

DRINKS

HOT BEVERAGES

	R	L
Coffee Cappuccino/flat white/latte/long black	\$5.00	\$5.60
Piccolo	\$5.00	
Espresso	\$5.00	
Short macchiato	\$5.00	
Long macchiato		\$5.60

SOMETHING SWEET

Matcha latte	\$5.00	\$5.60
Hot chocolate	\$5.00	\$5.60
Nutella hot chocolate	\$6.00	\$7.00
Chai latte	\$5.00	\$5.60
Dirty chai latte	\$5.00	\$5.70
Mocha	\$5.00	\$5.70
Biscoff latte	\$6.00	\$7.00
Tea		\$5.00
• English breakfast • Lemongrass and ginger • Green • Peppermint • Earl grey		

Babycino

\$2.50

COLD BEVERAGES

Iced chocolate/mocha/coffee (served with whipped cream)	\$9.50
Iced latte/long black	\$9.00
Iced chai latte	\$9.00
Iced strawberry matcha	\$10.00
Iced matcha latte	\$9.00
Milkshakes (served with whipped cream) Strawberry/chocolate/caramel/vanilla/blue haven/lime (Thickshake \$2)	\$10.00
Biscoff shake (Served with whipped cream and biscoff crumble)	\$12.00
Soft drinks (sprite/coke/coke zero/fanta)	\$4.50
Lemon lime and bitters	\$6.00
Juice (Orange and Apple)	\$6.50
Water	\$3.50
Sparkling water	\$4.50

ALTERNATIVES

Extra shot/decaf	\$0.80
Milk lab almond/oat/bonsoy/lactose free milk	\$1.00
Caramel/hazelnut/vanilla syrup	\$0.80

SMOOTHIES (ADD PROTEIN \$2)

The Nourish Spinach, mango, pineapple, banana, coconut, honey, milk, ice	\$12.00
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Banana Classic \$12.00

Banana, honey, cinnamon, oats, milk, ice

Berry Bonanza \$13.00

Mixed berries, honey, vanilla whey protein, milk, ice

MOCKTAILS

The Social Butterfly \$12.90

Strawberry puree, sprite, lemon, butterfly tea

Tropical Sunrise \$12.90

Orange juice, sprite, grenadine

ALCOHOL

BEER/CIDER

Asahi	\$11.00
Corona	\$11.00
Carlton Draught	\$11.00
Heineken	\$11.00
Somersby (Apple cider)	\$9.50

WINE

RED

House Wine	\$7.00
Merlot	\$10.90
Shiraz	\$10.90
Cabernet Sauvignon	\$10.90

WHITE

Chardonnay	\$12.00
Sauvignon Blanc	\$12.00
Pinot Grigio	\$12.00
Moscato	\$12.00
Prosecco	\$15.00

SPIRITS

GIN

Bombay Sapphire Gin	\$13.90
Gordon's Pink Gin	\$14.00

VODKA

Absolute Vodka	\$12.90
Smirnoff Vodka	\$12.90

WHISKEY

Canadian Club	\$13.90
Jack Daniel's	\$13.90
Johnnie Walker Red Label	\$13.90

Mixers: raspberry, soft drink, orange juice, soda water & tonic water

COCKTAILS

Sex on the Beach \$20.00

Vodka, peach schnapps, cranberry, orange juice

Blue Lagoon \$20.00

Vodka, blue curacao, lime juice, sprite

Espresso Martini \$20.00

Coffee shot, kahlua, vodka, vanilla syrup

THE NOURISH EATERY

Partnered with



www.thenourisheatery.com.au

59 Oshanassy St, Sunbury VIC 3429

03 9743 3632

BREAKFAST (ALL DAY)

