



@Lennox3188  
hello@lennox3188.com.au  
505 Hampton St, Hampton

## PLEASE ORDER AT THE BAR

LENNOX HEAD IS A SMALL COASTAL VILLAGE IN THE NORTHERN RIVERS REGION OF NSW.  
LENNOX 3188 EMBODIES THE TOWN'S ETHOS OF EFFORTLESS SERENITY, COMMUNITY TOGETHERNESS AND  
CHILLED TUNES WITH SUSTAINABLE MODERN AUSTRALIAN CUISINE

ALL FOOD IS MADE FRESH AND WITH SEASONAL PRODUCE. AS A RESULT, WE MIGHT RUN OUT OF A PARTICULAR DISH BEFORE THE END OF SERVICE.

## all day brunch

### BUILD YOUR OWN BREAKFAST

W BACON & FREE RANGE LOCAL EGGS OF YOUR CHOICE - 15

POACHED, FOLDED SCRAMBLED, OR FRIED

EXTRA EGG, HOLLANDAISE - 3.5

TOMATOES, FETA, HASH BROWN, SAUTEED SPINACH, AVOCADO OR MUSHROOMS - 4.5

SMOKED SALMON - 6

GLUTEN FREE TOAST -2

### THE BANGALOW

TRUFFLE SCRAMBLED FREE RANGE LOCAL EGGS, WHIPPED GOAT CHEESE, BASIL ON BRIOCHE V, GFFO- 22

ADD:

BACON, TOMATOES, HASH BROWNS, SAUTEED SPINACH, AVOCADO OR MUSHROOMS - 4.5

SMOKED SALMON - 6

GLUTEN FREE TOAST - 2

### NIMBIN MUSHROOMS

SLOW-COOKED MIXED MUSHROOMS WITH ADDED ADAPTOGENIC MUSHROOMS, WHITE BEAN PUREE ON TOASTED SOURDOUGH V, VG, GFFO -23

ADD:

POACHED EGG- 3.5

FETA OR GOAT CHEESE - 4.5

### SUFFOLK SMASH

AVOCADO W ALMOND & SEED DUKKAH, CHARRED CORN, FRESH HERBS, HINT OF CHILLI, LIME & TOMATO V, VG, GFFO - 21

ADD:

FETA OR GOAT CHEESE - 4.5

POACHED EGG - 3,5

SMOKED SALMON - 6

HASH BROWN OR BACON - 4.5

### OCEAN BENNY

2 POACHED EGGS WITH SMOKED SALMON ON TOASTED BRIOCHE TOPPED WITH OUR LENNOX TRUFFLED HOLLANDAISE GFFO -22

### BYRON PANCAKES

VEGAN COCONUT PANCAKES WITH FRUIT COMPOTE, MAPLE SYRUP, AND COCONUT YOGHURT VG, V- 22

## bakery

UNTIL SOLD OUT

### FRESHLY BAKED MUFFINS

PLEASE SEE CABINET FLAVOURS

### HOMEMADE SCONES

BAKED EVERY MORNING SERVED WITH BERRY JAM, CREAM OR BUTTER - 12

### EGG & BACON ROLL

TOASTED BRIOCHE ROLL, BACON, EGG, SWISS CHEESE, TOMATO, CHILLI JAM - 12

## larger plates

### MUSHROOM CARNITAS

W MIXED MUSHROOMS, SALSA, GUACAMOLE, FRESH CHILLI & HERBS; 1 PIECE V, VG - 22

ADD:

