

BREAKFAST (GFA) TILL 12

- **The Breakfast Bowl GF** Poached eggs, grilled tomatoes, avocado, kale chips, halloumi, beetroot relish & dukkha on spinach \$17.95
 - **The Big Canadian** fried eggs, bacon, sausage, mushrooms, hash brown, French toast & maple syrup \$20.95
 - **Smashed Avo** Poached eggs, rocket, cherry tomatoes fetta, sourdough and balsamic reduction \$18.95
 - **KETO Benedict** poached eggs corn fritters smoked salmon rocket and avocado hollandaise \$21.95
 - **Power Bowl** Seasonal fresh fruit, house made granola, mint and bush honey yoghurt, chia, toasted nuts and coconut flakes \$12.95
 - **Breakfast Bagel** Scrambled eggs, bacon, grilled halloumi, pesto and tomtit relish in a toasted bagel \$16.95
 - **Eggs Benedict** Soft poached eggs, wilted spinach, sour dough with hollandaise sauce & choice of
Ham or Bacon \$16.95 **Smoked Salmon** \$21.95
 - **Eggs your way and Toast** Fried, Poached or Scrambled \$10.95
 - **Breakfast bruschetta** Poached Egg, Tomato, avocado, rocket
Poached Egg Grilled mushroom and spinach
 - **Kids Breakfast** (strictly under 10 only)
1 fried or scrambled egg, hash brown and fruit or toast \$8.95
- Extras**
Bacon, Ham, Mushroom, Baked beans, Hash brown, Sausage
Fried tomato (2slices) \$3.50ea Smoked Salmon \$5.00, Avocado \$4.00

SANDWICHES

WHITE, WHOLEMEAL, MULTIGRAIN, GF, WRAP

- **Chicken, Bacon**, cheese & avocado \$12.95
 - **Turkey Club** Triple layer toasted turkey, chicken, tomato, lettuce, bacon, cheese, mayonnaise and chips \$17.95
 - **Salad**, cheese, lettuce, tomato, beetroot, carrot & cucumber \$10.95
 - **Veggie Supreme seasonal** char-grilled veggies, hummus, cheese & lettuce \$11.95
 - **Egg Salad** Curried eggs with butter lettuce \$10.95
Toasted \$1.00 Wrap \$2.00 Gluten free \$2.00
- Extra filling** tomato, lettuce, cucumber, cheese, beetroot, carrot, onion \$1.00ea
Meat filling chicken, ham, pastrami, Avocado \$3.00ea
Smoked salmon \$5.00

Food Allergy Warning Please be advised we take all care in food preparation food may still contain traces of tree nuts, wheat, eggs, soybean, dairy, peanuts, fish and shellfish please notify staff of any allergies and fish may contain small bone on occasion

SALADS

- **Caesar Deluxe** Crispy coz lettuce aged parmesan garlic crouton egg bacon and creamy dressing \$16.95
 - **Lamb Souvlaki GF Low Carb** Lamb marinated in garlic, rosemary, paprika, house salad flat bread, tzatziki and lemon \$20.95
 - **Roast Beetroot** GF DF Roasted Beetroot dried cranberry, toasted almonds, charred cauliflower, Kale, red onion and sweet onion dressing \$16.95
 - **Falafels with Fattoush** Warm falafels with cucumber, tomato, beetroot hummus, crispy garlic chips and sumac and garlic dressing \$18.95
 - **Spicy octopus salad GF** Twice cooked octopus, halloumi, red onion capers semi dried tomatoes, salad greens with lemon chilli oil \$19.95
 - **Atlantic Smoked Salmon Salad GF DF** Smoked Salmon, pomegranate, avocado, walnuts, onion, leaves and lemon and herb dressing \$21.95
 - **Chicken Mango Salad GF DF** Grilled Chicken breast on mixed leaves with zesty mango tomato lime salsa \$19.95
 - **The Vegan Bowl V, GF, DF Low Carb P** Black beans, pickles cabbage, roast pumpkin, puffed quinoa BBQ corn, cashews nuts, mixed leaves with olive oil & lemon \$16.95
- Salad Extras** Add Chicken \$4.00 Beef \$4.00 Prawn \$6.00 (4)
Smoked Salmon \$5.00 Avocado \$4.00

MAINS GF, DF, LOW CARB P

- **Bunless Grilled chicken breast burger** avocado, mango salsa, sweet chilli sauce lettuce and sweet fries \$19.95
- **Bunless prime Beef** mince, grilled onions, beetroot relish, lettuce and sweet fries \$19.95
- **Bunless Lentil burger** grilled onions, hummus, tomato, mixed leaves and sweet fries \$19.95
- **Paleo Nachos** Prime beef mine in a mild Mexican homemade tomato sauce kumara chips lettuce avocado and tomato salsa \$19.95

PASTAS & RISOTTO (GFA)