- Let's keep it simple** \$8.90
Two slices of toast with your choice of spread (butter, peanut butter, vegemite, strawberry jam)(multigrain, ciabatta, sourdough)
- Eggs your way** \$13.90
Two poached, fried or scrambled eggs on two slices of toast (multigrain, ciabatta, sourdough)
- Bircher Muesli** \$18.90
Overnight soaked oats with apple juice, topped with fresh berries, mixed nuts and seeds, passionfruit, honey & coconut yoghurt
- Spanish omelette** \$22.90
Baby spinach, chorizo, onion and tomato salsa, feta, topped with a rocket & radish salad on toasted sourdough bread and drizzled with house chilli oil
- Ham and cheese omelette** \$19.90
Served on toasted sourdough bread
- Bacon and egg nourish focaccia** \$13.90
Fried egg, bacon, baby spinach and house made relish in a focaccia
(Add Cheese \$2)
- Brunch burger** \$20.90
Toasted brioche bun, fried egg, bacon, grilled halloumi, hash brown, sliced tomato, spinach, caramelised onion & house made relish served with a side of onion rings
- Signature smashed avo** \$24.90
Creamy smashed avocado, mixed with quinoa and marinated feta, medley tomatoes, mixed seeds, cranberries, zaatar, radish and poached eggs served on toasted ciabatta with house made minted capsicum chutney & a wedge of lemon
- Breakfast bruschetta** \$23.90
Fresh medley tomato and avocado salsa, marinated feta, olive oil, beetroot hummus, balsamic glaze and poached eggs on toasted sourdough bread
- Chilli folded egg** \$23.90
Scrambled eggs loaded with bacon, fresh chilli, blistered cherry tomatoes, fried crispy shallots, marinated feta & drizzled with house made chilli oil on a flaky croissant
- Eggs benedict** \$22.90
Poached eggs, chipotle hollandaise and an apple & rocket salad on a flaky croissant with your choice of:
Ham | Halloumi | Bacon | Smoked Salmon

Nourish breakfast tower \$24.90

Creamy smashed avocado, baby spinach, bacon, roasted capsicum and onion salsa, grilled halloumi, beetroot hummus, roasted tomato & a poached egg on toasted sourdough bread

Corn and zucchini fritters \$22.90

House made corn and zucchini fritters with tomato relish, tomato & onion salsa, creamy avocado, a poached egg, house made minted capsicum chutney, a wedge of lemon & topped with a rocket and radish salad

Big breakfast \$26.90

Two eggs your way, crispy bacon, chorizo, creamy smashed avocado, roasted tomato, hash brown, baked beans & thyme mushroom with toasted sourdough bread

Vegetarian breakfast \$26.90

Two eggs your way, hash brown, thyme mushroom, baby spinach, roasted tomato, baked beans, creamy smashed avocado & halloumi with toasted sourdough bread

Pancakes \$23.90

Stack of two buttermilk pancakes, biscoff crumble, seasonal fruits, fairy floss & mixed nuts with vanilla bean ice cream & our chef's special biscoff sauce

Banana bread French toast \$23.90

House baked banana bread french toast with mascarpone, passionfruit, seasonal berries, crushed nuts & maple syrup

Toasties & croissants \$9.90

Cheese | Cheese & Tomato | Ham & Cheese | Ham, Cheese & Tomato



BREKKY ADD ONS:

• Extra slice of bread	\$2.00
• Gluten free bread / Relish / Chipotle hollandaise sauce	\$3.00
• Fetta / Hash brown / Roasted tomato / Baked beans	\$4.00
• Two free range poached eggs / Scrambled eggs / Fried eggs / Avocado / Thyme mushroom / Baby spinach	\$5.00
• Smoked bacon / Grilled halloumi / Chorizo / Smoked salmon / Virginian ham	\$6.00

Dietary requirements can be catered for where possible. Please advise staff of any requirements or allergies.

Vegetarian Options Available | 10% surcharge applies on public holidays including Mothers day and Fathers day.

NOURISH BITES (ALL DAY)

 Trio of dips House made three dips served with toasted turkish herb bread	\$15.90
Soup of the day Served with toasted ciabatta bread	\$15.90
Loaded fries Crispy chips layered with melted cheese, bacon, bbq sauce and chipotle aioli	\$16.90
 Onion rings Served with bbq sauce	\$12.90
 Crispy chips Served with tomato sauce	\$11.90
 Garlic and herb bread (Add Cheese \$2)	\$11.90

"Fresh ingredients, balanced flavours and meals designed to nourish and satisfy."

