

BENSONS

CAFE & WINE BAR
MT WAVERLEY

SPRING & SUMMER MENU 2021

(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*

START YOUR DAY

Smashed Avocado (V, VGO, GFO+\$3.50) \$16.90
Smashed avocado on multigrain toast served with tomato & olive bruschetta, whipped feta, toasted pepita and sunflower seeds beetroot & dill hummus finished with basil oil

| Add Egg +\$3.50 |

Benson's Benedict (GFO +3.50) \$16.50
Poached eggs on English muffins served with sautéed spinach, our house apple cider hollandaise

Choice Of
| Bacon | Smoked Salmon | Smoked Ham |

Butterscotch Pancakes(V) \$17.00
Buttermilk pancakes served with bananas, strawberries finished with butterscotch, candied walnuts and a scoop of vanilla ice cream

Chili Scramble \$17.50 (GFO +\$3.50)
Bacon loaded jalapeño popper, creamy scrambled eggs on sourdough finished with green pepper chutney, dukkha & crispy shallots

Cauliflower, Chickpea & Paneer Fritters (V, GF) \$19.00
Spiced cauliflower, chickpea & paneer Fritters served with Indian raita, green pepper chutney, smashed avocado, pickled cucumber ribbons and a poached egg

Benson's Breakfast Board (V, GFO +\$3.50) \$21.50
Our smashed avocado, spiced cauliflower, chickpea & paneer fritter, poached egg and choice of freshly squeezed apple or orange juice

Benson's Big Breakfast (GFO +\$3.50) \$23.50
Eggs your way on sourdough served with chorizo sausage, bacon, slow roasted tomato, mushroom, green pepper chutney, smashed avocado and hash brown

SOMETHING FILLING

Lemon Pepper Calamari (GFO) \$18.00
Flash fried calamari, rocket, cucumber & dill salad, with lemon mayo
| Add Beer Battered Chips +\$4.50 |

Soft Shell Crab Burger \$18.50
Beer battered soft shell crab, pickled apple & baby cabbage slaw, oak lettuce, our house kiwi mayonnaise
| Add Beer Battered Chips +\$4.50 |

Benson's Nourish Bowl (V) \$23.00
Spring roasted vegetable salad in a dill & lemon dressing, halloumi cheese, spiced cauliflower, chickpea & paneer fritters, smashed avocado, butternut pumpkin, served with a poached egg, and finished with beetroot & dill hummus, 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 rocket, cucumber & dill 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**
Rocket, Cucumber & Dill Salad **\$9.00**
Seasonal Veggies **\$10.00**

All Day Menu

SOMETHING LIGHT

Spring Vegetable Salad (GF, V, VGO) \$17.50
Kale, chickpeas, edamame, butternut pumpkin, asparagus, avocado, beetroot hummus finished in a lemon & dill dressing
| Add Egg +\$3.50 |
| Add Smoked Salmon +\$5.50 |
| Add Grilled Chicken +\$6.00 |

Grilled Calamari Salad \$22.50
Grilled lemon pepper calamari w beetroot hummus, rocket, sun dried tomatoes, cucumber, shallots, rocket, finished in a lemon and dill dressing and a charred lemon

BUILD YOUR OWN \$10.00

Eggs | Sourdough

Extras

Multigrain Sourdough | GF | Sourdough | Sautéed Spinach | Extra Eggs | House Apple Cider Hollandaise | Green Pepper Chutney | Turkish Bread | Beetroot & Dill Hummus **+\$3.50**

Roasted Mushrooms | Slow Roasted Tomato | Feta | Smoked Ham | Hash Browns | Roast Butternut Pumpkin | Halloumi Cheese | Edamame Beans **+\$4.50**

Bacon | Chorizo | Smoked Salmon | Avocado | Bacon Loaded Jalapeño Popper | Cauliflower Chickpea & Paneer Fritters | Buttermilk Pancakes **+\$5.50**



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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

Chai Latte (Arcadia) REG \$4.50 | LRG \$5.50

Babycino \$2.00

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

ICED COFFEE \$6.50

Iced Coffee | Iced Mocha | Iced Frappe

TEA \$4.50

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

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All Day Menu

FRESHLY SQUEEZED JUICES \$8.50

Orange | Apple

BLENDED FRESH JUICES \$9.50

Green Tonic

Honeydew, Spinach & Celery

Booster

Orange, Carrot & Turmeric

Melon Magic

Watermelon, Orange & Mint

Immunity

Green Apple, Spinach & Ginger

SMOOTHIES \$9.50

Banana O'Rama

Banana, Yoghurt, Oatmeal, Honey & Almond Milk

Mellow Yellow

Pineapple, Mango, Honey, Yoghurt & Turmeric

Acai & Berry

Acai, Mixed Berries, Goji Berries, Coconut Flakes

Green Hornet

Honeydew, Kiwi, Spinach, Green Apple,
Yoghurt & Honey

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

