



# MENU

## ALL DAY

<b>Toast - Sourdough/Rye/7seeds</b>	\$6
w/vegemite/jam/crunchy peanut butter	
<b>Toasted Fruit Loaf</b>	\$7
w/butter + jam	
<b>Herb + Cheesy Toast*</b>	\$8
w/ tomato kasoundi \$1.5, w/ bacon \$3.5,	
w/ both \$4.5	
<b>Toasted 'Dr Marty's' Organic Handmade crumpets</b>	\$7
w/butter + jam	
<b>Eggs on toast*</b>	poached/fried \$8
	scrambled \$9
<b>Honey Toasted Granola Cup</b>	\$9
w/ vanilla bean yoghurt, berries, apple, cranberry & roasted macadamia	
<b>Bircher Muesli</b>	\$10
Soaked in honey, yoghurt and apple juice w/ ginger & vanilla rhubarb compote, vanilla yoghurt, strawberry & oat crumble	
<b>Spiced Pear Porridge</b>	\$10
Creamy oat w/ slow cooked cardamom pears, berries & roasted hazelnut	
<b>Warm Chocolate &amp; Coconut Chia Pudding (gf)</b>	\$14
w/ cacao, roasted almonds, goji & toasted coconut	
<b>Brioche French Toast*</b>	\$14
w/ cinnamon, roasted pineapple, coconut caramel & vanilla ice cream	
<b>Brekkie Burrito</b>	\$18
w/ smokey shredded beef brisket, tortilla, folded eggs, cheddar, grilled corn salsa, chipotle, avocado & sour cream	
(veg option)	\$14.5

\*\*\*Gluten Free Bread \$1.5 extra  
 \*Gluten Free Available

## ALL DAY

<b>Avo 'n' Toast*</b> (v) Toasted rye w/ roast	\$16
cherry tomato, feta, soft herbs & balsamic	
salad	w/ egg \$18
<b>Corn Fritters</b>	\$18
Spiced corn fritters, cajun slab bacon, jalapeño relish, fried egg & manchego	
<b>Benedict*</b>	\$16
Crispy prosciutto, toasted sourdough, poached eggs & hollandaise	
<b>Atlantic</b>	\$17
'Dr Marty's' organic handmade crumpets w/ poached eggs house smoked salmon, spinach & hollandaise	
<b>Spinach &amp; Feta Stuffed Mushroom*</b> (v)	\$14
w/ dukkah crusted egg, 7 grain toast & tomato kasoundi	
<b>Shakshuka</b> (v)*	\$15.5
3 eggs baked on a middle eastern inspired tomato, roast pepper and bean stew, feta, coriander & garlic flatbread	
w/ chorizo	\$20
<b>C.O.W Brekkie*</b>	\$18
Eggs poached, fried or scrambled (extra \$1), smoked bacon, roasted tomato, spinach, potato & thyme rosti	
<b>Breakfast Extras</b>	
quarter avocado/spinach/extra egg	\$2.5
smoked bacon/ roasted tomato/ thyme buttered mushrooms/feta	\$4
half avocado/grilled chorizo	\$5
cajun slab bacon/our own house smoked salmon	
hollandaise/tomato kasoundi/ tomato relish/roast garlic aioli	\$1.5

Sorry no alterations to menu during busy service.

## LUNCH

11.30AM - 3PM

<b>Moroccan Lamb &amp; Cous Cous Salad</b>	\$18
dates, walnuts, mint, parsley, fire roast peppers, feta, red onion & garlic yoghurt	
(veg option)	\$14
<b>Thai Salad w/ crispy calamari</b> (gf)	\$18
iceberg, nahm jim, peanuts, shallots & crisp rice paper	
<b>Slow Braised Beef Brisket*</b>	\$19
on a milk bun w/ slaw, bacon candy & beer battered chips	
<b>Pumpkin, Spinach &amp; Paneer</b> (v)*	\$16
<b>Kasoundi Curry</b>	
roasted cauliflower, mint & cucumber pickle & garlic flatbread	
<b>House Smoked Salmon Salad</b>	\$19
braised fennel, beetroot, pearl barley, goats curd citrus & leaves	
(veg option)	\$14
<b>Chicken Parma</b>	\$18
grandma ham, napoli, mozzarella w/ beer battered chips & salad	
<b>Crispy Chicken Caesar Wrap</b>	\$17
our Caesar dressing, parmesan, baby romaine lettuce & balsamic glazed bacon w/ beer battered chips	
have it "naked"*	\$16.5
<b>Coopers Pale Ale Battered Baby</b>	\$18
<b>Barramundi Fillets*</b> w/ house tartare, young salad, beer battered chips & lemon	
<b>Sides</b>	\$6
beer battered chips/French fries/ garden salad	





