# The floody

# BREAK

# BREADS AND BAKERY

**TOAST | \$8.0** sourdough (2) with accompaniments

**RAISIN TOAST (2) | \$9.0** 

served with cinnamon maple butter

**CROISSANTS** cinnamon maple butter & jam | \$12.0

ham & cheese | \$15.0

cheese & tomato | \$14.5

BANANA BREAD | \$9.5

GLUTEN FREE OPTION AVAILABLE

toasted with cinnamon maple butter and strawberries

MUFFIN OF THE DAY | \$5.0

warm with butter

PLAIN SCONE | \$5.0

warm with jam & cream

**SAVOURY SCONE** | \$5.0

warm with butter

PROTEIN BALLS | \$4.0

assorted

ASSORTED CAKES AND SLICES | FROM \$5.0

# BREAKFAST

### AVOCADO SMASH | \$22.5

fresh avocado, beetroot hommus, cajun pumpkin, crumbled fetta, balsamic reduction + toast

# SAVOURY MINCE | \$22.5

poached eggs, savoury mince, smoked cheddar, crispy kale + toasted sour dough

## SALMON CROQUETTES | \$24.5

atlantic salmon, dill and potato croquettes, tomato chilli relish, poached eggs, spinach + honey lemon sauce

## **HOT GREEN MESS** | \$24.0

beetroot hommus, broccoli, green beans, cabbage, kale, edamame, fresh baby spinach + arc house dressing

## THE SHROOMS | \$24.0

poached eggs, watercress, choy sum, cashews, spring onion, chilli flakes, ginger soy dressing served on potato rosti

## **SWEET CORN FRITTERS** | \$22.0

sweet corn and paprika purée, baby spinach, tomato chilli relish, asian herbs, spring onion + poached eggs

# **BREAKFAST WRAP** | \$23.0

scrambled eggs, smoked bacon, baby spinach, cheese, hash brown + tomato chilli relish wrapped in a tortilla

# SRIRACHA FIRE EGGS | \$22.0

chilli scrambled eggs with spring onion, creamed feta, red chilli, fried shallots, asian herbs + toast

add chorizo + \$5.0

# EGGS BENEDICT | \$18.0

spinach, poached eggs, hollandaise + toasted english muffin bacon \$22.5 | smoked salmon \$24.0 | mushrooms \$22.0

swap from muffins to croissant + \$4.5

# **BIG BREAKFAST** | \$30.0

bacon, eggs, sausage, roasted tomatoes, sautéed mushrooms, spinach and crispy kale, hash browns + toast

# **WAFFLES** | \$22.5

toasted sweet belgium waffles with fresh strawberry, raspberry coulis, chantilly cream + maple syrup

add ice-cream \$3.0

# EGGS AND THINGS

choose poached or fried or scrambled eggs + \$1.5

or truffled scrambled eggs + \$3.0

EGGS YOUR WAY | \$15.0

sourdough toast + roasted tomatoes

AVOCADO TOAST | \$10.0

sourdough (1) + fresh avocado

eggs with toast + bacon **BACON & EGGS | \$17.5** 

SAUSAGE & EGGS | \$17.5 eggs + sausages + toast

BACON AND EGG ROLL | \$13.0

bacon, fried egg, cheese + bbg sauce

# SANDWICHES

BLT TOASTED | \$15.0

bacon, lettuce, tomato +aioli

## CHICKEN CEASER TOASTED | \$15.0

bacon, lettuce, parmesan + caesar dressing

# HAM, CHEESE & TOMATO TOASTED | \$15.0

ham, cheese and tomato and pickled relish

# MAKE YOUR OWN TOASTIE on TURKISH

ham, cheese, tomato, bacon, chicken, avocado, onion, baby spinach, smoked salmon, fried egg + aioli

