

BREAKFAST	\$11.00	EGGS YOUR WAY (GFA) Scrambled, fried or poached on sourdough toast		
	\$5.50	TOAST WITH YOUR CHOICE OF SPREAD (GFA) Peanut butter, Vegemite, Strawberry Jam, Honey		
	\$14.50	ZUCCHINNI AND HALLOUMI FRITTERS (GF, VEG) With a poached egg, KIS tomato relish and rocket salad.		
	\$13.50	BREAKFAST WRAP OR BURGER Bacon, egg, melted cheese, hash brown and bbq sauce		
	nalf \$8.00 full \$14.50	AVO ON SOURDOUGH (GFA) With lemon labneh and Egyptian dukkah		
	\$19,00	SMOKED SALMON SCRAMBLED A fresh croissant baked in house with baby spinach, smoked salmon, scrambled eggs and hollandaise sauce.		
	\$19.50	BIG SIMPLE BREAKFAST (GF) Smoked paprika sweet potato rösti, pork sausage, oven baked tomato, avocado, halloumi & a fried egg with a side of KIS tomato relish		
	\$15.50	MUSHROOMS KEPT SIMPLE (GFA, VG) Sautéed with seasonal greens topped with truffled pecorino & toasted seeds with a slice of sourdough		
LUNCH	\$14.00	THE MILKBAR BURGER A delicious old school beef burger with bacon, cheese, tomato, beetroot, pickles, lettuce, aioli and KIS tomato relish + \$3.00 with fries or +\$3.50 with sweet potato fries		
	\$12.00	CHORIZO AND ROAST PUMPKIN FLAT BREAD Topped with crumbled feta and dressed salad greens		
	\$11.00	HALLOUMI OPEN GRILL (VEG) Roast pumpkin, eggplant, zucchini, basil pesto and roasted red pepper		
	\$11.00	MILD SALAMI BAGUETTE Roasted red peppers, fresh tomato, swiss cheese, greens and aioli		
	\$12.50	CHICKEN BAGUETTE Cucumber, danish fetta, sundried tomato and cashew pesto and greens		
	\$10.50	VEGAN WRAP (VG) Fresh and grilled seasonal vegetables with vegan aioli and KIS spicy tomato relish		
	\$14.50	CHICKEN AND AVOCADO SALAD (GF) A classic warm chicken salad with avocado, crispy salad greens, tomatoes, spanish onion and a creamy ranch style dressing.		
	\$12.00	SOUP OF THE DAY Ask our friendly staff for the flavour of the day		
	\$6.00	FRIES (GF) With sea salt & aioli		
	\$6.50	SWEET POTATO FRIES (GF) With lemon scented seasoning & aioli		
ADD ONS	\$2.50	1 X EGG		
	\$4.00	BACON, HALLOUMI, HAM, MUSHROOMS, 2 X EGGS		
	\$5.00	SMOKED SALMON, AVOCADO		
	\$2.00	SIDE SAUCES Aioli, tomato, BBQ, KIS spicy tomato relish		
	#2.00	CHITEN EDGE BREAD		

PLEASE ORDER AT THE COUNTER

GLUTEN FREE BREAD

\$2.00

SNACKS	\$7.50	LEG HAM & CHEESE CROISSANT
	\$7.00	BACON & EGG MUFFIN
	\$4.50	SWEET & SAVOURY MUFFINS
	\$5.95	VEGAN TREATS
	\$5.00	DOUBLE CHOC OR WHITE CHOC BROWNIE
	\$5.00	CARROT CAKE
	\$5.00	BANANA BREAD

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HOT			CUP	MUG	
			SMALL	MEDIUM	LARGE
			OI II I I I	MEBION	E/ III GE
		LATTE	\$4.00	\$4.60	\$5.20
	CAPPACINO FLAT WHITE		\$4.00	\$4.60	\$5.20
			\$4.00	\$4.60	\$5.20
		LONG BLACK	\$3.70	\$4.00	\$4.30
		HOT CHOCOLATE	\$4.50	\$5.00	\$5.50
		MOCHA	\$4.50	\$5.00	\$5.50
		CHAI LATTE	\$4.50	\$5.00	\$5.50
		DIRTY CHAI	\$5.00	\$5.50	\$6.00
		SHORT BLACK	\$3.20		
		SHORT MAC	\$3.20		
		PICCOLO LONG MAC	\$3.70 \$4.00		
		LONG MAC	\$4.00		
		ASSORTED TEAS	\$4.50	SUPREME EARL GREY, SPRING GREEN, PEPPERMINT ENGLISH BREAKFAST, LEMONGRASS GINGER	
				MALABAR CHAI,	CHAMOMILE BLOSSOMS
		SYRUPS	\$0.50	CARAMEL, VANIL	.LA, HAZELNUT
COLD		MILK - ALTERNATIVES	\$0.50	ALMOND, OAT, MACADAMIA, COCONUT, SOY,	
		ICED COFFEE	¢c EO	LACTOSE FREE	
		ICED COFFEE	\$6.50 \$6.50		
		ICED LATTE	\$5.20		
		ICED LONG BLACK	\$4.50		
		ICED MOCHA	\$6.50		
		NII		*	
		NU SPARKING SPRING V		\$4.00	
		NU STILL SPRING WATE REMEDY KOMBUCHA - V		\$3.00 \$4.95	
		EMMA & TOMS JUICES -		\$4.95 \$4.95	
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(GFA) Gluten Free Available (GF) Gluten Free (VEG) Vegetarian (VG) Vegan

Dietary Requirements

Please feel free to inform us of any dietary requirements you may have and we will do our best to deliver them to you as requested.

We offer gluten free options, but we also use wheat products in the kitchen. All care is taken in preparing gluten free items on site to the standards required. Please inform us of any allergies you may have so we can take precautions in delivering food that is safe for you to consume.