

**Start Your Day**

**Benson's Benedict (GFO +\$3.50) \$17.00**

Poached eggs on sourdough served with sautéed spinach, our house apple cider hollandaise

Choice Of

| Bacon | Smoked Salmon | Smoked Ham |

**Smashed Avocado (V, VGO, GFO+\$3.50) \$17.00**

Smashed avocado on multigrain served with tomato bruschetta, whipped feta, toasted pepita and sunflower seeds finished with a drizzle of balsamic reduction

**French Toast \$19.00**

Brioche French Toast with maple glazed bacon and fried eggs finished with maple syrup & whipped butter

**Sweet Potato, Pumpkin & Haloumi Fritters (V) \$19.00**

Sweet potato pumpkin & haloumi fritters served with tomato kasundi, raita and fried cauliflower

**Texan Chili Baked Eggs (GFO +\$3.50) \$23.00**

Beef, bacon & chorizo Texan chili baked eggs served with garlic bread and sour cream.

**Benson's Big Breakfast (GFO +\$3.50) \$23.50**

Eggs your way on sourdough served with chorizo sausage, bacon, slow roasted tomato, mushroom, house made butter beans and hash brown

**Something Filling**

**Lemon Pepper Calamari (GFO) \$18.00**

Flash fried calamari, Greek salad, with lemon mayo

|Add Beer Battered Chips +\$4.50|

**Southern Fried Chicken Burger (GFO +\$3.50) \$19.00**

Southern fried chicken, bacon, swiss gruyere, tomato, oak lettuce in a brioche bun with our house lemon mayo

|Add Beer Battered Chips +\$4.50|

**Benson's Nourish Bowl (V, VGO) \$23.00**

Mixed bean salad, halloumi cheese, fried cauliflower, sweet potato & pumpkin fritter, smashed avocado, red peppers ranch dressing, served with a poached egg, and finished with dukkha

|Add Smoked Salmon +\$5.50|

|Add Grilled Chicken +\$6.00|

**Chicken Parmigiana \$28.00**

Crumbed chicken breast, smoked ham, melted mozzarella & jack cheese served with Greek salad and beer battered chips

**Market Fish \$Market Price**

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

**Sides**

**Beer Battered Chips S \$4.50 | L \$11.00**

**Sweet Potato Chips S \$4.50 | L \$11.00**

**Greek Salad \$10.00**

**Seasonal Veggies \$10.00**

**Something Light**

**Soup of the Day \$15.00**

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**Fried Cauliflower & Pearl Barley Salad (GF, V, VGO) \$18.50**

Fried cauliflower, roasted pumpkin, baby spinach, crispy chickpeas, dehydrated berries and pearl barley with a turmeric tahini lemon dressing finished with raita yoghurt

|Add Egg +\$3.50|

|Add Smoked Salmon +\$5.50|

|Add Grilled Chicken +\$6.00|

**Three Bean Salad (GF, V, VGO) \$19.00**

Mixed beans roasted sweet potato, pumpkin, broccolini, spinach, grilled haloumi with a red pepper ranch dressing finished with raita yoghurt dukkha and crispy shallot

|Add Egg +\$3.50|

|Add Smoked Salmon +\$5.50|

|Add Grilled Chicken +\$6.00|

**Build Your Own \$10.00**

Eggs | Sourdough

**Extras**

Multigrain Sourdough | GF | Sourdough | Sautéed Spinach | Extra Eggs | House Apple Cider Hollandaise | Tomato Kasundi | Turkish Bread  
**+\$3.50**

Roasted Mushrooms | Slow Roasted Tomato | Feta | Smoke Ham | Hash Browns | Fried Cauliflower | Roast Pumpkin | Halloumi Cheese **+\$4.50**  
Bacon | Chorizo | Smoked Salmon | Avocado | Sweet potato pumpkin & haloumi fritter | Brioche French Toast **+\$5.50**

All Day Autumn & Winter 2020

**COFFEE**

**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

**BOTTLED JUICES \$5.50**

Apple | Orange | Pineapple & Cranberry

**SOFT DRINKS \$5.50**

Coke | Diet Coke | Sprite | Lift

San Pellegrino Sparkling Water

Lemon Lime Bitters

San Pellegrino Rossa Blood Orange

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