

SUMMER
 MENU 2020

All Day Menu

START YOUR DAY

Blackberry & Acai Bowl (V, VGO) \$16.90
 Blackberry & Acai smoothie topped with seasonal fruits, toasted mixed seeds, almonds, crunchy granola, goji berries, toasted coconut flakes
 |Add Crunchy Peanut Butter +\$2.50|

Smashed Avocado (V, VGO, GFO+\$3.50) \$16.90
 Smashed avocado on olive bread served with tomato bruschetta, whipped feta, toasted pepita and sunflower seeds finished with a drizzle of balsamic reduction
 |Add Egg +\$3.50 |Add Bacon +\$5.50|

Benson's Benedict (GFO +3.50) \$16.50
 Poached eggs on sourdough served with sautéed spinach, our house apple cider hollandaise
 Choice Of
 | Bacon | Smoked Salmon | Smoked Ham |

SOMETHING FILLING

Lemon Pepper Calamari (GFO) \$17.00
 Flash fried calamari, beetroot almond salad served with our lemon mayo
 |Add Beer Battered Chips +\$4.50|

Grilled Chicken Burger (GFO +\$3.50) \$18.90
 Grilled herb marinated chicken breast, bacon, avocado, swiss gruyere, oak lettuce in a brioche bun with our house lemon mayo

Benson's Nourish Bowl (V, VGO) \$22.90
 California salad, halloumi cheese, roasted cauliflower, spiced roast pumpkin, zucchini broccoli fritter, served with a poached egg, sweet potato crisps and harissa spiced yoghurt
 |Add Smoked Salmon +\$5.50|
 |Add Grilled Chicken +\$6.00|

Market Fish \$Market Price

Chili Scramble (GFO +\$3.50) \$17.80
 Scrambled eggs on sourdough served with Salsa Verde, bacon loaded jalapeno popper topped with crispy shallots, dukkha
 | Add Bacon +\$5.50 | Add Chorizo +\$5.50 |

French Toast \$17.90
 Brioche French Toast with a choice of
Savory - Maple glazed bacon and fried eggs finished with maple syrup & whipped Butter
Sweet - Strawberry white chocolate & almond mascarpone, seasonal fruits, berry coolie, maple syrup

Zucchini Broccoli & Feta Fritters (V) \$17.90
 Zucchini broccoli & feta fritters served with beetroot tzatziki, white anchovies, sweet potato crisps and toasted sunflower and pepita seeds
 |Add Egg +\$3.50|

SOMETHING LIGHT

Fried Cauliflower & Pearl Barley Salad (GF, V, VGO) \$18.90
 Fried cauliflower, roasted pumpkin, baby spinach, crispy chickpeas, dehydrated berries and pearl barley with a turmeric tahini lemon dressing finished with harissa spiced yoghurt
 |Add Egg +\$3.50|
 |Add Smoked Salmon +\$5.50|
 |Add Grilled Chicken +\$6.00|

California Salad (GF, V, VGO) \$18.70
 Quinoa, shredded kale, cherry tomatoes, grilled corn, black turtle beans, puffed wild rice, goji berry dressed with honey mustard & lemon dressing
 |Add Egg +\$3.50|
 |Add Smoked Salmon +\$5.50|
 |Add Grilled Chicken +\$6.00|

SIDES

Beer Battered Chips **S \$4.50 | L \$11.00**
 Sweet Potato Chips **S \$4.50 | L \$11.00**
 Roasted Beetroot Almond Salad **\$7.50**
 Seasonal Veggies with roasted almonds **\$10.00**

Benson's Breakfast Roll (GFO +\$3.50) \$18.50
 Two Rashers of Bacon, fried eggs, swiss cheese, in a Turkish roll served with hash browns

Bensons Breakfast Board (V, GFO +\$3.50) \$21.90
 Small Pot of Blackberry & Acai topped with seasonal fruits, nuts, Avocado on toast with bruschetta & balsamic reduction, poached egg and orange juice

Benson's Big Breakfast (GFO +\$3.50) \$23.90
 Eggs your way on sourdough served with chorizo sausage, bacon, slow roasted tomato, mushroom, avocado and hash browns

BUILD YOUR OWN \$10.00

Eggs | Sourdough

Extras

Olive Rosemary Sourdough | GF | Sourdough | Sautéed Spinach | Extra Eggs | House Apple Cider Hollandaise | Beetroot Tzatziki | Salsa Verde | Lemon Mayo | Sweet Potato Crisps | **+\$3.50**

Roasted Mushrooms | Slow Roasted Tomato | Whipped Feta | Smoke Ham | Hash Browns | Roasted Beetroot | Roasted Cauliflower | Roast Pumpkin | Halloumi Cheese | Turkish Bread | Jalapeno Popper | **+\$4.50**

