



## SWEET-ISH

### FIG & MAPLE MUESLI\* | 13.5

with yoghurt & fruit salad

### FIG & MAPLE MUESLI WITH YOGHURT | 12.5

with yoghurt & rhubarb/mixed berry compote

### BIRCHER MUESLI | 12.5

with yoghurt & rhubarb/mixed berry compote

### CHIA POT | 13.5

with coconut yoghurt & rhubarb/mixed berry compote

### FRESH FRUIT SALAD | 11.5

### ACAI BOWL\* | 17

with banana, fig & maple muesli

Extra muesli | 3.5

### OAT PORRIDGE | 18.5

with banana, rhubarb, maple syrup, sweet homemade dukkah, tahini

### PANCAKES | 19.5

Served with berry compote, banana, fresh berries, mascarpone, maple syrup & pistachio

### FRUIT TOAST | 8

### SPELT BANANA BREAD | 6.5

### CROISSANT | 5

\*GF Muesli 1.5 | Bread 1

\*\*Check out our daily selection of muffins/bars/treats

## WARM ROLLS & SANDWICHES

### HAM & CHEESE CROISSANT | 9

### BLT | 11

Smoked bacon, lettuce, fresh tomato, aioli on ciabatta

### BNE | 10

Smoked bacon and egg, with your choice of sauce on ciabatta

### SUPREME BNE | 11

Smoked bacon and egg, rocket, tomato relish, aioli on ciabatta

### ROAST BEEF | 13.5

with cheese, pickled cucumber, rocket, horseradish aioli on sourdough bread

### GRILLED HALOUMI | 13.5

with roasted eggplant, rocket, field mushroom, pumpkin dip on sourdough bread

### GRILLED CHICKEN BURGER | 15.5

with avocado, lettuce, coleslaw, aioli harissa on ciabatta

### STEAK SANDWICH | 16.5

Grilled haloumi, lettuce, tomato, aioli on ciabatta

## HOT BREAKFAST

*All served with either sourdough/soy & linseed/wholemeal/gf  
We only use free range eggs*

### EGGS & TOAST | 13.5

(Poached, scrambled, fried)

### DYO OMELETTE | 19.5

Choose 3 ingredients

Fetta, tomato, smoked salmon, baby spinach, salami, ham, cheese

### SHAKSHUKA | 20.5

Baked eggs in cooked tomato and capsicum sauce, served with a side of labenah

### GREEN EGGS | 20.5

Poached eggs, sautéed spinach, green tahini sauce your choice of Bacon or Smoked Salmon

### CHILI SCRAMBLED EGGS | 20.5

With Harissa, roasted kale, truss tomato, shredded parmesan cheese and mixed seeds

### PORTOBELLO MUSHROOM | 20.5

Served with grilled halloumi, poached egg on sourdough with tomato relish, green tahini and zaatar

### EGGS & AVOCADO | 20.5

Served with smashed avo, grilled tomato, feta, poached eggs and honey balsamic glaze on sourdough

### EGGS & SMOKED SALMON | 20.5

Scrambled eggs, pesto, smoked salmon & avocado on sourdough toast

### SOURDOUGH / WHOLEMEAL TOAST/ SOY & LINSEED \*GF | 8

with side choice of jam (raspberry/citrus), vegemite, tahini & honey, labenah & zaatar, peanut butter

### EXTRAS | 4

Labenah, bacon, extra toast, spinach, avocado, mushroom, smoked salmon, grilled tomato



**BREAKFAST & LUNCH SERVED ALL DAY!**

/fuelespresso  
@fuelespresso



## LUNCH

### HOT PAN AUBERGINE | 21

Served in a rich tomato sauce, celery-cream cheese, parmesan, served with pita bread & olives

### ZUCCHINI & CORN FRITTERS | 20

Served with smashed avocado, harissa jam and a poached egg

### THE CINDERELLA | 20

Roasted Pumpkin, truss tomato, honey balsamic glaze topped with spinach, feta and pistachio salad

## SALAD OF THE DAY | 13.5

Add extras: poached chicken, haloumi, smoked salmon, avocado | 4  
grilled chicken | 5

## BAGELS

Toasted bagel with cream cheese 8 | Smoked ham with cheese & tomato 11.5 | Salami with cheese, rocket, roasted capicum, aioli & seeded mustard 11.5 | Smoked bacon with egg, rocket, aioli & tomato relish 11.5 | Fetta with roasted eggplant, baby spinach, tomato, coriander pesto 13.5 | Poached chicken with roasted zucchini, cheese, rocket, aioli & zaatar 13.5 | Smoked salmon with cream cheese, capers, chives & rocket 13.5.

## DRINKS

### ESPRESSO

Short black, piccolo, macchiato, 3.6  
Long black, flat white, latte, cappuccino, R 3.9 | L 4.6  
belgian hot chocolate, chai latte

### BABYCINO

1.5

### COLD BREW

R 5 | L 6

### BULLET PROOF

R 5 | L 6

Coconut oil, organic butter  
blended with a shot of espresso

### MOCHA

R 4.2 | L 5

BEETROOT/MATCHA/TUMERIC LATTE R 3.9 | L 4.6

### CHAI LATTE

ICED COFFEE/ICED CHOCOLATE 5.5  
Add ice cream 1

### AFFOGATO

5.5

### GINGER CINNAMON LATTE

R 4.2 | L 5

### ICE TAHINI LATTE

7.9

### ICE HONEYCOMB LATTE

6.5

### ICE MINT LATTE

6.5

### ORGANIC LOOSE LEAF TEA

5

English breakfast, earl grey, mint,  
sencha green, Chamomile, lemongrass & ginger

### CHAI TEA

6

### EXTRAS

60c

Extra shot / decaf / almond / coconut milk / oat  
soy / caramel / vanilla / hazelnut syrups

### NECTAR COLD PRESS JUICES

6.5

**Green with Envy** apple, celery, spinach,  
kale, lemon, cucumber, parsley

**Eagle Eye** carrot, apple, orange, pineapple,  
lemon, turmeric

**Up Beet** beetroot, carrot, apple, celery,  
ginger, lemon

**Tropi Cool** pineapple, apple, orange, lemon, mint

**The Big O** oranges

### SMOOTHIES

10.5

Banana / Mixed Berry / Mango

Yoghurt, ice cream, milk, honey

Green superfood | 11.5

Banana, almond milk, spirulina, chlorella, barley grass, wheat grass

Acai

Cloudy apple juice, banana

### MILKSHAKES & THICKSHAKES

8/9

Chocolate, caramel, vanilla, strawberry, coffee

Kids milkshakes | 6.5