

We think local support is a lovely thing – so we make sure to locally source as much of our produce as possible. That way, you know that every time you pay a visit to The Boy and the Rose you’re helping us support another local business.



## All Day Breakfast

FROM 6AM-2PM

MAKE SURE YOU CHECK OUR SPECIALS BOARD FOR OUR CHEF'S SPONTANEOUS CREATIONS.

**Toast** \$6.00

*Bread:* Sonoma Soy Linseed Sourdough / Sonoma White Sourdough / Turkish / Turkish Raisin / Gluten Free

*Condiments:* Butter / Vegemite / Peanut Butter / Jam / Raw Honey (100% locally made) / Nutella (add 50c)

**Eggs on Toast** \$10.00

Your choice of poached / fried / scrambled eggs and your choice of bread: Sonoma Soy Linseed Sourdough / Sonoma Rustic White Sourdough / Turkish

*Feeling assertive? Choose your sides!*

### Sides

Fresh Baby Spinach / Sliced Cheese \$1.00

House Made Relish: Beetroot / Corn / Tomato \$2.00

Wilted Spinach / Wilted Kale / Roast Tomato \$2.00

Egg / Sausage / Danish Feta / Exotic Mushrooms / Hummus \$3.00

Extra Toast / Avocado \$3.50

Bacon / Smoked Salmon \$4.00

**The B & E Roll** **DF** \$12.00

Just your classic B & E roll but with a little extra bacon, a little extra egg and our house made BBQ sauce and aioli served with a knotted bread roll.

*Add: Avocado \$3.50 / Fresh Baby Spinach \$1.00 / Sliced Cheese \$1.00*

**Signature Avocado** **v** \$12.00

*Since 2015 - because we have serious attachment issues with the beetroot relish.*

A piece of Sonoma sourdough with smashed avocado, house made beetroot relish and a poached egg, sprinkled with Danish feta and garnished with rocket.

*Add: Extra Poached Egg \$3.00 / Extra Sourdough \$3.50 / Bacon \$4.00 / Salmon \$4.00*



**The Butcher’s Board** **DF** \$25.00

*Note: 100% not vegan.*

Seasoned lamb cutlet, Cumberland pork sausage, minute steak, crispy bacon, barn laid fried egg with homemade spicy chorizo baked beans and Sonoma rustic white sourdough. If you’re hungrier than you’ve ever been, this one’s for you.

*Add: Avocado \$3.50 / Danish Feta \$3.00*

**Nutella Smothered Pancakes** \$16.00

*The pancakes that ruined your diet.*

Fluffy buttermilk pancakes delicately topped with a house made honeycomb butter and a drizzle of Nutella fudge sauce. Think it can’t get any better? It’s then served with our house made dairy free coconut ice cream and garnished with Jo’s honeycomb crumble.

**Acai Bowl** **GF / VG** \$15.00

*Perhaps single-handedly established the phrase ‘instaworthy’.*

Acai blended with banana and coconut water, topped with seasonal fresh fruit and Byron Bay gluten free granola. Perfect if you want to be healthy – even though you 100% intend on devouring a block of chocolate when you get home and then cry in the shower.

*Add: Raw Honey (it’s for freeeeeeeee)*

*Note: these are made with love by the Boys and Roses in juice bar and wait times will differ from meals made in the kitchen.*

## Stack it

TWO WAYS!

**Mushroom Stack** **v** \$13.00

*This one’s for Slammin’ Sam – the Tequila Queen of North Avoca.*

Sonoma rustic white sourdough with creamy garlic exotic mushrooms, house made herb butter and Parmesan cheese, garnished with micro herbs and crunchy garlic.

*Add: Poached Egg \$3.00 / Avocado \$3.50 / Bacon \$4.00 / Salmon \$4.00*

**Vegan Stack** **DF / GF / VG** \$16.00

Mixed potato rosti, layered with avocado, our classic hummus, raw salad and a house made beetroot lentil patty.

*Add: Poached Egg \$3.00 / Avocado \$3.50 / Bacon \$4.00 / Salmon \$4.00*

**Vegetarian Chilli** **v** \$15.00

Homemade hardy vegetable chilli served with Danish feta, a fried egg and a side of Sonoma soy linseed sourdough.

**Eggs Benny on Corn Fritters** **GF / V** \$17.50

Corn fritters, topped with avocado, crispy kale and poached eggs, served with our house made hollandaise sauce with your choice of: bacon, salmon or ham.

**The Rose’s Salad Bowl** **vg** \$16.00

Israeli couscous with sweet potato, seasonal greens, raw shaved beetroot and a chilli tofu.

*Add: Poached Egg \$3.00 / Avocado \$3.50 / Bacon \$4.00 / Salmon \$4.00 / Bacon \$4.00*

## Lunch time

FROM 10:30AM-2PM

**Filo Tacos** **GF** \$15.00

*Our family’s secret recipe.*

Mum’s Filipino chicken adobo served with house made corn salsa, GF corn tortillas and a drizzle of herb infused jalapeño dressing.

**Slow Cooked Beef Burger** \$16.00

Slow cooked shin beef with a layer of American cheese, rocket and Spanish onion with a house made mustard, served on a knotted roll.

**Key**

**DF:** Dairy Free **V:** Vegetarian  
**GF:** Gluten Free **VG:** Vegan

## Shakes

BECAUSE OUR MILKSHAKES BRING ALL THE BOYS TO THE YARD.