Bacon | Chorizo | Smoked Salmon | Avocado | Zucchini Broccoli & Feta Fritters | Brioche French Toast **+\$5.50**

(V) Vegetarian
 (GFO) Gluten Free Option
 (VG) Vegan

* Please make us aware of any allergy you have. Although we try to meet everyone's needs, in some cases we may not be able to provide an option for your allergy

Ask our helpful staff or see our special board for our daily specials



BENSONS

CAFE & WINE BAR
MT WAVERLEY

SUMMER MENU 2020

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COFFEE

Coffee by Cortado Blend 35. This blend is a real crowd pleaser! Medium roast with a beautiful chocolate finish, smooth yet full of flavour. Serve with milk, or don't, no judgement here!

CORTADO BLEND 35

Short Black \$3.50 | Piccolo \$3.80 |

Latte | Cappuccino | Flat White | Short Macchiato Long Macchiato | Long black | Iced Latte REG \$4.00 | LRG \$4.80

Babycino \$2.00

Chai Latte (Arcadia) | REG \$4.50 | LRG \$5.50 | Wet Chai | REG \$5.50 | LRG \$6.00 | Hot Chocolate | REG \$5.00 | LRG \$5.50 |

Soy +\$0.60 Decaf +\$0.60 | Mocha+\$0.50 | Extra Shot +\$0.50
Almond Milk +\$0.60 | Lactose Free Milk +\$0.60

TEA \$4.50

English Breakfast Supreme Chamomile
Earl Grey Premium
Lemongrass & Ginger
Green Tea China Sencha
Peppermint

FRESHLY SQUEEZED JUICES \$8.50

Orange | Apple

BLENDED FRESH JUICES \$9.50

Green Tonic

Cucumber, Celery, Green Apple & Mint

Booster

Apple, Carrot, Ginger & Orange

Melon Magic

Watermelon, Mint & Orange

Immunity

Carrot, Celery & Orange

SMOOTHIES \$9.50

Mixed Berry Smoothie

Yogurt, Berries, Milk & Honey

Mango Smoothie

Yoghurt Mango, Honey & Milk

Acai & Berry Smoothie

Acai, Banana, Coconut water & Mixed Berries

Oatmeal & Banana Smoothie

Yoghurt Oatmeal, Banana, Almond Milk, Cinnamon & Honey

ICED DRINKS \$9.50

Iced Coffee | Iced Mocha | Iced Frappe | Cookies & Cream |

MILKSHAKES \$7.50

Caramel | Vanilla | Strawberry | Chocolate |

SPIDERS \$7.50

Scoop of vanilla ice cream | Coke | Sprite |

SOFT DRINKS \$5.50

Coke | Diet Coke | Sprite | Lift
San Pellegrino Sparkling Water
Lemon Lime Bitters
San Pellegrino Rossa Blood Orange

BOTTLED JUICES \$5.50

Apple | Orange | Pineapple | Cranberry

If you take a liking to any of our wines and would like to purchase a bottle for yourself or as a gift for someone special, please ask our staff.

Cocktails, Beers, Spirits are also available, please ask our staff.

All Day Menu

WINE

BUBBLES

House Bubbles \$8.00
Sec & Co Prosecco, Victoria \$11 / \$38
Madame Coco Brut, Aude Valley, France \$13 / \$45

ROSÉ

2018 Bertaine, Rosé, Aude Valley, France \$11 / \$39

RED

House Red \$8.00
2017 Marques de Tezona Tempranillo, Castilla la Mancha, Spain \$10 / \$36
2019 The Hero of Zero Preservative Free Pinot Noir, McLaren Vale, South Australia \$11 / \$38
2018 The Hero of Zero Preservative Free Shiraz, Barossa Valley, Shiraz South Australia \$11 / \$38
2017 Little Giant Shiraz, Barossa Valley, South Australia \$14 / \$50
2016 The Apsley Shiraz, Penola, South Australia \$16 / \$60
2018 Maretti, Chianti, Chianti Rufina, Italy \$15 / \$55
2017 The Apsley Cabernet Sauvignon Shiraz, South Australia \$16 / \$60

WHITE

2018 Burns and Fuller Chardonnay Adelaide Hills SA \$10 / \$38
2018 Mandeleto Pinot Grigio Veneto and Romagna Italy \$10 / \$38
2018 The Apsley Sauvignon Blanc, Penola, South Australia \$10 / \$38
2019 Earth Mother Organic Sauvignon Blanc, Marlborough, New Zealand \$13 / \$45
2017 Bernard Schurr, Riesling, Alsace, Rhone Valley, Bordeaux \$16 / \$60