

### **Toast**

Sourdough or gluten-free with preserves  
\$6.50(v)

### **Eggs & toast**

scram, poached, or fried (v)  
\$14.00

### **Bruschetta**

-Avocado, feta, spinach, onion &  
chorizo jam \$16.50

-Mushrooms, wilted spinach & parmesan  
\$16.50 (v)

### **Persian style Scrambled eggs**

Spinach, ch. tomato, feta & chorizo on  
toast  
\$17.50

### **The "McGarvey special"**

2 poached eggs, bacon & avocado  
\$16.50  
Add (1) toast \$2.50

### **Onion Bagel**

With house made beans and chorizo  
\$17.50

### **Cheesy potato pancake**

With bacon, broccolini, spinach, fried egg  
and beetroot puree  
\$18.50

### **Sweetcorn fritters**

Cherry tomatoes & red cabbage salsa with  
Herbs yogurt  
\$18.50 (v)  
Add Beef Brisket \$22.50

### **Bubble & squeak**

parmesan poached egg, sauté potato, kale,  
pumpkin, zucchini and onion  
-Vegetarian \$18.50 (gf) (v)  
-Add candy chili bacon \$21.50 (gf)

### **Porridge**

With figs, hazelnuts and pear  
\$15.50

### **Belgian waffles**

Berries, vanilla ice-cream & maple syrup  
\$18.50 (v)



## **Extras**

Avocado	4
Bacon	5
Pan-fried Tomato	4
Spinach	4
Candied chilli bacon	5
Mushrooms	4
Grilled chorizo sausage	5
Egg (1)	4
Feta	5
Beans	4

### **for the little ones...**

#### **Eggs on toast (1pc toast)**

You tell us how to make it!!  
\$9.00  
+1pc of bacon \$11.00

#### **Waffles**

Berry, maple syrup  
\$7.50

#### **Toastie**

-Cheese  
-Ham+cheese  
-Vegemite  
-Cheese mite  
-You tell us..:)  
\$7.50



## Drinks

### Coffee

Cappuccino  
Flat white  
Chai latte  
Long black  
Latte  
Mocha

Long Mac +0.50

**Dine in 4.30**

**Mug 5.50**

Long Macchiato

**Dine in 4.80**

**Mug 5.50**

Piccolo/Short Mac

**3.70**

Espresso

**3.20**

Hot Chocolate

**4.50**

Iced Coffee/Chocolate/Mocha

**7.50**

### Takeaway

Small 4.30

Large 4.80

Jumbo 6.30

### Milk Alternatives

Almond \*

Oat \*

Soy \*

Skim

Lactose Free

*\*Extra charge based on size*

### Tea

Earl Grey

English breakfast

Chai Masala

Organic Peppermint & Lime

Gun powder Green

Summer Blossom

**4.50**

### Smoothies

Banana

Strawberry

Blueberry

Mango

Chocolate

Nutella

**7.50**

### Juices

Alphabet

Greens one

Strawberry fields

Vitamin See

Straight orange

Straight apple

**8.00**

### Catering & Wholesale available

24 Muriel Avenue, Innaloo

Ph & text 0472 634 385

[www.cupandco.com.au](http://www.cupandco.com.au)

*for any enquire:*

[info@cupandco.com.au](mailto:info@cupandco.com.au)

We are proud to source quality fresh local produce wherever possible.

Our fresh cakes and preserves are prepared in house.

Most of our menu items are or can be gluten-free.