POACHED EGG - 3.5

### LENNOX BURGER

PREMIUM BEEF PATTIE, PICKLES, BUTTER LETTUCE, TOMATO AND CHEESE, SERVED W SIDE OF CHIPS - 25

GF BUN 2

### TALLOW BURGER

GRILLED CHICKEN, BOURBON BBQ SAUCE, AVOCADO, CHEESE, LETTUCE, TOMATO WITH SIDE OF CHIPS - 25

### QUEENSLAND SPANNER CRAB OMELETTE

3 EGG OMELETTE, SPANNER CRAB MEAT WITH ASIAN SALAD GFFO -26

### FISH TACOS (2)

CRUMBED FLATHEAD, PICO DE GALLO, AVOCADO, MAYO & HERBS -22

### BLAT

WITH BACON, AVOCADO, SMOKEY CHIPOTLE SAUCE, LETTUCE, TOMATO, AND CHIPS GFFO-23

### BRUSCHETTA

FRESHLY BAKED SOURDOUGH TOPPED WITH TOMATOES, BASIL, ITALIAN PROSCIUTTO, OLIVE OIL, LEMON AND BALSAMIC VINEGAR VGO -19

ADD:

EGG - 3.5

FETA OR GOAT CHEESE- 4.5

GF SWAP - 2

## healthy bowls

### ACAI BOWL

W GRANOLA, SEASONAL FRUIT, NUTS AND SEEDS & PEANUT BUTTER V, VG, GFF -19

### BELONGIL GRANOLA

W TOASTED ALMOND, LUPIN, BUCKWHEAT, MILLET GRANOLA WITH DRIED STONEFRUIT& STRAWBERRIES, FRESH SEASONAL FRUIT, GREEK YOGHURT & MILK, V, VGO, GFFO -18

### THE PASS

ORGANIC BERRY CHIA, GRANOLA, COCONUT YOGHURT, SEASONAL FRUIT V, VG, GFFO - 15

### WATEGOS BOWL

SERVED SAUTEED SEASONAL GREENS, AVOCADO, ANTIOXIDANT BOOST SEED MIX, LIME DRESSING & A POACHED EGG V, GFFO- 22

ADD:

FETA OR GOAT CHEESE - 4.5

EXTRA POACHED EGG - 3,5

SMOKED SALMON - 6

FRESH GRILLED SALMON FILLET - 7.5

GRILLED OR FRIED CHICKEN - 7.5

TOFU - 6

HASH BROWN OR/& BACON - 4.5

### MISO SALMON SALAD

MISO BAKED ATLANTIC SALMON, SOBA NOODLES, JULIENNE VEGETABLES, SPRING ONION, BEN SHOOT TOSSED WITH A GINGER, SEASAME AND LEMONGRASS DRESSING - 23

## groms

FOR THE LITTLE ONES UP TO 12 YRS

HAM AND CHEESE TOASTIE - 10

ONE EGG ON TOAST - 10

### ICE CREAM

CHOCOLATE, STRAWBERRY OR VANILLA - 5

Lennox is the perfect place for catchups, corporate events, photoshoots, or any celebration

Please email [hello@lennox3188.com.au](mailto:hello@lennox3188.com.au) to enquire about event bookings

We have various event packages to suit your needs



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## hot drinks

### COFFEE

PARADOX BLEND BY SINGLE O, NSW	4.5/ 5
- ALMOND, OAT, HAPPY SOY BOY	.50
- MACADAMIA, COCONUT	1

### HOT DRINKS

ORGANIC MONK CHAI, VIC	6
HOT CHOCOLATE	5
NUTELLA HOT CHOCOLATE	6
MAYDE TEA, NSW	5
- ENGLISH BREAKFAST	
- GREEN	
- MOROCCAN MINT	
- SERENITY- CHAMOMILE, PASSIONFLOWER, ROSE	
- RESTORE - ECHINACEA, HIBISCUS, LEMON MYRTLE, ROSEHIP	
- DIGEST - PEPPERMINT, LICORICE, FENNEL, CALENDULA	

## something fresh

### COLD PRESSED JUICES

ORANGE - 6
APPLE - 6
IMMUNITY - 8
orange, carrot, pineapple, celery, lemon and turmeric
ENERGISE - 8
pineapple, spinach, cucumber, kale, cos lettuce, lime & mint

