

HOT DRINKS

Milk selections

Full cream, skim, light/regular soy and almond available.

Coffee \$3.50

Cappuccino, flat white, café latte, long black, short black, decaf, piccolo

Special coffee \$4.00

Muggacino, vienna, mocha, macchiato, chai latte

Add flavour: caramel, hazelnut, vanilla, salted caramel 50c

Takeaway coffee Sml \$3.50 Med \$4.00 Lge \$4.50

T2 Tea (loose leaf) \$4.50

Green Rose, English Breakfast, Chai, French Earl Grey, Lemongrass & Ginger, Fruiticious, Peppermint

Hot Chocolate \$4.00

Soy milk, decaf 50c

COLD DRINKS

Soft drinks \$4.50

Coke, Diet Coke, Coke Zero, Lemonade and Solo

Sparkling flavoured mineral water \$4.50

Tahitian lime, rose lemonade, mango elderflower and pomegranate blueberry

Sparkling mineral water Sml \$3.50 Lge \$6.50

Ice tea \$4.50

Peach, lemon

Lemon lime bitters \$4.50

Ginger beer \$4.50

Non alcoholic Hillbilly Cider \$4.50

Fresh juice \$6.00

Orange, pineapple, apple, watermelon, strawberry rockmelon, carrot, celery, beetroot, ginger, kale. Combine as you wish

Milkshakes \$5.00

Thickshakes \$5.00

Vanilla, chocolate, strawberry, caramel, banana, coffee, lime and malt

Iced coffee \$6.00

Iced chocolate \$5.50

Smoothies \$6.00

Banana, mixed berry, mango, strawberry, mango tango crush (non-dairy), mixed berry crush (non-dairy)

KOMBUCHA \$5.00

Naturally fermented probiotic tea
Ginger & tumeric, hibiscus flowers, peach & apricot, ginger & lime

JUICES

Vitamin Booster \$6.00

Lemon, lime, orange & ginger

Detox \$6.00

Beetroot, carrot, celery, ginger & apple

Green Machine \$6.00

Apple, celery, kale, ginger & lemon

Summer Crush \$6.00

Watermelon, pineapple & rockmelon

Whole coconut \$6.00

FRAPPE

Hazelnut Ice Coffee Frappé \$6.00

Chocolate or Caramel \$6.00

Horizon \$6.00

Rockmelon, strawberry, banana, orange & ice

Acai Delish \$6.00

Acai berry, pineapple, banana & ice

Goji Me \$6.00

Goji berry, apple, mango, strawberry & ice

PROTEIN SHAKES

'The Ugly Mug' Super Shake \$7.00

Whey protein vanilla, oats, chia seeds, egg whites, frozen berries, honey & peanut butter

Muscle Gainer \$7.00

Whey protein vanilla, pineapple, coconut water & ice

Protein Frappe \$6.00

Double shot espresso & Whey protein vanilla, honey & ice

Cappuccino Fat Burner \$5.00

Whey protein vanilla, 1 coffee shot, cold water, honey & ice

MORNING OR AFTERNOON TEA

See blackboard for daily baked sweets

Banana bread \$4.90

Gluten free banana bread \$4.90

Pear & raspberry bread \$4.90

Raisin toast (2slices) \$5.00

Cinnamon toast (2 slices) \$5.00

Scones \$7.50

Served with double cream & home-made jam

Plain croissant \$4.50

Ham & cheese croissant \$7.50

Blueberry & white chocolate clafoutis \$7.90

Double fudge brownie \$6.90

Rich caramel slice \$6.90

Lemon meringue tart \$8.90

Lemon & pistachio cake \$8.90



ALL DAY BREAKFAST

(Gluten free available on request)

5AM-3PM

Free range eggs and bacon	\$13.90
Free range eggs cooked to your liking served with smoked bacon on toasted sourdough	
Eggs Benedict	\$15.90
Soft poached free range eggs served on toasted sourdough with sautéed baby spinach, house made hollandaise & your choice of: • Smoked leg ham • Bacon • Feta • Smoked salmon (extra \$2)	
Big breakfast	\$18.90
Free range eggs cooked to your liking, smoked bacon, thick sausage, sautéed spinach, mushroom, roasted tomato, hash brown & toasted sourdough	
Bacon and egg roll	\$8.90
Fried free range eggs, bacon & BBQ sauce on sesame seed round buns	
'The Ugly Mug' breakfast roll	\$12.90
Fried free range eggs, smoked bacon, swiss cheese, spinach & house made BBQ sauce served on brioche bun	
Breaky omelette	\$14.90
Kale, mushroom & ham omelette served with toasted sourdough	
Avocado smash	\$15.90
Smashed avocado, smoked salmon & feta on toasted sourdough	
Shrooms on toast	\$14.50
Sautéed mushrooms with poached eggs on toasted sourdough	
Breakfast bruschetta	\$14.50
Toasted sourdough served with tomato & basil, poached eggs & feta	
The Ugly Vegetarian	\$16.90
Toasted vegies with kale, avocado & diced tomato on toasted sourdough	
Cinnamon french toast	\$14.90
Maple caramelised banana, fresh cut strawberries & walnuts with double cream	
Buttermilk blueberry pancakes	\$14.90
Golden blueberry pancakes served with double cream & berry compote	
Granola crunch	\$12.90
House made toasted granola with fresh fruit & organic yoghurt	
Toast	\$5.00
Your choice of toast served with butter and your selection of: Home made jam • Vegemite • Peanut butter • Nutella Raisin toast • Cinnamon Toast	
For the kids (Ages 12 and below)	\$6.00
Pancakes & icecream, single egg & bacon on toast, Scrambled eggs on toast	
Extras	\$2.00
Bacon, tomato, salmon, mushroom, baked beans, sausage; spinach, avocado, hash brown, egg	

