



BREAKFAST UNTIL 11.30AM



LUNCH FROM 12 NOON

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
Sauteed 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

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

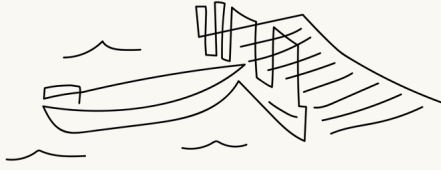
Cheese & Tomato Toastie - 11
Ham & Cheese Toastie - 11
Mini Fish & Chips - 14
Mini Beef Burger & Chips - 14
Grilled Chicken & Salad (GF) - 14

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

* items available between 11.30am and 12pm

Whilst all reasonable efforts are taken to accommodate dietary needs,
we cannot guarantee that our food will be allergen free. Please be
advised a 10% surcharge applies on Sundays and 15% on public holidays.

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



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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

Iced Latte | Iced Long Black - 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

SMALL THINGS WINES BY THE CAN 250ml - 15

Check the fridge for today's selection

WINE BY GLASS OR CARAFE

Printhie Pinot Gris Orange NSW - G:11 | C:25

SELTZERS BY THE CAN 330ml - 12

Check the fridge for today's selection

TINNIES

Heaps Normal XPA (0.5%) - 9

Young Henrys Newtowner - 11

Yong Henrys Natural Larger - 11

Corona - 11

4 Pines Pacific Ale - 10

Young Henrys Cloudy Apple Cider - 10

COCKTAILS

Aperol Spritz 175ml - 12

Best enjoyed over ice

Brookies Dry Gin & Tonic - 14

Poor Toms white Negroni Spritz - 14