

# Flying Bear



BREAKFAST UNTIL 11.30AM

Sourdough Toast - 8

Vegemite | Peanut Butter | Nutella  
The Sticky Pot Jams

Ham & Cheese Croissant - 10 \*

Double Smoked Ham & Provolone Cheese

Walnut & Raisin Loaf - 13

With Ricotta & Cinnamon (V)

Warm Quinoa & Coconut Porridge 18

Fresh Fruits, Coconut Yoghurt &  
Flakes (GF, DF, VG)

Maple Baked Granola - 17

Poached Seasonal Fruits, Natural  
Yoghurt & Nuts  
+ Coconut Yoghurt (DFO) +1

Smashed Avo Toast - 18

Cherry Tomatoes with Smoked Chilli Oil on  
Sourdough (VG)  
+ Add Poached Eggs +5

Bacon & Egg Roll - 16.5

\* Free Range Bacon, Fried Egg with Kewpie  
Mayo & Hot BBQ Sauce on Milk Bun

Eggs Any Style - 17

Free Range Eggs Poached, Scrambled or Fried  
with Grilled Tomato & Sourdough  
+ Add Haloumi +4.5 | Grilled Mushroom +4.5  
Sautéed Spinach +4.5 | Smashed Avocado +4.5  
Free Ranged Bacon +4.5

Bear's Big Breakfast - 25

Eggs Any Style, Grilled Tomato, Roast Mushroom &  
Free Range Bacon with Sourdough

Kids Breakfast

Berry Compote with Yoghurt - 9  
Free Range Egg Poached or Fried with Sourdough - 10  
Mini Bacon & Egg Roll with Tomato Sauce - 12

LUNCH FROM 12 NOON

Roasted Pumpkin Plate - 18

Rocket, Marinated Chickpeas, Citrus Yoghurt,  
Fetta & Salsa Verde (V, GF)  
+ Add Falafel | +7 Add Chicken +8

Poached Chicken Sandwich - 17 \*

Chicken, Herb Mayo, Celery, Pickles, on Sourdough  
+ Add Fries +4

Vegetable Poke Bowl - 19

Brown rice, Edamame, Pickled Cabbage, Avocado,  
Cucumber, Radish, Sesame & Soy Dressing (V)  
+ Add Poached Chicken +8 | + Miso baked Salmon +9

Crispy Fish Tacos - 18

Sustainable Catch with Kale Slaw, Pickled Jalapeño,  
Chipotle Aioli & Lime (2 serves)

Classic Cheeseburger - 22

With American Cheese, McClure Pickle, Burger Sauce  
with Skin-On Fries  
+ Add Free Range Bacon, Lettuce & Tomato +7

Angus Steak Sandwich - 26

Onion Jam, Rocket, Beetroot Relish & Aioli,  
Served with Fries

Fish & Chips - 29

Sustainably Sourced Catch, Skin-On Chips & Tartare

Kids Lunch

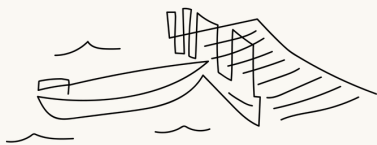
Cheese & Tomato Toastie - 11  
Ham & Cheese Toastie - 11  
Mini Fish & Chips - 14  
Mini Beef Burger & Chips - 14  
Grilled Chicken & Salad (GF) - 14

DF - Dairy free    DFO - Dairy Free Option  
GF- Gluten Free    VG- Vegan  
V - Vegetarian

\* items available between 11.30am and 12pm

*Order at the counter or skip the  
queue and order via the QR code  
on your table*

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# Flying Bear

## BEVERAGE LIST

Allpress Coffee - R: 5 | L: 5.50

Soy Milk | Almond Milk | Oat Milk  
Decaf | Syrup | Dbl Shot +0.5 ea

Organic Kwala Teas - 5.5

English Breakfast | Earl Grey | Sencha Green  
Spearmint | Lemongrass & Ginger

Kali Hot Chocolate - 5

Prana Chai Tea - 8

Chai Latte - 6.5

Iced Latte | Iced Long Black - 8

Iced Coffee - 8

Iced Chocolate - 9

Cold Pressed Juice - 7.5

Assorted Allie's Juices Bottles

Naked Bondi Kombucha - 8

Authentic Hand-Crafted, Seasonal Blends

Assorted Sodas - 6

Karma Kola | Lemmy Lemonade

Milkshake - 10

Chocolate | Vanilla | Strawberry | Caramel

## ALCOHOLIC BEVERAGES

RIOT! WINES BY THE CAN 250ml - 14

Check the fridge for today's selection

SELTZERS BY THE CAN 330ml - 14

Check the fridge for today's selection

## TINNIES

Heaps Normal XPA (0.5%) - 9

Balter Lager - 11

Balter XPA - 11

Young Henrys Cloudy Apple Cider - 11

## COCKTAILS

Aperol Spritz 175ml - 12

Best enjoyed over ice

More Wines, Tap Beers & Cocktails Available  
to Order Upstairs