## THESTABLE

## TAKEAWAY BREAKFAST TILL 3PM

## SOURDOUGH TOAST | 5.9

W/ A CHOICE OF JAM, PEANUT BUTTER, HONEY OR VEGEMITE

DELUXE SOURDOUGH FRUIT NUT AND SEED TOAST I 6.5

W/BUTTER
EGGS ON TOAST | 9.9
TWO EGGS ON SOURDOUGH
BACON \& EGG ROLL| 9.5
BACON \& TWO FRIED EGGS ON A ROLL W/ CHOICE OF BBQ, CHILLI MAYO OR TOMATO SAUCE

BREKKIE BURGER \| 12.9 GRILLED BACON, EGG OMELETTE, SPINACH \& HOLLANDAISE SAUCE

## ACAI BOWL I 14.9

BLENDED THICK ACAI BERRIES, BANANA, MIXED BERRIES, COCONUT WATER,
TOPPED W/ BANANA, STRAWBERRY, SHREDDED COCONUT, FLAKED ALMONDS, CHIA SEEDS, SHREDDED APPLE \& GRANOLA

YOGHURT MUESLI BOWL| 13.9 GREEK YOGHURT TOPPED WITH
TOASTED MUESLI, FRESH SEASONAL FRUIT, FLAKED ALMONDS, MAPLE SYRUP, PASSIONFRUIT PULP,
CHIA SEEDS \& SHREDDED COCONUT
SMASHED AVO I 14.9
SMASHED AVOCADO, CRUMBLED FETA,
CHERRY TOMATO, DRESSED ROCKET, LEMON \& ZAATAR ON SOURDOUGH TOAST

CORN \& VEGE FRITTERS | 16.9
CORN FRITTERS W/ GRILLED BACON, BRUSCHETTA SALAD, DRESSED ROCKET \& TOMATO RELISH

THE VEGAN BREAKFAST| 17.9 AVOCADO, ROASTED SWEET POTATO, GRILLED TOMATO, MUSHROOM, BAKED BEANS, LEMON \& COOKED SPINACH W/ SOURDOUGH

EGGS BENEDICT
BACON 16.9 I SMOKED SALMON 18.9 TWO POACHED EGGS W/FRESH BABY SPINACH \& HOLLANDAISE SAUCE ON SOURDOUGH

AVO BRUSCHETTA I 16.9
BRUSCHETTA SALAD ON SOURDOUGH TOPPED WITH SLICED AVO AND TWO POACHED EGGS

HARVEST BOWL | 16.9
POACHED EGGS, MIXED LEAVES, CHERRY TOMATO, SWEET POTATO, AVOCADO, QUINOA, MINT, PICKLED CABBAGE, MIXED NUTS \& SEEDS W/ A BALSAMIC VINAIGRETTE

PANKO EGG BOWL| 18.9
TWO PANKO-CRUSTED SOFT POACHED EGGS, AVOCADO, SWEET POTATO,
CHERRY TOMATO, PICKLED CABBAGE, FRESH BABY SPINACH, QUINOA,
CUCUMBER \& BLACK SESAME SEEDS W/ A HOUSEMADE ASIAN STYLE DRESSING
+GRILLED CHICKEN | 6

## THE HUNGRY HORSE I 22

TWO RASHERS OF GRILLED BACON, TWO EGGS (YOUR WAY), MUSHROOM, BEEF SAUSAGE, HASHBROWN, BAKED BEANS, PICKLED CABBAGE \& SOURDOUGH TOAST

## EXTRAS

BEETROOT $2 \mid$ BAKED BEANS $2 \mid$ HALF GRILLED TOMATO $2 \mid$ HASH BROWN 2.5
SWEET POTATO 3 | QUINOA 3 | MUSHROOM 3 | BEEF SAUSAGE 3
AVOCADO 4.5 | COOKED SPINACH 4.5 | SMOKED SALMON 7 | HALLOUMI 5 | EGG 2.5 GRILLLED BACON RASHER 4 I PANKO EGG 4.5

## GLUTEN FREE BREAD ALTERNATIVE UPON REQUEST \| \$

## NO SUBSTITIIONS AVAILABLE \| CYO BREAKFAST \$3

## THE STABLE

TAKEAWAY LUNCH FROM 11AM-3PM

BLT 12.9
GRILLED BACON, BABY COS LETTUCE, TOMATO \& CREAMY MAYO ON TURKISH TOAST +CHIPS | 3.5

STEAK SANDWICH \| 17.9
RUMP STEAK, TOMATO, CARAMELISED ONION, CHEDDAR CHEESE, ROCKET, DIJON MUSTARD, \& AIOLI ON TURKISH TOAST

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+ \text { CHIPS | } 3.5
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GRILLED CHICKEN BREAST| 17.9 W/GARDEN SALAD \& CHIPS

CHICKEN BREAST TENDERS | 17.9 W/ GARDEN SALAD \& CHIPS

FISH \& CHIPS | 16.9
BEER-BATTERED FISH W/ CHIPS, GARDEN SALAD \& TARTARE SAUCE

WARMCHICKEN SALAD | 16.9 GRILLED CHICKEN BREAST, TOMATO, CUCUMBER, CAPSICUM, AVOCADO, SPANISH ONION \& MIXED LEAVES W/ A BALSAMIC VINAIGRETTE

HALLOUMI SALAD | 16.9 SMOKED SALMON SALAD | 18.9 MIXED LEAVES, QUINOA, BABY BEETROOT, CARROT, AVOCADO, MIXED NUTS \& SEEDS
DRESSED W/ AN OLIVE \& LEMON VINAIGRETTE

