

ESPRESSO BAR
§
FUEL CAFE

A TASTE OF ENERGY

OPENING HOURS

MONDAY - FRIDAY 7 - 5

SATURDAY & SUNDAY 8 - 4

PH. 9375 4499

BREAKFAST

FRESHLY BAKED MUFFINS	\$3.20
TOAST WITH PRESERVES YOUR HOICE OF WHITE, MULTI-GRAIN OR RYE WITH VEGEMITE, JAM, MARMALADE OR HONEY.	\$3.90
THICK CUT RAISIN TOAST WITH STRAWBERRY JAM, HONEY OR FRESHLY GROUND CINNAMON SUGAR	\$4.00
HOUSE TOASTED FRUIT & NUT MUESLI WITH HONEY YOGHURT	\$7.50
PORRIDGE WITH A RHUBARB AND STRAWBERRY COMPOTE	\$7.50
FRUIT COUS-COUS - ORANGE AND VANILLA COUS-COUS TOASTED ALMONDS, SLICES OF MANGO, PINEAPPLE AND STRAWBERRY FINISHED WITH HONEY YOGHURT	\$8.90
FRENCH TOAST- THICK CUT VIENNA LOAF WITH; - BANANA IN CARAMEL SAUCE & FRESHLY GROUND CINNAMON SUGAR - MAPLE SYRUP AND BACON - BERRY SAUCE AND ICE-CREAM	\$9.50
SMOKED SALMON & CHIVE SCRAMBLED EGGS SERVED ON WARM TURKISH BREAD, TOPPED WITH MIZUNA LEAVES AND A LEMON BASIL DRESSING	\$11.90
FUEL'S BAKED EGGS WITH CHORIZO, BUTTON MUSHROOMS, WHITE BEANS IN TOMATO SUGO TOPPED WITH FRESH MOZZARELLA	\$10.90
CORN FRITTERS LAYERED WITH ADVOCADO, BACON, TOMATO SALSA, SOUR CREAM & MIZUNA LEAVES	\$10.90
BREAKFAST PIZZA - BACON, SAUSAGE, MUSHROOM, SPINACH, TASTY CHEESE AND A POACHED EGG FINISHED WITH HOLLONDAISE	\$11.90
EGGS YOUR WAY ON TOAST; POACHED, FRIED OR SCRAMBLED	\$6.90

BACON AND EGGS ON TOAST (POACHED, FRIED OR SCRAMBLED)	\$8.50
BACON AND EGG FOCACCIA	\$8.50
EGGS BENEDICT - 2 POACHED EGGS ON ENGLISH MUFFINS, VIRGINIAN HAM AND HOLLONDAISE SAUCE	\$9.50
EGGS FLORENTINE - 2 POACHED EGGS ON MUFFINS WITH SPINACH AND HOLLONDAISE SAUCE	\$9.50
1/2 & 1/2 - HALF MUFFIN BENEDICT, HALF MUFFIN FLORENTINE	\$9.50
FUEL'S BIG ONE- EGGS, BACON SAUSAGE, GRILLED TOMATO, SAUTEED MUSHROOMS & SPINACH AND HASHBROWN WITH TOAST	\$13.50
FUEL'S VEGIE BIG ONE - EGGS, GRILLED TOMATO, SAUTEED MUSHROOMS AND SPINACH, AVOCADO, OUR BAKED-BEANS & HASH BROWN WITH TOAST	\$13.50

SIDES

SPINACH, MUSHROOMS, GRILLED TOMATO, AVOCADO, BAKED-BEANS, HASH BROWNS, HOLLONDAISE SAUCE	\$2.50
SAUSAGE, BACON, HAM	\$3.00
SMOKED SALMON, CHORIZO SAUSAGE	\$3.50

JUICES & SMOOTHIES

- FRESHLY SQUEEZED JUICES - YOUR CHOICE OF 3 - ORANGE, APPLE, PINEAPPLE, WATERMELON, STRAWBERRY, CARROT, CELERY, LEMON OR GINGER. PS WE DON'T DO STRAIGHT PINEAPPLE JUICE
- GREEN ENERGY - FRESH APPLE JUICE, A BANANA BLENDED WITH MANGO SORBET
- TROPICAL FIZZ - ORANGE, PINEAPPLE, MANGO, WITH A SPLASH OF SPARKLING MINERAL WATER
- DETOX - APPLE, CARROT, CELERY AND GINGER ALL \$4.50
- FRUIT FRAPPE - WATERMELON, APPLE AND PINEAPPLE WITH CRUSHED ICE AND RASPBERRY SORBET
- BANANA SMOOTHIE WITH HONEY YOGHURT OR ICE-CREAM
- STAWBERRY SMOOTHIE
- MILKSHAKES - CHOCOLATE, STRAWBERRY \$4.00

