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Prepaid Member Card Available



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LaPauseMiam



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Crêpes

Sweet *GFO*

Strawberry and Banana (served with Nutella and whipped cream)	20
Honey and Lemon	18
Mango and Kiwi fruit with lime curd	21
White chocolate, raspberry and pistachio	22

Savoury - made with buckwheat

Chicken, Leek and Mushrooms <i>GFO</i>	25
Grilled chicken, grilled mushrooms, sautéed leek, béchamel sauce, cheese and side salad	
Parisian Ham <i>GFO</i>	25
Off the bone ham, béchamel sauce, gruyere cheese, fried egg and side salad	
Salmon and avocado <i>GF</i>	25
Smoked salmon, sliced avocado, fried capers, hollandaise sauce, pickled cabbage	

Breakfast (served till 2.30)

Artisan white toast with housemade jam

sourdough / grain / gluten free	8
fruit	9

Croissant eggs Benedict *GFO*

Choice of leg ham, short cut bacon or smoked salmon, wilted baby spinach, poached eggs, housemade hollandaise	24
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Benetarian *v*

Potato cake, Wild mushrooms, smokey hollandaise, and wilted baby spinach, poached eggs	24
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Free range eggs on toast *GFO*

Free range eggs how you like them, buttered sourdough toast	15.5
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Biscoff french toast

House baked croissant, raspberry coulis, fresh berries, Biscoff crumbs, whipped cream, maple syrup	25
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Wild mushroom bruschetta

Sautéed mushroom medley, goat cheese, beetroot puree, poached egg, crispy enoki, sourdough bread	25
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Chilli scrambled *GFO*

Housemade harissa, fresh red chilli, salad, parmesan cheese, sourdough toast	19
Add chorizo	+5

Smashed avocado *GFO*

Danish feta, cherry tomato, poached egg, housemade dukkha with lime wedge	22
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Chicken waffle

House made waffle, buttermilk fried chicken, siracha mayo, pistachio crumbs, maple syrup	23
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Add bacon

	+5
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La Pause breakfast *GF*

Short cut bacon, grilled mushroom, grilled tomato, potato cake, chorizo, wilted spinach, avocado, eggs your way	30
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Breakfast burger

Toasted Sesame Bun with fried egg, short cut bacon, hashbrown, tomato, lettuce, aioli and bbq sauce	23
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Sides

Strawberries, banana, egg, feta	4
Short cut bacon, garlic mushroom, chorizo, avocado	6
Roasted tomato, wilted spinach, crêpe	5



Lunch (served till 2.30)

Bourbon pork ribs

Served with corn on the cob, slaw and onion rings	33
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Chicken tacos *GF*

Soft taco shells, chicken, corn salsa, Mexican cheese, siracha mayo, cos lettuce, sour cream	23
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Grilled barramundi *GF*

Served with coconut rice, broccolini and lemon butter sauce	29
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Bowls

Burrito bowl *GF*

Brown rice and quinoa, corn chips, smashed avocado, corn salsa, sour cream, beans, pico de gallo	23
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Add chicken

	+6
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Poke bowl *GF*

Coconut rice, avocado, edamame, corn, mango, pickled red cabbage, shredded carrots, roasted sesame dressing	24
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Add smoked salmon

	+6
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Fruit bowl *GF*

Seasonal fruit with yoghurt and honey	18
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Avocado and salmon salad bowl *GF*

Fresh, avocado, smoked salmon, mesclun, cucumber, cherry tomatoes, radish, beetroot puree, basil oil	25
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Sandwiches

Steak sandwich *GFO*

Porterhouse steak, grilled prosciutto, tomato, mixed leaf, caramelised onion, raclette cheese and aioli served with onion rings	26
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Buttermilk chicken BLT *GFO*

Short cut bacon, tomatoes, mixed lettuce and aioli in a Turkish bun served with onion rings	25
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La Pause cheeseburger

Sesame seed bun, quarter pounder beef patty, bacon lettuce tomato, cheese, caramelised onions, bbq sauce and aioli served with onion rings	26
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Croque Mr/Mme

Off the bone leg ham, bechamel sauce and gruyere cheese	24
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Add egg

	+3
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Check our specials board for more

Espresso Bar

Our House Blend: Easy Street From Dimattina

Cup Profile: Chocolate biscuit, Dark cacao, Strawberry, Blueberry

Classic	small	medium	large
Espresso	4.0		
Doppio	4.2		
Long Black	4.8	5.6	6.4
Flat White	4.8	5.6	6.4
Cappuccino	4.8	5.6	6.4
Latte	4.8	5.6	6.4
Mocha	4.8	5.6	6.4
Short Macchiato	4.2		
Long Macchiato	4.8	5.6	6.4

Hot Chocolate

Dark Chocolate	4.8	5.6	6.4
White Chocolate	4.8	5.6	6.4

Specialties

Chai Latte	4.8	5.6	6.4
Gingerbread Latte	5.0	5.8	6.6
Turmeric Latte	5.0	5.8	6.6
Affogato	6.5		
Vienna	5.5		

Tea Drop Loose Leaves (pot for 1) 5.5

English Breakfast, Earl Grey, Honeydew Green, Peppermint, Lemon Grass + Ginger

Alt almond milk, Alt Oat milk, Alt Soy milk,	+0.80
Coconut, Lactose free	
Extra shot, Monin vanilla, Monin caramel,	+0.80
Monin hazelnut	

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Chiller Bar

Iced Drinks

Long Black	6.5
Latte	7.5

Served with cream and ice cream

Coffee	8.5
Chocolate	8.5
Chai	8.5

Smoothies 9.0

CREME DE BANANE – Banana, milk, honey, ice cream
 PASSION MANGUE – Frozen mango, mango nectar, passion fruit, ice cream
 ELIXIR VERT – Spinach, banana, kiwi, pineapple juice
 LA VIE EN ROSE – Strawberries, raspberries, ice cream, milk, honey

Milkshakes 8.0

Chocolate, vanilla, caramel, spearmint, strawberry

Frappés (served with cream and ice cream) 9.5

White chocolate, chocolate, coffee or gingerbread

Cold pressed juices 7.5

Orange, Tropical, Restore, Immunity, Energise and Green +

Peach Iced Tea 7

Soft drink 5.5

Coke, Coke Zero, Lemonade, Lemon Lime Bitters, Perrier Sparkling Water, Orangina, Water

For the kids

Apple or Orange Pop Top	4.0
Babycino	3.0

Puppycino 3.0



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