The Nourish Eatery

SALADS

Thai style beef stir fry salad Marinated beef strips tossed with crunchy Asian slaw, cashews, mint, coriander, basil, rocket & fresh chilli finished with fried shallots & a sweet chilli and house made Thai dressing	\$24.90
Thai chili calamari salad Lightly floured and herb infused calamari with an Asian slaw, fresh herbs, fresh chilli, cashew crunch, fried crispy shallots, dressed in a sweet chilli and house made Thai dressing	\$24.90
Moroccan chicken salad Grilled Moroccan chicken with turmeric couscous, kale, roasted pumpkin, avocado, fresh cherry tomatoes, cucumber & feta finished with house aioli and lemon dressing	\$23.90
 Specialty nourish bowl Maple glazed pumpkin, roasted beetroot, turmeric infused couscous, avocado, hummus, kale, quinoa, broccolini, crushed nuts, toasted pumpkin seeds and a zesty lemon dressing Add: (Chicken/Haloumi \$5) (Beef/Calamari \$6)	\$25.90

LUNCH (ALL DAY)

THE MAIN EVENT

Chicken parmigiana Panko crumbed chicken breast topped with a rich napoli sauce, ham and melted mozzarella served with crispy chips & kale slaw	\$26.90
Chicken schnitzel Panko crumbed chicken breast served with crispy chips, kale slaw & a wedge of lemon	\$25.90
Mexican parmigiana Panko crumbed chicken breast topped with a rich napoli sauce, ham and melted mozzarella finished with tomato & onion salsa, olives, jalapenos, creamy avocado & served with crispy chips kale slaw	\$28.90
Southern fried chicken tacos 3 southern fried chicken tacos with coleslaw, creamy smashed avocado, jalapeno, tomato & onion salsa, chipotle mayo & a wedge of lemon	\$25.90
Fish and chips Beer battered flathead fillets served with crispy chips, a kale slaw, tartare sauce & a wedge of lemon	\$25.90
Atlantic salmon Grilled atlantic salmon with dill & seeded mustard mashed potatoes, minted capsicum chutney, topped with tomato & onion salsa & a wedge of lemon	\$34.90
Lemon pepper calamari Lemon pepper infused fried calamari served with crispy chips, kale slaw, tartare sauce & a wedge of lemon	\$27.90
Steak and egg Sliced scotch fillet with dutch carrots, asparagus, broccolini & mushrooms, served with two sunny side eggs and chimichurri sauce	\$29.90

BURGERS AND SANDWICHES

Wagyu beef burger Wagyu beef patty with, crisp lettuce, aioli, bacon, caramelised onion, sliced tomato, fried egg, pickled cucumber & melted cheddar cheese, served in a brioche bun with crispy chips (Extra patty \$5)	\$25.90
Southern fried chicken burger Nourish style fried chicken breast with melted cheddar cheese, avocado, chipotle mayo & kale slaw served in a brioche bun with crispy chips	\$23.90
 Nourish veggie burger Vegetarian patty with melted cheddar cheese, rocket salad, sliced tomato, spinach onion, roasted red capsicum & sweet chili sauce, served in a brioche bun with crispy chips (Add haloumi \$3)	\$23.90
Open steak sanga Grilled scotch fillet with melted cheddar cheese, crisp lettuce, caramelized onion, sliced tomato, an egg, chipotle mayo & tomato relish, served on toasted sourdough bread with crispy chips (Add bacon \$3)	\$25.90
BLAT Smoked bacon, crisp lettuce, avocado, sliced tomato & chipotle mayo, served in a Turkish bread with crispy chips	\$22.90

PASTA/RISOTTO

Chicken and mushroom risotto Chicken and mushroom risotto with white wine, truffle oil and shaved parmesan	\$24.90
 Vegetarian risotto Risotto rice with mushroom, zucchini, spanish onion, tomato, olives & baby spinach cooked in vegetable stock and finished with crumbled feta	\$23.90
Linguine carbonara Linguine pasta cooked in a creamy garlic and white wine sauce, smoked bacon & grated parmesan cheese	\$24.90
Seafood linguine Tiger prawns, calamari, mussels, red chilli, shallots, asparagus & cherry tomato cooked in a garlic and white wine sauce & drizzled with olive oil	\$28.90

SIDES

Greek salad	\$7.00
Vegetables	\$6.00

EXTRA SAUCES

Sweet chilli	\$2.00
Tartare	\$3.00
Aioli	\$3.00
Chipotle mayo	\$3.00
Mushroom sauce	\$5.00




KIDS MENU


\$13.90

- Kids fish and chips – beer battered flathead fillet served with crispy chips & tomato sauce
- Kids napoli linguine
- Kids nuggets and chips served with tomato sauce
- Kids pancake served with maple syrup & ice cream
- Kids egg and bacon – your choice of fried or scrambled egg, served with bacon and toasted sourdough bread

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