LUNCH

BUTTERNUT PUMPKIN SOUP WITH WARM CRUSTY BREAD \$6.90

HERB, GARLIC & PARMESAN PIZZA \$6.90

VEGETARIAN PIZZA - PUMPKIN, SPINACH, SLICED POTATO, RED CAPSICUM AND DANISH FETTA \$10.50

CAESAR SALAD - COS LETTUCE, CRISPY BACON, CROUTONS, FRESHLY GRATED PARMESAN TOPPED WITH A SOFT POACHED EGG \$12.90

- WITH CHICKEN \$14.90

CRISPY CRUMBED CHICKEN SALAD WITH WARM BACON AND POTATO, CHERRY TOMATOES, CRISP LEAVES, CUCUMBER, SPANISH ONION, KALAMATA OLIVES TOSSED IN A WHITE BALSAMIC AND OLIVE OIL DRESSING #GRILLED CHICKEN AVAILABLE \$14.90

PANSEARED LEMON PEPPER CALAMARI WITH A CRISP ASIAN SALAD WITH HOT AND SOUR DIPPING SAUCE \$13.50

FUEL'S STEAK BURGER - TENDER RIB FILLET STEAK WITH SLICED TOMATO, CARAMALISED ONIONS, MIZUNA LEAVES AND OUR AOILI SERVED WITH CHUNKY FRIES \$16.50

CHICKEN SCHNITZEL BURGER - OUR OWN CRUMBED FILLET IN A TOASTED WHITE BUN WITH TOMATO LETTUCE AND OUR MAYONNAISE SERVED WITH CHUNKY FRIES \$14.50

SPAGHETTI WITH TUSCAN STYLE MEATBALLS IN A RICH NAPOLI SAUCE AND PARMESAN \$10.50

SIDES

BEER-BATTERED FRIES WITH OUR AOILI	\$6.90
CRISP GARDEN SALAD WITH WHITE BALSAMIC AND EXTRA VIRGIN OLIVE OIL	\$5.90

FOCACCIAS

CLASSIC B.L.T. WITH ADVOCADO	
CHICKEN, AVOCADO, SEMI-DRIED TOMATOES, LETTUCE AND MAYONNAISE	
TENDER LAMB, TZATZIKI, SPANISH ONION, MINT JELLY & MIZUNA LEAVES	ALL \$8.90
TUNA MELT WITH SWEETCORN, TASTY CHEESE AND LETTUCE	
VEGETARIAN - ROAST CAPSICUM, CHAR-GRILLED EGGPLANT AND ZUCCHINI WITH BABY SPINACH, FETTA AND A SEMI-DRIED TOMATO PESTO	
TOASTED SANDWICHES - ON YOUR CHOICE OF WHITE SOURDOUGH, MULTIGRAIN OR RYE	
CHEESE & TOMATO	\$5.50
HAM & CHEESE	\$5.90
HAM. CHEESE & TOMATO	\$6.50

* GLUTEN FREE BREAD AND PASTA AVAILABLE

COFFEE

CAFFE LATTE	\$2.80
CAPPUCCINO	\$2.80
FLAT WHITE	\$2.80
SHORT BLACK	\$2.30
LONG BLACK	\$2.80
SHORT MAC	\$2.80
LONG MAC	\$2.80
IN A MUG	ADD 50c
HOT CHOCOLATE	\$3.30
MOCHA	\$3.30
AFFRAGATO	\$4.00
ICED COFFEE	\$4.20
ICED CHOCOLATE	\$4.20
EXTRA SHOT	.30
SOY MILK	.10

TEA

ENGLISH BREAKFAST	\$2.80
EARL GREY	
CHINA JASMINE (GREEN TEA)	
PEPPERMINT	
CHAMOMILE	
"BYRON" CHAI	\$3.20

OTHER DRINKS

COKE	\$3.20
DIET COKE	
COKE ZERO	
SPRITE	
MINERAL WATER - SAN PELLAGRINO	\$3.00
LEMON, LIME & BITTERS	\$3.00
LEMON MINERAL WATER	
ORANGE & MANGO MINERAL WATER	
CHINOTTO, LEMONATA (SAN PELLAGRINO)	\$3.50
SPRING VALLEY JUICES; ORANGE, APPLE, PINEAPPLE	\$2.50
REDBULL CANS	\$3.50
MT FRANKLIN WATER	\$2.30
VITAMIN WATER - FOCUS, POWER C, ESSENTIAL ORANGE,	\$3.70
TRIPLE X	