LUNCH

(Gluten free available on request)

10AM-5:30PM

Crispy soft shell crab burger	\$17.90
Kimchi, coriander & sriracha mayo with skinny fries - Gluten free bun \$1	
'The Big Ugly' cheeseburger	\$16.90
House made beef patty, caramelised onion, cheddar cheese & our secret sauce on a brioche bun served with skinny fries (add bacon \$2, add avocado \$2) - Gluten free bun \$1	
Pulled Pork Burger	\$16.90
Maple braised pulled pork burger, slaw & shredded apple with skinny fries - Gluten free bun \$1	
Chicken burger	\$16.90
Southern fried chicken & coleslaw served on a brioche bun with skinny fries (add bacon \$2, add avocado \$2) - Gluten free bun \$1	
The shroom burger	\$15.90
Whole field mushroom, caramelised onion, avocado, baby spinach, swiss cheese & smokey barbeque sauce with skinny fries (add bacon \$2) - Gluten free bun \$1	
Beef pie	\$14.90
Chunky beef & mushroom pie served with creamy coleslaw & skinny fries	
Chicken pie	\$14.90
Chicken, potato & seeded mustard pie served with creamy coleslaw & skinny fries	
Veggie pie	\$14.90
Mornay toasted vegetable & kale pie served with creamy coleslaw & skinny fries	
Health nut salad	\$14.50
Fresh kale, green leaves, feta, walnuts, strawberries & pear drizzled with honey lemon dressing - Add chicken \$3	
Pumpkin salad	\$14.50
Honey roasted pumpkin & beetroot tossed with quinoa, mixed leaves, parmesan and honey seeded mustard dressing - Add chicken \$3	
Beer Battered Fish & chips	\$16.90
Market fish served with skinny fries & house made tartare	
Pumpkin soup	\$14.90
Roasted garlic & pumpkin soup with toasted sourdough	
Bowl of skinny fries or sweet potato fries	\$6.00
Sriracha mayonnaise dipping sauce	\$1.50
Secret dipping sauce	\$1.50
For the kids (Ages 12 and below)	\$7.00
Kids cheeseburger Steak & chips Small fish & chip Chicken nuggets & chips Macaroni & cheese	

GOURMET TOASTED SAMBOS

Bread Available

White, multi-grain, sourdough, gluten free, wholemeal, turkish, wraps

The Ultimate Steak Sambo	\$16.90
Sirloin fillet steak, caramelised onion, cheddar, tomato, lettuce, home made smokey BBQ sauce on toasted sourdough served with skinny fries	
The Reuben	\$13.90
Corned beef, sauerkraut, swiss cheese & Russian dressing served with pickles - Add skinny fries \$3	
Too much cheese toastie	\$11.00
Swiss, cheddar & American cheddar cheese - Add skinny fries \$3	
Pepper Chicken	\$12.00
Pepper crusted chicken, mozzarella & caramelised onion - Add skinny fries \$3	
Toasted Veggie	\$11.00
Seasonal vegetables toasted & toasted with swiss cheese - Add skinny fries \$3	

THE CLASSICS

Ham, cheese & tomato	\$10.00
Chicken, avocado & cheese	\$11.00
Smoked salmon, roquette, spanish onion & feta	\$11.00
Corned beef, cheese & caramelised onion	\$11.00
Turkey, cranberry, camembert cheese & roquette	\$11.00
Add a side of skinny potato or sweet potato fries	\$3.00

MAKE IT YOURSELF

Ham, tomato, swiss cheese, feta, cheddar, turkey, mozzarella, corned beef, smoked salmon, chicken, camembert, onion, vegetables, spinach, roquette, cucumber, sundried tomato, carrot, egg, beetroot, pineapple

Most menu items available gluten free upon request

