

# A Mothers Milk

## LIGHT BREKKIE

### BIRCHER MUSELI - \$16.50

Greek Yoghurt, grated fresh apple, Cinnamon, Roasted Walnuts + Berry Compote

### HAM & CHEESE CROISSANT - \$12

### FLATBREAD - \$14.5

Grilled flatbread filled with ham, cheese + fresh tomato

## THE CLASSICS

### EGGS ON TOAST - \$14.50

Two Free-Range Eggs, Herb Oil, Sourdough

### BACON + EGGS - \$19.50

Two Free-Range Eggs, Bacon + Sourdough

### VEGETARIAN - \$23.50

Two free rang eggs, Halloumi, Avocado, Beans, Hashbrown, mushrooms + sourdough

*Our Signature Meal*

### THE AMM BIGGIE - \$29

Two Eggs, Bacon, Chorizo, Roasted Tomatoes, Mushrooms, Hash Browns, Beans + sourdough

+ Mushrooms, Avo, Beans, Eggs - \$6 (ea)

+ Haloumi, Smoked Salmon, Bacon - \$7 (ea)

## SWEETER SIDE

### PISTACHIO FRENCH TOAST - \$24

Golden Brioche, Pistachio Cream, Banana, Berries, Maple syrup + icecream

### SUMMER PANCAKE TACOS - \$23.9

Soft fluffy buttermilk pancakes filled with whipped ricotta topped with seasonal fruit, pistachios + our orange blossom syrup

### HOUSE MADE BANANA BREAD - \$7



### ACAI BOWL - \$19

Superfood Soft Serve, Banana, Seasonal Fruit, Nut Muesli, Pistachio Cream

\*SUGAR + DAIRY FREE + VEGAN  
ACAI BASE

## BRUNCH FAVES

### SMASHED AVO - \$24.50

Smashed Avo, 1 Poached Egg, Cherry Tomatoes, Dukkah, Mild Chilli Oil, Salsa Verde on Sourdough

### BAKED EGGS - \$23.5

Eggs baked in slow cooked Napolitana + topped with Provolone cheese served with Sourdough

### BRUSCHETTA - \$22.50

Cherry tomato mix, Goats Curd on Sourdough topped with Balsamic Glaze

### PORTUGESE SARDINES - \$24.50

Sardines, cherry tomatoes, Lemon, Capers, Salsa Verde, Poached Eggs served with Sourdough

### THE BENNY - \$24.90

2 poached eggs served on sourdough topped with smoked salmon + hollandaise sauce

### GREEN CHILI EGGS - \$22.50

Poached Eggs, Smoked Capsicum & Jalapeño Green Sauce, Labneh on sourdough

### BREAKFAST TACOS \$23.9

Soft fluffy buttermilk pancakes filled with scrambled eggs, chorizo and a spicy aioli sauce



\*Almost all menu items can be made GF, just ask us!\*

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## SOURDOUGH SANDOS

### 3-CHEESE – \$16.50

Provolone, Cheddar, Parmesan, caramelised Onions

### BREKKIE – \$19.50

Two Eggs, Barossa Bacon, Cheese, Aioli + Greens

### BLT – \$18

Barossa Bacon, Fresh Tomato, Cheese, Lettuce + Aioli

### CHICKEN & BACON – \$24

Cajun Chicken, Crispy Bacon, Fresh tomato, Avocado, Aioli + Greens

## BOWLS

### PROTEIN POWER BOWL – \$24.90

CAJUN CHICKEN, POACHED EGG, QUINOA, PICKLED ONIONS, GARLIC TOUM, SALAD MIX + SESAME

### SALMON POKE BOWL – \$24.90

SMOKED SALMON, POACHED EGG, PICKLED ONION, SALAD MIX, AVOCADO, QUINOA, SESAME SEEDS+ AIOLI

### FALAFEL HARVEST BOWL – \$23.90

HOUSE FALAFEL, HUMMUS, HALOUMI, QUINOA, PICKLED CABBAGE, SALAD MIX DRESSED IN SALSA VERDE

## KIDS MEAL

### BOWL OF CHIPS + NUGGETS – \$13.00

### BOWL OF CHIPS + TOMATO SAUCE – \$10.00

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## BURGERS

SERVED WITH FRIES

### B&E BURGER – \$23

Brioche Bun, Bacon, Fried Egg, Melted Cheese, Aioli & greens served with chips

### GARDEN BURGER (VG) – \$24.90

Grilled Halloumi, fresh tomato, Avocado, caramelised onion, Aioli + fresh greens

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**BOOK YOUR NEXT FUNCTION WITH US**

**5% SURCHARGE ON SUNDAYS 10% ON P/H**

# A Mothers Milk

## COFFEE + TEA

Cappuccino, Flat White, Latte,  
Long Black, Hot Choc, Chai Latte - \$5.0  
Macchiato, Piccolo, Short Black - \$4.50  
Mocha - \$5.50  
Cold Brew - \$6.0  
Matcha Latte - \$8.50  
Iced latte/long black/ - \$7  
Iced Matcha Latte - \$10  
Iced Strawberry Matcha Latte - \$12  
Iced Coffee /Chocolate - \$10

### TEA - \$4.5

English Breakfast  
Earl Grey  
Sencha Green  
Lemongrass & Ginger  
Chamomile  
Peppermint

### UPGRADES

Mug - +\$1  
Extra Shot - +50c  
Add Honey - +50c  
ALT Milk - \$1



## BOOZIE LIST

ALL WINES \$9/GLASS \$38/BOTTLE

### SCARPANTONI BRUT

Mclaren Vale: AQ

### AQUILANI PINOT GRIGIO

Italy

### REVERIE ROSE

France

### FRINGE SOCIETE PINOT NOIR

France Poggio

### ANIMA CHIANTI DOCG

Italy

### DOOF DOOF TEMPRANILLO

Adelaide Hills

### APEROL SPRITZ - \$16

### ESPRESSO MARTINI - \$16

## SMOOTHIES - \$11

### GO NANA

Banana, LSA, Honey & Milk

### GYM JUNKIE

Espresso, Banana, Protein, LSA & Milk

### SUMMER THING

Mango Nectar, Banana, Passionfruit Pulp

### PEANUT BUTTERCUP

Peanut Butter, Banana, Chocolate & Milk

### BERRY NICE

Mixed Berries, Honey, Banana & Milk

### GREEN GOODNESS

Spinach, Banana, Ginger + Mango Nectar

ADD PEA PROTEIN - 80c

## FRESH JUICE - \$11

### FRESH SQUEEZED OJ

MINT, CARROT & APPLE

ORANGE, PINEAPPLE & ORANGE BLOSSOM

GREEN APPLE, PINEAPPLE & ORANGE

CARROT, APPLE & GINGER

SPINACH, APPLE & GINGER

## SOFT DRINKS

STILL/SPARKLING H2O - \$4.00

COKE / NO SUGAR - \$4.50

BUNDEBERG FLAVOURS - \$4.90

5% SURCHARGE ON SUNDAYS 10% ON P/H