CHEESE BURGER | 11.9
ANGUS BEEF, CHEDDAR CHEESE, PICKLES, TOMATO SAUCE \& MUSTARD ON BRIOCHE +CHIPS | 3.5

## BEEF BURGER| 14.9

ANGUS BEEF, GRILLED BACON, LETTUCE,
TOMATO, PICKLES, CHEDDAR CHEESE,
CARMERLISED ONION \& AIOLI ON BRIOCHE +CHIPS | 3.5

CHICKEN BURGER| 15.5
MARINATED GRILLED CHICKEN BREAST,
CHEDDAR CHEESE, SUNDRIED TOMATO, SPANISH ONION, AVOCADO,

BABY COS LETTUCE
\& SRIRACHA MAYO ON BRIOCHE +CHIPS | 3.5

VEGGIE BURGER | 13.9
VEGGIE PATTY, BABY COS LETTUCE, TOMATO, BEETROOT, CARROT, AVOCADO \& AIOLI ON BRIOCHE + CHIPS | 3.5

KARAAGEBOWL| 18.9
JAPANESE KARAAGE CHICKEN, AVOCADO, SWEET POTATO, CHERRY TOMATO,
PICKLED CABBAGE, FRESH BABY SPINACH, QUINOA, CUCUMBER \& BLACK SESAME
SEEDS W/ A HOUSEMADE ASIAN STYLE DRESSING

## SIDES

BOWL OF CHIPS | 9

## EXTRAS

BEETROOT $2 \mid$ BAKED BEANS $2 \mid$ HALF GRILLED TOMATO $2 \mid$ HASH BROWN 2.5 SWEET POTATO 3 | QUINOA 3 | MUSHROOM 3 | BEEF SAUSAGE 3 AVOCADO 4.5 | COOKED SPINACH 4.5 | SMOKED SALMON 7 | HALLOUMI 5 | EGG 2.5 GRILLLED BACON RASHER 4 | PANKO EGG 4.5 | GRILLED CHICKEN 6

## SAUCES

AIOLI 1 | TARTARE 1 | MAYO 1 | TOMATO RELISH 1 | HOLLANDAISE 2

## GLUTEN FREE BREAD ALTERNATIVE UPON REQUEST \| \$1

## THE STABLE

## TAKEAWAY DRINKS

## COFFEE \& TEA

COFFEE
SMALL4 | LARGE 4.5
CAPPUCCINO | LATTE | LONG BLACK
FLAT WHITE \| CHAI LATTE
HOT CHOCOLATE । PICCOLO
MOCHA SMALL 4.5 I LARGE 5
MATCHA । TUMERIC LATTE
ESPRESSO 3 | MACCHIATO 3.5

TEA
SMALL 4 | LARGE 4.5
ENGLISH BREAKFAST | EARLGREY। CHAMOMILE PEPPERMINT GREEN | FRUIT FOREST

CHAI TEA
SMALL
4.5
I LARGE
$\stackrel{\text { CHAI TEA }}{ }$ SMALL 4.5 LARGE 5

EXTRA-SHOT। DECAF 0.5
ALMOND MILK | BONSOY| LACTOSE FREE MILK | OAT MILK 0.5 SMALL| 1 LARGE SYRUPS - VANILLA \| CARAMEL \| HAZELNUT \| HONEY 0.5

FRESHLY SQUEEZED JUICE 18.5

## NO ICE EXTRA \$1

IMMUNITY KICK
ORANGE, CARROT, GINGER, PINEAPPLE
THE STABLE MIX
W ATERMELON, ORANGE, PASSION FRUIT, MINT, PINEAPPLE

BEETROOT, JUSTBEETIT $\quad$ CELRY, CARROT, GINGER, A P PLE

SUNSHINE JUICE
PINEAPPLE, ORANGE, PASSION FRUIT, APPLE
MEAN GREEN
SPINACH, APPLE, MINT, PINEAPPLE

ORANGEJUICE
WATERMELON JUICE

SMOOTHIES \| 9

## BANANA

W/ YOGHURT, HONEY, CHIA SEEDS \& MILK
TROPICAL
W/ MANGO, BANANA, PINEAPPLE, YOGHURT \& TROPICAL JUICE

GREEN MACHINE
W/ SPINACH, PINEAPPLE, BANANA, CHIA SEEDS, YOGHURT, HONEY \& APPLE JUICE

WATERMELON
W/ STRAWBERRY, YOGHURT, HONEY \& MILK

MIXED BERRY<br>W/ BANANA, YOGHURT \& HONEY

## ACAISMOOTHIE\| 10

ACAI BERRIES, BANANA, MIXED BERRIES \& COCONUT WATER BLENDED \& TOPPED W/ GRANOLA, SHREDDED COCONUT,
STRAWBERRIES \& FLAKED ALMONDS

CLASSIC MILK SHAKES<br>KIDS 4.5 I LARGE7 I THICK 9 CHOCOLATE \| STRAWBERRY | VANILLA<br>CARAMEL I BANANA

WHIPPED CREAM 0.5 EXTRA

## OTHER DRINKS

COKE | COKE NO SUGAR | DIET COKE \| SPRITE $\mathbf{3 . 5}$
BUNDABERG - LEMONADE \| LEMON-LIME BITTERS | GINGER BEER 4.9
SAN PELLEGRINO (500ML) 5 I SAN PELLEGRINO ( 750 ML ) 7
ORANGE JUICE GLASS | APPLE JUICE GLASS 4

