

Cuppa for the Old

Man

<i>latte, flat white</i>	
<i>cappuccino, long/short</i>	
<i>black, matcha, chai latte,</i>	
<i>hot chocolate, mocha,</i>	
<i>wet chai, golden latte</i>	
Cup	5.00
Mug	5.50
Tea	4.50
Extras	0.90
<i>Mocha +.50, dirty chai,</i>	
<i>extra shot, decaf,</i>	
<i>alternative milk</i>	

Cool Dad, Cooler

Drinks

Iced latte, Mocha, chocolate	6.80
------------------------------	------

Iced coffee & Iced matcha	7.50
---------------------------	------

FRESH JUICE:	7.00
--------------	------

Orange, Apple,
Orange & apple

SMOOTHIES:

Banana Smoothie	7.50
Banana, yoghurt, milk	

Berry bliss	8.90
Mixed berries and apple juice	

Tropical blend –	9.60
Mango, pineapple, banana, coconut water	

MILKSHAKE:

Chocolate, strawberry,	6.50
blue heaven, caramel,	
vanilla	

Alternative milk	1.50
------------------	------

CHIPS & THINGS:

Chips (M/L)	
-------------	--

Add Aioli or Peri peri	6.50/8.50
+2.00	

Wedges (L)	
------------	--

with sweet chilli sauce & sour cream	10.00
--------------------------------------	-------

Ceylon beef pan rolls(2)	7.00
--------------------------	------

Cheese M bacon potato cake	5.50
----------------------------	------

ALL DAY BREAKFAST:

Egg-cellent Choice

Eggs Your way on Sourdough toast	12.50
(V, GFO)	

Bacon + 5.00, extra egg +3.00, scrambled +2 halloumi +4.50, grilled tomato +4, grilled mushrooms +4, feta +4, HM baked bean +4.50, garlic sautéed spinach +4 Smoked salmon +6.90 cheese Kransky +6.50, chorizo +6.50, pulled pork +7.00 Hash brown+3.00, hollandaise +2.50, HM potato fritters +5.50 tomato relish, GFO +2.50

Mate, That’s a Benedict (GFO)	23.50
-------------------------------	-------

Slow-braised lamb flavour-packed, served on toasted pumpkin sourdough with poached eggs and a rich hollandaise sauce. Finished with a sprinkle of dukkah and fresh mint GFO +2.50

No-Lamb Sam Benedict (V, GF)	19.50
------------------------------	-------

Golden, crispy potato fritters layered with silky poached eggs, topped with rich, velvety hollandaise sauce and a sprinkle of fresh mint. A hearty twist on the classic, served with a side of garden greens

Burrit-OMG

Brontos signature breakfast wrap	15.90 /10.90
(GFO, VO) Sm /Reg	

Cheese Kransky, scrambled egg, bacon, cheese, hash brown, hollandaise

Vege option	15.90
-------------	-------

Hash browns Mushroom & Spinach, cheese & scrambled egg

Brontos burrito-Hang over cure	18.90
--------------------------------	-------

With smoky grilled chorizo, fluffy scrambled eggs, cheese, hash brown. hollandaise, avocado, jalapeños, and salsa for the ultimate morning-after revival. Wrapped in a warm tortilla, it's the cure you didn't know you needed  
bacon +2.50

No Regret Breakfast

Crunchy Granola as Dad’s Jokes (V, VGO)	16.90
---	-------

Toasted oats, walnuts, coconut, seeds, dried fruits, cinnamon, yoghurt, beetroot reduction and choice of milk  
Alternative milk 1.50,

Blueberry Breakfast bowl (V, VG, DF)	18.90
--------------------------------------	-------

A vibrant blend of blueberries and almond milk, and a touch of peanut butter with crunchy granola, fresh seasonal fruit, and a sprinkle of antioxidant-rich cacao nibs. Creamy, wholesome, and naturally delicious perfect for a nourishing start to your day

Mum’s Slice of Peace Bruschetta (GFO)	18.90
---------------------------------------	-------

sourdough, pesto, tomato, feta, rocket, bacon, poached egg and beetroot balsamic reduction  
Bacon + 5.00, extra egg +3.00

