden 330ml 9

WINE

Kopiko Bay sauvignon blanc 9 / 38

Vavasour sauvignon blanc 10.5 / 42

Leefield Station chardonnay 10 / 42

Peregrine chardonnay 13 / 45

Roaring Meg rosé 10 / 45

Shepherd's Ridge pinot noir 10 / 45

Mt Difficulty pinot noir 80

Terra Sancta pinot noir 14 / 60

Angus The Bull cab sauv 55

Peregrine pinot gris 11 / 50

Gancia Procecco 9 / 38

COCKTAILS

Espresso martini 16

Bloody mary 13

Pims 13

Virgin bloody mary 11

Mimosa 11