

@fuelespresso  
Brookvale



## HOT BREAKFAST

# B R E A K F A S T

	IN	OUT
<b>Fig &amp; maple muesli *gf</b> with yoghurt & fresh fruit salad	13.5	10
<b>Bircher muesli</b> with yoghurt & rhubarb strawberry compote	12	10
<b>Fig &amp; maple muesli</b> with yoghurt & rhubarb / mixed berry compote	12	10
<b>Chia Pot</b> with coconut yoghurt & rhubarb compote	13	11
<b>Fresh fruit salad</b>	11	9
<b>Acai bowl / Green bowl *gf</b> topped with banana, fig & maple muesli Extra muesli	17	15
<b>Fruit spelt toast</b>	8.5	6.5
<b>Spelt banana bread</b>	8	6.5
<b>Sourdough / Wholemeal toast</b> <b>Soy &amp; linseed / gluten free*</b> with side choice of jam (raspberry, citrus or caramelised fig & quince), vegemite, tahini & honey, labenah & zaatar, peanut butter	8	7
<b>Toasted bagel</b> with cream cheese	8	7
<b>Toasted sourdough</b> with smoked salmon, avocado, tomato	17	15
<b>*gluten free</b> Muesli   1.5 Bread   1		

	IN	OUT
<b>Eggs on sourdough</b> (Poached, scrambled, fried)	13	12
<b>Salmon eggs</b> with smoked salmon & chives	18	17
<b>Fetta tomato</b> and zaatar omelette	19	18
<b>Spicy tuna</b> celery and onion omelette	19	18
<b>Shakshuka</b> baked eggs in cooked tomato and capsicum sauce, served with a side of labenah	20	19
* All served with either sourdough / soy & linseed / wholemeal / gluten free		
<b>Extras</b> labenah, bacon, extra toast, spinach, avocado, mushroom, smoked salmon		4
<b>Oat porridge</b>	R 16	L 14
with banana, rhubarb, maple syrup, sweet homemade dukkah, tahini		
<b>We only use free range eggs</b>		

## WARM ROLLS & SANDWICHES

	IN	OUT
<b>BLT smoked bacon</b> lettuce, fresh tomato, aioli on roll	11	10
<b>BNE smoked bacon &amp; egg</b> rocket, tomato relish, aioli on roll	11	10
<b>Poached eggs</b> smoked salmon, rocket, chives, aioli on brioche	15.5	14
<b>Roast beef</b> with cheese, pickled cucumber, rocket, horseradish aioli on sourdough bread	13	12
<b>Grilled haloumi</b> with roasted eggplant, rocket, field mushroom, pumpkin spread on sourdough bread	13	12

	IN	OUT
<b>Tuna with baby spinach</b> Roasted zucchini, red onion, aioli & harissa	13	12
<b>Chicken burger</b> Grilled chicken breast, avocado, cos lettuce, pickled beetroot, zaatar aioli on ciabatta, served with side salad	17	14.5
<b>Steak sandwich</b> Grilled haloumi, cos lettuce, tomato, herb aioli on ciabatta served with side salad	17	14.5
<b>Pulled Pork Roll</b> with coriander salsa, aioli & rocket	15.5	14

PROUDLY PUMPING





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## BAGELS

	IN	OUT
<b>Smoked ham</b> with cheese & tomato	11	10
<b>Salami</b> with cheese, rocket, roasted capsicum, aioli & seeded mustard	11	10
<b>Smoked bacon</b> with egg, rocket, aioli & tomato relish	11.5	10.5
<b>Fetta</b> with roasted eggplant, baby spinach, tomato, coriander pesto	13	12
<b>Poached chicken</b> with roasted zucchini, cheese, rocket, aioli & zaatar	13.5	12.5
<b>Smoked salmon</b> with cream cheese, capers, chives, rocket	13.5	12.5
<b>Sweet potato</b> with tahini-harissa, toasted mushrooms, semi-dried tomatoes, spanish onion, baby-spinach	12	11

## DRINKS

<b>Espresso</b> Short black, double ristretto, macchiato, piccolo latte, long black, flat white, latte, cappuccino, belgian hot chocolate, chai latte	R 4   L 4.8
<b>Babycino</b>	1.5
<b>Cold drip</b>	R 4   L 6
<b>Bullet proof</b> coconut oil, organic butter blended with a shot of espresso	R 5   L 6
<b>Mocha</b>	R 4.2   L 5
<b>Turmeric latte</b>	R 4   L 4.8
<b>Iced coffee</b> Iced chocolate, affogato Add ice cream	5 1
<b>Extras</b> Extra shot / decaf / almond / coconut milk / soy / rice / caramel / vanilla / hazelnut syrups / lactose free	60c

## SOUP OF THE DAY

Served with toast

..... IN 14 | OUT 11

## SALAD OF THE DAY

..... IN 14 | OUT 11

**Add extras** Poached chicken, tuna,  
haloumi, pulled pork, smoked salmon,  
roast beef, Avocado |4, Grilled chicken |7

**Organic loose leaf tea** 4.5  
English breakfast, earl grey, mint,  
sencha green, Chamomile, white jasmine,  
lemongrass & ginger

**Chai Tea** 5

**Freshly squeezed fruit  
& vegetable juices** S 7.5 | L 9

- Apple, pineapple & mint,
- Orange, grapefruit & lime
- Carrot, celery, beetroot & ginger
- Apple, celery, mint, cucumber, baby spinach

**Freshly squeezed mint lemonade** 7

**Cold pressed juice** 6  
View range in fridge

**Smoothies** 10  
Banana / Mixed Berry / Mango  
Yoghurt, ice cream, milk, honey

**Green superfood** 11  
Banana, almond milk, spirulina, chlorella,  
barley grass, wheat grass

**Brekkie** 11  
Banana, mango, orange, coconut yoghurt,  
coconut milk, muesli

**Acai:** Cloudy apple juice, banana 10

**Milkshakes / Thickshakes** 7.5 | 8.5  
Chocolate, caramel, vanilla,  
strawberry, coffee

**Kids milkshakes** 6

**PROUDLY PUMPING**