- **Chicken Boscaiola** chicken bacon mushrooms in a creamy white wine sauces \$17.95
- **Vegetarian Tuscan**, capers, spinach, cherry tomatoes eggplant and garlic in olive oil \$16.95
- **Bolognaise** mince in rich tomato sauce pasta \$16.95
- **Sweet Chilli Prawn Pasta** Tiger Prawns in a creamy garlic and sweet chilli sauce \$19.95
- **Spinach Ricotta Ravioli** in a creamy pumpkin sauce topped with basil and pine nuts \$18.95

HOT SEAFOOD

- **Flathead & chips** Beer battered flathead fillets, chips with a garden salad lemon & tartar sauce \$20.95
- **Lemon Pepper Prawns** on corn fritters watercress citrus salad and tomato chilli relish \$21.95
- **Grilled fish of the Day (ask wait staff)** with garden salad house dressing \$22.95
- **Salt & pepper Squid GF** in lightly floured spice mix with a Greek salad & citrus mayo \$21.95
- **Seafood Basket** batter fish, prawn cutlets, calamari, crab bites and a scallop with chips, lemon and tartar sauce \$22.95

MELTS/TURKISH BREAD

- **Chicken** avocado, mango chutney and cheese \$16.95
- **Hawaiian** Double smoked ham, tasty cheese, pineapple \$15.95
- **Pizza** Spicy salami, Bacon, cheese, house tomato sauce \$15.95
- **Mediterranean** Capsicum, eggplant olives semi dried fetta \$16.95
- **Turkey** Swiss cheese, cranberry, red onion \$16.95

BURGERS (GFA)

- **Classic Hamburger** Prime beef mince, onion, tomato, Beetroot, lettuce & BBQ sauce and chips \$18.95
 - **Southern Fried** Chicken breast in southern spices, Pineapple bacon mayonnaise and coz and fries \$18.95
 - **Lentil Burger** house made patty, spicy tomato relish, pine nuts, spinach pesto, lettuce, tomato on sourdough and fries \$18.95
- Extras** Egg, bacon, cheese, pineapple \$1.00 each

KIDS MEALS (UNDER 12 ONLY) Served with chips or fruit \$8.95

- **Cheese burger with sauce**
- **Hot dog with sauce**
- **Mini wraps**
Ham cheese tomato or Chicken cheese mayo
- **Fish fillet and sauce**
- **Chicken strips or Nuggets (6)**
- **Mini Pizza Ham & pineapple**
- **Kids bolognaise Pasta (No Chip)**
- **Fruit and veg plate (No Chips) GF DF**
- **Kids pancake with ice cream and chocolate sauce (no chips or fruit)**

CHEF SPECIALS

- **Mezza Platter** Dolmades, feta, semi dried tomatoes, falafels, olives Pickles, Turkish bread and trio of dips \$17.95
- **Egg and Hash GF DF** Fried free range egg, double smoked bacon, fried tomato, sweet potato & pea hash with a fig and balsamic chutney \$13.95
- **Summer Seafood Plate** Lemon pepper prawns, Spicy octopus, beer battered flat head, salt and pepper squid house salad and seafood sauce \$19.95
- **Open Steak Sandwiches** Scotch fillet, Char grilled vegetables, Homemade tomato chutney, salad mixes on sourdough \$19.95
- **Deluxe Bacon & Egg Roll** Smokey bacon, 2 fried eggs, Spinach, cheese, tomato chilli jam in long roll \$14.95
- **Cauliflower soft shell Tacos** 2 Charred turmeric Cauliflower, tomato, leaves chipotle mayo hummus in soft taco \$13.95

LIGHT MEALS

- **Raisin Toast /Cinnamon Toast/ Plain Toast** \$5.00
- **Scones with jam & cream** \$6.95
- **Banana bread** toasted with honey berry compote \$8.95
- **Pancakes**
Mixed berry with homemade berry swirl ice cream and honey comb crumbs \$15.95
Apple cinnamon Pancakes with homemade butterscotch ice cream and praline \$15.95
- **CAKES** see cabinet served with cream and coulis \$6.95
- **Toasties**
Double smoked ham tomato and tasty cheese \$8.95
Chicken breast tasty cheese and mayonnaise \$8.95
- **Fries** with tomato sauce \$5.00
- **Nacho Loaded Fries** Topped with mince, spicy tomato salsa, sour cream and cheese sauce \$10.00
- **SWEET potato fries** with truffle aioli GF \$6.96
- **Garlic bread** \$7.95

Food Allergy Warning Please be advised we take all care in food preparation food may still contain traces of tree nuts, wheat, eggs, soybean, dairy, peanuts, fish and shellfish please notify staff of any allergies and fish may contain small bone on occasion

*10% SURCHAREG ON SUNDAYS AND PUBLIC HOLIDAY



Email spearscafe@yahoo.com

Website

SPEARS.NET.AU

Richmond Market place PH

45452825

Castle Hill Castle Towers PH

88502635

All major cards accepted



10% surcharge on Sundays and public holidays