**Basics** \$6.00

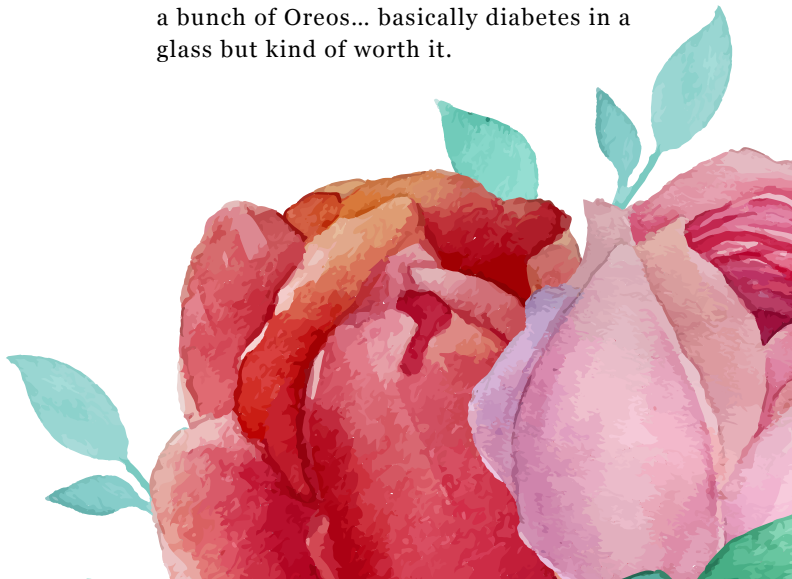
Chocolate / Caramel / Vanilla / Strawberry

**Kiddies** \$4.00

Chocolate / Caramel / Vanilla / Strawberry

**Ore’o My God** \$9.00

Ice cream, caramel and vanilla blended with a bunch of Oreos... basically diabetes in a glass but kind of worth it.



# Juices & Smoothies

SERVED FROM 6AM-2:30PM

## Juices All \$7.00

Be Seen Drinking Green: Kiwifruit, cucumber, celery, spinach, ginger, apple and lemon.

Berry Good For You: Mixed berries, mango, passionfruit, orange and pineapple.

Drop The Beet: Beetroot, celery, carrot, ginger, apple and lemon.

Orange You Glad You Came? Orange, pineapple, passionfruit and banana.

The Fruit Basket: Watermelon, orange, apple, lemon, ginger and strawberries.

The Phoenix: Orange, pineapple, watermelon and apple.

Morning Detox: This bad boy is served warm with lemon, water, raw honey and apple cider vinegar.

## Juice Shots All \$4.50

*As one of history’s most notable philosophers, Lil Jon, would say: “SHOTS [x16] everybody!”*

Beetin’ The Cold: Beetroot, ginger and lemon.

Orange You Feeling Better? Orange, turmeric and ginger.

The Hulk: Lemon, ginger, cayenne pepper, celery and apple.

## Strawberry / Mango / Mixed Berry Smoothie \$7.50

Served with your choice of ice-cream or yogurt.

## Banana Smoothie \$7.50

Served with your choice of ice-cream OR yogurt, and made extra yummy with a touch of raw honey.

*Add: Roasted Almonds 50c*

## Acai Smoothie \$9.50

A classic dairy free option packed with acai and banana and blended with fresh watermelon and pineapple juice.

## Pink Pitaya Smoothie \$9.50

Pink pitaya and mint, blended with fresh pineapple and apple juice. Trust us on this one – it’s amazing.

## Green Super Smoothie \$10.00

*Otherwise known as the ‘My Diet Started on Monday Smoothie’.*

Spinach, cucumber and coconut water blended with avocado, banana and chia seeds. We add a touch of PRANA plant based super green formula to give this drink a real zing.

## Protein Smoothie \$10.00

*Or, “Every Day’s Leg Day... bro”.*

Banana, peanut butter, raw cacao, raw local honey all blended together with Bonsoy and 30mls of PRANA plant based protein powder.

## Energiser Smoothie \$9.00

*Enough to get anyone out of bed.*

Mango, banana and blueberries blended with activated chia seeds, honey and yogurt.

# The Daily Grind

COFFEE SERVED FROM 6AM-3PM

We are proud to be serving *Glee* coffee, locally roasted by our beautiful friends.

We use Single Origin beans for all of our black coffees – ask our staff what the baristas have brewing!

## Small / Large \$3.60 / \$4.60

Long Black / Espresso / Ristretto / Macchiato / Piccolo / Cappuccino / Latte / Flat White / Mocha

Hot Chocolate / Chai Latte / Dirty Chai / Turmeric Latte

## Milk Tax

Bonsoy / Almond / Lactose Free Add 50c  
Coconut Add 60c

## Very Ice

Iced Long Black \$4.00

*Ask for coconut water (add 50c) - it’ll knock your socks off!*

Iced Latte Sml \$4.00 / Lrg \$5.00

*Served with ice and milk.*

Iced Piccolo \$3.50

*Served with ice and milk but teeny tiny.*

Iced Coffee / Iced Chocolate / Iced Mocha / Iced Chai \$6.50

*Served with ice, ice-cream and milk.*

## Tea Party \$4.50

English Breakfast / Earl Grey / Peppermint / Jasmine Green / Herbal / Turmeric / Punjabi Chai

*Ask for your chai tea infused with your choice of milk for an even lovelier tasting tea.*

PLEASE ORDER AND PAY AT THE COUNTER.

the Boy & the Rose

PLEASE DON'T YELL AT OUR STAFF.  
WE PAY THEM WITH THE FOOD SCRAPS  
THAT YOU LEAVE ON YOUR PLATES.