The great Gazoo fritters (V, VG, GF, DF)	18.50
--	-------

Sweet potato & zucchini fritters, rocket, radish & pickled fennel salad, green hummus, & beetroot balsamic reduction  
poached egg +3, bacon +5 halloumi +4.50

Crunchy McSunshine

The only French thing Dad actually likes	19.90
(VO)	

Golden sourdough soaked in silky crème anglaise, pan-fried to perfection and topped with crispy bacon, a sunny fried egg, and a golden hash brown. Finished with a drizzle of pure maple syrup for the perfect savoury bite scrambled +2

The Great Avocado Bamm-Bamm

Holy Guacamole, Dad! (V, GFO, VGO)	20.50
------------------------------------	-------

Smashed avocado, salsa , chilli peanut, coriander, charred corn salsa, sour cream on HM Waffles  
smoky chipotle scrambled eggs +4.00, GFO+2.00

Bamm-Bamm Smashed Avocado on grain toast	17.90
(V, GFO)	

Smashed avocado, whipped feta, charred corn salsa, pepitas, radish, herbs & beetroot reduction  
Egg +3 / Bacon +5.00 / Halloumi +4.50  
Hash Brown +3.00, GFO 2.50

The Full Belly Buster

Dad’s Big Brekkie	23.50
-------------------	-------

Eggs any style, bacon, roast tomato, roast mushroom, garlic sautéed spinach, choice of cheese Kransky or lamb sausage Hash brown on sourdough  
scrambled +2 HM Baked beans+4.00, HM Potato fritters +5.50

Meat-Free Mate

A wholesome feast of oven-roasted tomato and mushrooms, avocado, garlic sautéed spinach, halloumi, Fritters & Eggs any style  
Add HM Baked beans+4.00,  
Hash brown +3.00 scrambled +2

Bush Brekkie Shakshuka (V,VGO GFO,DF)	23.50
---------------------------------------	-------

A vibrant Mediterranean style dish of slow simmered tomatoes, Spiced eggplant, cannellini beans, chickpeas, fresh herbs, onions, and fragrant spices, topped with perfectly poached free-range egg. Served bubbling hot with a sprinkle of fresh coriander and a side of warm crusty bread for dipping. A hearty, wholesome breakfast bursting with flavour  
Add chorizo +6.50 scrambled +2

The Big Bloke’s Omelette (VO,GFO)	23.50
-----------------------------------	-------

A fluffy three-egg omelette loaded with bacon, roast beef, caramelised onion, cheese & mushrooms, finished with a drizzle of gravy. Served with sourdough on the side – because Dad doesn’t do “light brekkies.”

The Big Fella’s Roast-Up	24.50
--------------------------	-------

Slow-cooked roast beef piled high with a golden cheese & bacon potato cake, fried eggs, baked beans & sautéed mushrooms, and with rich beef gravy on the side. A proper Dad-sized brekkie to keep him full ‘til dinner.

LUNCH

Pumpkin Pizza ( V,GFO)	13.90
------------------------	-------

Roast pumpkin, spinach, pesto, feta, pine nuts, rocket  
Lamb Yiros + 4.50

BBQ Pork Pizza (GFO)	16.90
----------------------	-------

Pulled pork, smashed avocado, sour cream, salsa, spring onion, mozzarella

Braised lamb	23.90
--------------	-------

Tender lamb, slow cooked to perfection with rich tomato, zesty lemon, and fresh parsley. Served alongside a vibrant feta and rocket salad, paired with warm, buttery parmesan garlic pita bread for the perfect balance of hearty and fresh flavours

Thai Salt & Pepper Squid Salad	18.90
--------------------------------	-------

Crispy salt and pepper squid tossed with a zesty Thai herb salad of fresh mint, coriander, tomatoes, cucumber, and red onion. Finished with a sweet chilli lime dressing and a hint of sesame – light, crunchy, and full of zing

Sizzling chicken platter (VO, VGO)	24.50
------------------------------------	-------

Herb marinated chicken, grilled mixed vegetables, potato wedges, sweet chilli sauce, sour cream

Dad’s Loaded Pulled Pork & Chips	24.50
----------------------------------	-------

Big crunchy chips buried under a mountain of smoky pulled pork, cheese, and and topped with a dollop of sour cream and fresh spring onions. It’s messy, it’s man-sized, and it’s exactly what Dad reckons dinner should look like