# **SMOOTHIE BOWLS**

**ACAI BOWL | \$17.5** 

acai, banana, blueberries + cold pressed apple juice

## PINK HOLIDAY BOWL | \$17.5

banana, raspberry, mango, passionfruit + apple juice

# PINEAPPLE PASSION BOWL | \$17.5

pineapple, coco yoghurt, passionfruit, mango + apple juice

## P-P-PEANUT BUTTER BOWL | \$17.5

banana, coco yoghurt, peanut butter + coconut milk

# **EXTRAS**

GLUTEN FREE (1)   \$4.5	SAUSAGE   \$5.0
BACON   \$6.0	BAKED BEANS   \$4.5
HALF AVOCADO   \$6.0	HASH BROWN (2)   \$6.0
CORN FRITTER (1)   \$5.0	SMOKED SALMON   \$7.0
EXTRA EGGS (2)   \$6.0	WILTED SPINACH   \$4.0
SCRAMBLED EGGS   \$7.0	HALLOUMI CUBES   \$7.0
EXTRA EGG (1)   \$4.0	MUSHROOMS   \$6.0
VANILLA ICE CREAM   \$3.0	ROASTED TOMATO   \$5.0

20% on public holidays



# COFFEE

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ARC BREW \$4.8

short black flat white long black cappacino ristretto latte

double espresso \$5.5

LITTLE BIT FANCIER | \$5.2

chai latte mocha

iced latte | \$6.5

AFFOGATO | \$9.0

generous serve of vanilla ice-cream, a double shot of espresso, sprinkled with chocolate sprinkles

HOT CHOCOLATE **\$5.2** 

milk chocolate mint chocolate

white chocolate

**BABY CINOS** 

arc baby cino \$5.0

**ALT. MILK (MYLKLAB) + \$0.75** 

soy (bonsoy) lactose free

almond oat

coconut macadamia

**EXTRAS + \$1.0 EXTRA** 

decaf caramel

white chocolate mug

vanilla cream hazelnut maple

# **BULLETPROOF COFFEE**

improve mental focus, physical performance, increase your energy & speed up fast loss. BulletProof espresso blended with BulletProof brain octane, grass fed ghee + upgraded vanilla max with a side of coconut milk

ORIGINAL + \$3.0 ADD NUTELLA + \$3.0

ADD PEANUT BUTTER + \$3.0

# **COLD BREW**

# all served with your choice of milk | \$9.0

iced caramel iced americano iced maple iced hazelnut iced vanilla

# TEAS (POT)

# all served with your choice of milk | \$5.0

english breakfast chamomile peppermint green tea earl grey lemongrass turmeric & ginger rooibos

# HOME-MADE BONE BROTH

SHOT GLASS | \$4.5

LATTE GLASS | \$7.0

BOWL | \$16.0

1 LITRE TAKEAWAY | \$37.0

# MATCHA

ICED MATCHA | \$7.5

ICED STRAWBERRY MATCHA \$9.5

ICED MANGO MATCHA **\$9.5** 

JUICES | \$9.5

### **ORANGE**

### **ORANGE AND PINEAPPLE**

RUBY TUESDAY watermelon, rhubarb, apple, pear

& lime

GOLD DIGGER carrot, ginger, pineapple &

apple

LITTLE GREEN kale, spinach, celery, spirulina,

cucumber, pear & ginger

beetroot, cucumber, ginger & **BLOOD BANK** 

apple

# **MILKSHAKES**

MILKSHAKES | \$9.0

KIDS MILKSHAKES | \$5.0

THICKSHAKES | \$10.0

ICED DRINKS | \$9.0

coffee strawberry

chocolate

vanilla

caramel banana

# SMOOTHIES | \$11.0

acai, banana, blueberries & **POPEYES ACAI** 

cold pressed apple juice

spinach, banana, pineapple, THE GLOW

coconut yoghurt, coconut milk, avocado & chia seeds

pineapple, coconut yoghurt, **PINA PINE ADA** 

passionfruit, mango + apple

juice

**PINK DREAM** banana, raspberry, mango,

passionfruit & apple juice

**NUTTY PROFESSOR** banana, coconut

yoghurt, nutella, cacao

& coconut milk