# DRINKS

## JUICES-SMOOTHIES-HOUSEMADE DRINKS

<b>Freshly squeezed</b>	<b>\$6</b>
Choice of orange, apple, celery, watermelon, pineapple, carrot, lemon & ginger	
<b>Summer Kisses</b>	<b>\$6</b>
Watermelon, apple & mint	
<b>Cold Busting Juice</b>	<b>\$6</b>
Orange, pineapple, carrot & ginger	
<b>Fruit Smoothies</b>	<b>\$6/ kids \$3</b>
<b>w/ fruit, yoghurt, milk &amp; honey</b>	
Mixed berry, mango, strawberry or raspberry	
<b>Endless Summer Smoothie</b>	<b>\$7.5</b>
Frozen raspberries, pineapple, vanilla & coconut milk served over ice	
<b>Strawberry Bliss Smoothie</b>	<b>\$9</b>
Strawberries, whey protein, chia seeds, vanilla yoghurt & almond milk	
<b>Milkshakes</b>	<b>\$5/ kids \$2</b>
Chocolate, strawberry, caramel, vanilla, banana or malt	
<b>Iced Coffee/ Iced Chocolate</b>	<b>\$6</b>
C4 coffee or chocolate w/ vanilla ice-cream & cream	

## COFFEE & TEA

<b>Coffee by C4</b>	
Roasted especially for C.O.W	
with milk	<b>\$3.5/ \$4.5</b>
long black/ double espresso	<b>\$3.5</b>
Espresso/ Short Macchiato	<b>\$3</b>
Chai/ Hot Chocolate	<b>\$3.5/\$4.5</b>
Soy/Almond milk extra	<b>.50c</b>
Vanilla/ Hazelnut or Caramel	<b>.50c</b>

<b>Tea by Love Tea</b>	<b>\$3.5</b>
Organic & sustainably sourced	
English breakfast, French Earl Grey, Chai, Lemongrass & Ginger, Chamomile & Vanilla, Green or Peppermint	

## SOFT DRINKS

<b>Soft Drinks</b>	<b>\$3.5</b>
Coca Cola, Coke Zero, Diet Coke, Sprite, Soda Water, Tonic Water, Dry Ginger	
<b>Tiro Splitrock</b>	<b>\$3.5</b>
Lemon tonic, Pink Grapefruit, Italian Red Orange, Passionfruit, Sparkling Mineral Water	
<b>Bundaberg</b>	<b>\$3.5</b>
Ginger Beer, Traditional Lemondade & Apple Cider	
<b>Goulburn Valley Juice</b>	<b>\$3.5</b>
Orange, Apple, Apple & Blackcurrant, Pineapple & Tomato	

## BEER & CIDER

Peroni, Corona, Crown Lager, Coopers Pale Ale,	<b>\$7</b>
Cascade Light	<b>\$5</b>
Brew of the week	<b>\$8</b>
Coldstream Apple Cider	<b>\$7</b>

## WINE

<b>Sparkling</b>	
Azahara Sparkling Pinot Chard (VIC) (200ml) <b>\$9</b>	
<b>White</b>	
Tainui Sauvignon Blanc (NZ)	<b>B \$32 / G \$7</b>
Azahara Pinot Grigio (VIC)	<b>B \$32 / G \$7</b>
Dragonfly Chardonnay (WA)	<b>B \$35 / G \$8</b>
Deakin Estate Moscato (VIC)	<b>B \$28 / G \$6</b>
<b>Red</b>	
Cake Pinot Noir (SA)	<b>B \$35 / G \$8</b>
Azahara Shiraz (VIC)	<b>B \$32 / G \$7</b>
Campbells Shiraz Duriff (SA)	<b>B \$35 / G \$8</b>
Omrah Cabernet Merlot (WA)	<b>B \$35 / G \$8</b>
Sticks Cabernet Sauvignon (VIC)	<b>B \$35 / G \$8</b>

**Premium wine list available on request**

## SPIRITS

**Served w/ your choice of mixer \$7**

Absolute Vodka, Jim Beam, Jack Daniels, Bombay Sapphire Gin, Brandy, Frangelico, Baileys, Tequila, Jameson Irish Whisky, Captain Morgan Spiced Rum or Bacardi