### SUPER SMOOTHIES & MILKSHAKES

SUPER GREEN - 12
fresh greens, barley grass, banana, coconut water, dates and raw bio-fermented protein powder
TROPICAL GREEN - 12
fresh greens, banana, mango, pineapple, passionfruit and mint
PB & J BEAUTY - 12
peanut butter, cocoa , banana, berries and collagen
BERRY DRAGONFRUIT - 12
dragonfruit, banana, mango, raspberries, coconut yoghurt and lime
MORNING GLOW - 12
turmeric, ayurvedic chai spices, coconut milk, collagen, banana and nut butter
MILKSHAKE - VANILLA, COOKIES & CREAM, CHOCOLATE OR STRAWBERRY - 8
SODAS
Soda water/ Coke / Diet Coke / Lemonade / Lemon Lime & Bitters - 5

## the bar

### BUBBLY

	GLS	BTL
ZONZO PROSECCO	\$12	\$50
CHANDON SPARKLING BRUT NV	\$14	\$65
MUMM GRAND CORDON BRUT CHAMPAGNE NV		\$80

### WINES

SHIRAZ	\$12
PINOT NOIR	\$13
CHARDONNAY	\$12
PINOT GRIS	\$14
SAUVIGNON BLANC	\$13
ROSE	\$13

### COCKTAILS

#### SIGNATURES

ESPRESSO MARTINI
MOJITO
MARGARITA WITH FINGERLIME
WHISKEY SOUR

#### SPECIALTY

**WATEGOS**  
Vodka with cold-pressed kale, ginger, spinach, lettuce, pineapple and cucumber

**NEWRYBAR**  
Elderflower, native riberry, moscato and gin

**BANGALOW**  
Organic Chai Martini

**THE LIGHTHOUSE**  
Dragonfruit, native rosella, lime and rum

**BELONGIL**  
Mango, lime, habanero and bourbon

OUR HOLISTIC DRINKS ARE DESIGNED TO NOT ONLY TASTES DELICIOUS, BUT IS ALSO BALANCED AND ALLOWS THE BODY TO ABSORB ALL THE HEALING BENEFITS.

## holistic drinks

### THE GOLDEN GLOW- 6

Based on Ayurveda practice, the Golden Glow combines Turmeric, Warming Spices and Black Pepper to help inflammation of the body and increase the body's antioxidant capacity - served hot

### THE LOVERS- 6

What could be better than an aphrodisiac hot chocolate? This rich Cacao based latte with Peruvian Maca, Damiana, Horny Goat Weed, Tribulus and Coconut Oil designed to awaken your body's desires - served hot

### RISING RUBY - 6

Raise the yang of your body and regulate your blood flow; make your heart happy with Organic Beetroot, Organic Turmeric, Warming Spices and Organic Vanilla Bean - served hot

### MATCHA - 6

Organic Japanese Matcha but with the added benefits of Organic Cordyceps Militaris, Organic Lions Mane which further elevate matcha's functions. With a touch of coconut milk to add a creamy richness - served hot or iced

### SHRUBS- 7

Shrub is a traditional name for fruit & herb extracts fermented in apple cider vinegar served with sparkling water. Our shrubs are organic & hand produced in small batches near Lennox head. Refreshing and excellent source of vitamins, probiotics, support your digestion and are naturally low in sugar

- watermelon basil 7
- pineapple mint 7
- emerald - celery & green apple, fresh
- Mint & chlorophyll - a detox soda 7
- add gin, vodka, tequila +6

### MAGIC MUSHY - 7

Organic blend of Lion's Mane, Cordyceps and Chaga with raw cacao, maple syrup, cinnamon and espresso. This latte is an immunological powerhouse and supports the body to return to harmony through normalising the nervous and hormonal systems as well as regulating the Qi of all major organs

### BLACK LEMONADE- 8

The ultimate detoxifying juice, clinging to built-up toxins in the body and removing them leaving you feeling cleansed. High amounts of vitamin C, will keep your immune system strong and the alkaline water is perfect for optimum hydration. Made from lemon, alkaline water, activated coconut charcoal & cayenne pepper - served cold

### CHERRY TONIC - 8

The Sour Cherry is just as refreshing in flavour as it is in looks. Its translucent red glow is a combination of sour cherry, nopal cactus and herbs to relax the nervous system, the digestive system and allow your body to restore.