

all day breakfast

toast (gf) \$7
sourdough, rye or 'GF Precinct' gluten-free (+\$2),
butter and jam, honey or vegemite

fruit loaf \$8 (gf)
toasted, butter and jam
'GF Precinct' gluten-free (+\$2)

croissant \$8.5
ham, cheese

seasonal fruit salad (gf) \$12
seasonal fruits, yoghurt,
passionfruit coulis

bircher muesli \$13.5
apple, seasonal fresh fruit juices,
yoghurt, nuts

porridge \$13.5
strawberry, banana,
almond flakes, passionfruit coulis

eggs and toast \$10
free range poached, fried or scrambled, toast

additions
extra egg \$3
field mushrooms, buttered spinach, tomatoes,
avocado, hash-brown, bacon, gourmet sausage \$4
chorizo, salmon \$5

our big meat breakfast \$20.5
free range eggs, bacon, gourmet sausage,
field mushroom, hash-brown, tomato, toast

our big vege breakfast \$19.5
free range eggs, avocado, field mushroom,
hash-brown, spinach, tomato, toast

(NO substitutions with any items from our 'big' breakfasts)



forage

food store

(of a person or animal)
search widely for food or
provisions

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Us and Our Food.

Our head chefs moto is;
everything that leaves the kitchen has
to be prepared and plated with love; as
if you were cooking for your mother!

That's why at Forage we
ensure that everything on our plates
are created just for you!

Designing around this ethos has evolved
a menu that is fresh yet warm, clean
yet hearty and everything in between.

So get comfortable and enjoy!



all day breakfast

egg and bacon roll \$12
fried egg, bacon, cheese,
coz lettuce, relish

BLAT \$12
bacon, lettuce, avocado,
tomato, garlic aioli

eggs florentine \$15
poached eggs and buttered spinach,
hollandaise, english muffins

eggs benedict \$16
poached eggs and smoked ham,
hollandaise, english muffins

eggs atlantic \$17.5
poached eggs and tasmanian salmon,
hollandaise, english muffins

breakfast bruschetta \$15
tomato and basil bruschetta, poached egg,
fetta, balsamic reduction, toast

smashed avocado \$17.5
avocado, fetta, poached egg, roquette,
seasonal garnish, lemon, olive oil, toast

potato rosti (gf) \$18.5
house made avocado salsa, tasmanian salmon,
roquette, poached egg

baked eggs \$16
free range eggs, chickpea bean ragout,
yoghurt, dukkha, toast

spanish baked eggs \$17.5
free range eggs, chickpea bean ragout,
olives, chorizo, dukkha, toast

pancake stack \$15
banana, berries,
maple syrup, double cream

make it 'canadian' add bacon \$2

lunch

(after 10.30am)

soup \$10.5
seasonal, toast

gourmet grilled sandwich \$12.5
grilled chicken, cheese,
spinach, avocado, aioli

field mushrooms \$14
pine nut pesto, fetta, seasonal salad,
breadcrumb gremolata

zucchini, sweet potato and
corn fritters (gf) \$16.5
tomato & avocado salsa, roquette, yoghurt, mint



flatbread or burger \$12.5/\$16.5
cajun-spiced pulled pork, asian slaw,
house made bbq sauce
or
grilled vegetables, mixed herbs

chicken burger \$17.5
chicken breast, coz lettuce,
tomato, avocado salsa, dill aioli, brioche bun,
pickles, chunky fries

add bacon \$1

beef burger \$18.5
house made beef patty, caramelised onion,
cheese, tomato, spinach, relish, aioli, brioche bun,
pickles, chunky fries

add fried egg \$1

steak sandwich \$18.5
steak, caramelised onion, cheese, tomato,
coz lettuce, seeded mustard aioli,
chunky fries

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drinks

'wide open road' beans
reg \$3.8 / mug \$5
(soy/almond/lactose-free milk/double shot
\$0.5 extra)

latte, flat white, cappuccino, long black,
short black, macchiato, piccolo, chai

affogato, iced chocolate/coffee \$5

hot chocolate and mocha \$6

single origin drip
reg \$3 / lrg \$4

'madame flavour' pot of tea \$4
signature breakfast blend, grey de luxe,
green jasmine & pear, mint lavender tisane,
lemongrass lime & ginger tisane,
white with rose, sultry chai

fresh 'slow press' juice \$7.5
orange or apple

smoothie \$7.5
banana, berry or mango
(protein powder \$0.5 extra
soy or almond milk \$1 extra)

milkshake reg \$4.5 / jumbo \$6.5
chocolate, strawberry, vanilla,
caramel, banana

bottled drinks \$3.5
emma & toms juice varieties
schweppes mineral water varieties
bundaberg ginger beer
coke, diet coke, coke zero, fanta, lemonade

open

7am - 4pm mon - sat

8am - 4pm sun

(kitchen closes 3pm daily)

No split bills on weekends and public holidays
10% surcharge added on public holidays

NO bookings necessary

(03) 9762 9424

for the kids

fairy bread \$5
white bread, butter, 100s & 1000s

mini pancakes \$7
banana, sultanas, maple syrup

cheesy soldiers \$8
toast, grilled cheese, vegemite

scrambled eggs and bacon \$8
free range scrambled (one egg), bacon, toast

kids fruit salad \$6

kids flavoured milk
& juice \$3



sweet treats

muffins & slices \$5
daily

cake \$6
daily

please see our cake display
for daily selection

croissant \$6
butter, jam or Nutella

afternoon tea \$10
(regular) tea or coffee, scones, jam, cream