



HEARTY MAINS



BREAKFAST HOT PLATE

Chicken Sausages, Grilled Tomatoes, Crispy Bacon, Potato Tots, Cucumber, Pickles. Served with a Toast of Olive Bread and choice of Eggs

\$24

FALAFEL BURGER



Falafel Patty, Grilled Basil Oregano Paneer-Cottage Cheese, Tomatoes, Lettuce, Monk's Special Burger Sauce, Kale Pesto. Served on a Brioche Bun with a side of Salad or Fries

**Make it vegan with a Potato Bun*

\$22

AVO TOAST



Smoked Salmon, Avocado, Eggs Sunny-Side Up, Cherry Tomatoes, Cream Cheese. Served on Sourdough Toast with a side of Salad or Fries

**Make it veggie by swapping Salmon and Eggs with Basil Oregano Paneer-Cottage Cheese*

\$20

CHICKEN SLIDER

Fried Chicken Slider, Monk's Special Citrus Sauce, Monk's Yogurt, Onions, Lettuce, Tomato. Served with a Toast of Olive Bread and a side of Salad or Fries

\$22

CRISPY COMBO

Crispy Waffle, Pickled Cucumber, Pickled Onions, Maple Syrup, Honey, Mixed Salad Choices: Smoked Salmon or Fried Chicken

\$20

QUINOA AVO SALAD



Red & White Quinoa, Avocado, Cucumber, Kidney Beans, Raisins, Cranberries, Baby Radish, Tomatoes, Basil Oregano Paneer-Cottage Cheese, Miso Carrot Dressing, Lemon Wedge. Served with a slice of Toast.

\$20

POACHED EGG SALAD

Poached Eggs, Tomatoes, Beetroot, Cucumber, Walnuts, Raisins, Cranberries, Chilled Eggplant, Flower Seeds, Paneer-Cottage Cheese, Apple Vinaigrette Dressing. Served with a slice of Toast

\$20

CAESAR SALAD



Romaine Lettuce, Croutons, Grilled Chicken, Bacon Bits, Cherry Tomatoes and Boiled Egg dressed with Ceaser Dressing and Anchovies

**Make it veggie by swapping Anchovies, Bacon, Chicken and Eggs with Basil Oregano Paneer-Cottage Cheese, Olives and Corn*

\$20

MAKE YOUR OWN PLATE

Choice of one style of eggs, one type of toast, and any 4 sides

Eggs: Poached, Scrambled, Sunny-Side Up, Overeas, Boiled

Toasts: Sourdough, Olive Bread, Brioche, Butter Croissant

Sides: Grilled Chicken, Roasted Bacon, Pork Sausage, Chicken Sausage, Smoked Salmon, Sliced Avocado, Basil oregano, Grilled Paneer-Cottage Cheese, Potato tots, Small Salad

\$24

MUNCHIES TO SHARE

Fried Brussel Sprouts with Cherry Tomatoes

Crispy Fried Cauliflower with Monk's Spice Seasoning

Crispy Fried Chicken Drumlets

Crispy Fries with Monk's Spice Seasoning

Mini Samosas



\$10 EACH

TIMINGS 8AM TO 5PM

MIX IT UP

\$5 EACH

Eggs: Poached, Scrambled, Sunny-Side Up, Overeas, Boiled

Toasts: Sourdough, Olive Bread, Brioche, Butter Croissant

Sides: Grilled Chicken, Roasted Bacon, Pork Sausage, Chicken Sausage, Smoked Salmon, Sliced Avocado, Basil Oregano Grilled Paneer-Cottage Cheese, Potato Tots



SWEET SENSATIONS

COCOA WAFFLE

Crispy Waffle, Coco Crisps, Bananas, Hazelnuts, Coconut Flakes, Marshmallows, Chocolate Shavings, Chocolate Ice Cream

\$20

MIXED BERRIES WAFFLE

Crispy Waffle, Mixed Berries, Froot Loops, Marshmallows, Maple Syrup, Black Currant & Strawberry Ice Cream

\$20

RAINBOW PANCAKE

Mixed Berries Pancakes, Mixed Fruits, Froot Loops, Maple Syrup, Black Currant & Strawberry Ice Cream

\$22

CHOCO BOMB PANCAKE

Chocolate Chip Pancakes, Coco Crips, Bananas, Hazelnuts, Chocolate Sauce, Chocolate Ice Cream

\$22

CLASSIC FRENCH TOAST

Classic Brioche Loaf French Toast, Mixed Berries, Mixed Fruits, Maple Syrup, Butter, Vanilla Ice Cream

\$20

SURREAL CEREALS

LUCKY ONE

Froot Loops, Lucky Charms, Marshmallows, Strawberry Oreos, Strawberries, Mixed Berries Sauce
Served with a choice of milk/ yogurt

\$12

CHOC-O-SHOCK

Coco Crisps, Koko Krunch, Cookies, Almonds, Marshmallows, Bananas, Chocolate Sauce
Served with a choice of milk/ yogurt

\$12

KING CORN

Corn Flakes, Honey Stars, Oats, Digestive Biscuits, Nuts, Mixed Fruits, Mixed Berries, Honey
Served with a choice of milk/ yogurt

\$12

GRANOLA SUNRISE

House Maple Granola, Walnuts, Sunflower Seeds, Coconut Flakes, Raisins, Bananas, Mixed Berries, Honey
Served with a choice of milk/ yogurt

\$15

SUPER SCOOPS

\$6 EACH

Chocolate

Vanilla

Black Currant & Strawberry

White Chocolate & Raspberry

Hokey Pokey

Fig & Manuka Honey



PASTRIES

Daily Selection



\$6-\$8 EACH