BURGERS

Yabadabadoo burger (GFO)	17.90
--------------------------	-------

200gm house made beef patty, bacon, caramelised onion, lettuce double American cheese, onion rings, jalapeno, house made smoky BBQ sauce on brioche bun  
Add Egg +3.00

Brontos Schnitty burger	17.50
-------------------------	-------

Schnitzel, bacon, fried egg, beetroot, cheese, onion, smoky BBQ sauce

Wilma vegetarian burger (V,GFO,VGO)	16.90
-------------------------------------	-------

Sweet potato & zucchini burger patty, rocket, Spanish onion, avocado American cheese, mayo on brioche bun

Southern grilled chicken burger M/chips (GFO)	20.50
---	-------

Tender chicken fillet marinated in creamy buttermilk and Southern spices, flame-grilled to juicy perfection.lettuce, tangy pickles onion, avocado & kewpie mayo  
Peri peri sauce +1.00, pineapple +1.20, cheese +1.50

## QUICK BREAKFAST

**Scrambled egg wrap** 12.50  
*Bacon, cheese, lettuce, mayo*  
GF wrap +1.00

**Breakfast pocket** 14.50  
*Egg, bacon, cheese, hash brown, BBQ sauce on pita bread*  
Pineapple +1.20

**Breakfast burger (GFO, VO)** 14.50  
*Egg, bacon, cheese, hash brown, onion & tomato, sauce*  
Add Avocado 2.00  
Add Halloumi 3.50

**Bedrock breakfast pizza (GFO)** 14.90  
*Bacon, fried eggs, cheese, tomato relish & hollandaise*

*VO Mushroom, capsicum, fried eggs*

## Kids menu

**EGG, BACON & CHEESE WRAP (GFO)** 7.50

**PEBBLE PANCAKE** 9.90  
*BACON, FRIED EGGS, CHEESE, TOMATO RELISH & HOLLANDAISE*

**HOPPY WAFFLE** 9.90  
*WITH MAPLE SYRUP & ICE CREAM*

**HOTDOG, CHEESE & SAUCE** 8.50

**KIDS OJ & MILKSHAKE** 5.00

# Father's Day menu

## WRAPS, FOCACCIA &

### SANDWICHES:

VEGAN OPTION +2.50

### SANDWICHES

**The Cuban sandwich (GFO)** 15.50  
Pulled pork, Swiss cheese, ham, pickle, American mustard on Vienna roll

**Toasted BBQ Chicken & Cheese (GFO)** 14.50  
Grilled BBQ chicken, cheese, avocado, onion, mayo on grain sourdough  
Pesto + 1.00, GF + 3.50

**WRAPS**  
**Brontos wrap (VGO, VO)** 12.90  
Schnitzel, bacon, lettuce, tomato, cheese, carrot, aioli  
Add Avocado +1.50, GFO +2.00, Vegan +2.50

**Sweet chilli chicken & salad wrap (GFO, VGO VO)** 12.90  
Chicken tenders, Salad, sweet chilli mayo  
Add Avocado +1.50, GFO +2.00, Vegan +3.50

## FOCACCIA

**Choice of focaccia or wrap**  
**Brontos focaccia (VGO/VO)** 12.90  
Schnitzel, bacon, tomato, lettuce, onion, cheese, aioli  
add egg +3.00

**Dad Bod Bacon & Egg Focaccia** 14.90  
Fried eggs, bacon, mushroom, tomato hash brown & BBQ sauce. Big breakfast in a handheld bite

**Egg & Avocado focaccia (V, VGO/GFO)** 12.90  
Avocado, fried egg, spinach, capsicum, sun dried tomato, cheese mayo



**"Loved your visit to Brontos? Don't keep it a secretasaurus! 🦖**  
**Drop us a quick Google /FB review and help more hungry humans find**  
**their way to our dino-den!**  
**Your kind words mean more than a T-Rex loves toast!**

**"Sweet relief: Dad's Gelato now scooping here."**

**Sorry folks, no split bills today keep it simple, just like Dad's jokes**



Follow us 😊



Please let us know your dietary requirements, we do our best to accommodate.  
V - Vegetarian, VO Vegetarian option, VGO Vegan option,  
GFO Gluten free option, DF Dairy free

**Breakfast + Lunch + Catering + Functions**  
**www.cafebrontos.com.au**