

Grounded Emporium



BREAKFAST Served All Day

Egg & Bacon Muffin/Sandwich \$6.95

Fried egg and bacon on your choice of muffin or bread with BBQ sauce.

Croissant \$8.50

Up to three fillings: Ham, Cheese and Tomato.

*Bacon or Sausage with
two Eggs on Ciabatta* \$9.95

Eggs to your liking

VG *French Toast* \$12.95

Sweet French toast served with Ice cream and sliced Strawberries, Drizzled with Maple Syrup

v VG *Smashed Avo* \$15.95

Toasted Ciabatta, Avocado, Danish Feta, Homemade Salsa, Side of Grounded's House salad

VG GF *Spanish Omelette* \$13.95

2 Eggs, Red onion, Vintage Cheese, Mushrooms, Tomatoes, Spring Onion

Grounded's Brekkie Sanga \$17.95

Free Range Egg, Streaky Bacon, Tomato, Cheese, Baby Spinach, Avo, Grounded's Mayo, house salsa on a Ciabatta.

Eggs Benedict \$14.95

2 Free Range Poached Eggs, Ciabatta, Baby Spinach, Choice of Bacon or Ham, Home Made Hollandaise Sauce

Grounded Big Breakfast \$22.95

Two Free Range Eggs, Bacon, Ciabatta, Salsa, Spinach with pine nuts, Chorizo, Hash brown and Homemade Baked Beans

VG *Toad in a Pond* \$17.50

Ciabatta toad in a hole (with an egg) served on a bed of Quinoa and bubble n' squeak, topped with avocado and home made hollandaise.

**Extras: Avo \$3.50, Tomato \$3, House Beans \$3, Mushrooms \$3, Bacon \$3, Sausage \$3,
Hash brown \$2, Cheese \$2, Spinach \$2,
Salmon \$5, G/F Bread \$2.5, Chips \$3.5**



Lunch

Until 2:30pm

Jaffle / Toastie (3 Fillings) \$7.50
Cheese, Ham, Chicken, Tomato, Red Onion, House Mayo

Grounded's Loaded Burger \$21.95
200g Pattie, bacon, FR Egg, tomato, Cheese, House Salad, Grounded's salsa and mayo on ciabatta. Served with Chips

Supreme Chicken Burger \$19.95
Ciabatta Bun, Spiced Crumbed Chicken Fillet, Danish Havarti Cheese, House Salad, Streaky Bacon, Grounded's Mayo, Served With Chips

Vege Burger VG V \$16.95
Vegetarian Pattie, Grounded house Salad, Egg, Halloumi, Homemade salsa and mayo

Moroccan Lamb or Five Spiced Pork Ciabatta Toastie \$18.95
Slow Cooked Moroccan Style Lamb/Five Spiced Pork, Cheese, House Salsa and House Salad on Ciabatta, Served with chips

VG V GF Vegetable Turmeric Curry \$16.95
Mix Veges with our secret curry mix on a bed of tri coloured Quinoa or Brown Rice

VG V GF Mexican Bowl \$15.95
Brown rice, Home Made Beans, home made Guacamole, Salsa, Grilled corn, house greens, jalapenos and coriander.
Mexican Beef \$4.00 Jalapeno Spring Roll \$3.00

Brown Rice Frittata VG GF \$11.95
Brown rice, Seasonal Vegetables

GF Pho Ga - Vietnamese Chicken Soup
Home made stock, vermicelli noodles, coriander, chilli and bean shoots
Shredded Chicken \$16.95 Crispy Chicken \$18.95

VG Nasi Goreng 15.95
Brown Rice , Carrot,Red Cabbage,Red Onion,Shallots,Bean Shouts,Fried Egg,Home Made Satay Sauce
Chicken \$3.50 Prawn \$4.50

Spring Rolls x 3 \$8.95
Pork & Vege secret recipe rolls served with House Sauce