

EAT ALL DAY

BANANA LOAF – gluten free toasted banana bread with salted caramel butter [GF] (1 slice banana loaf 5.0)	10.0
EGGS YOUR WAY – 2 free range eggs on organic sourdough, poached, fried or scrambled [GFO*, DFO]	10.0
BIRCHER MUESLI – house made with oats, cinnamon, apple & coconut yoghurt, with organic sultana & maple granola [DF, V]	14.5
PANCAKE STACK – buttermilk pancakes with kiwi jam, crumble, mixed berry compote & maple whip	16.0
BREKKY WRAP – 2 fried eggs, bacon, house-made tomato relish, avocado + a hash brown in a toasted tortilla wrap + side of fries 3.0	16.0
AVOCADO SMASH – seasonal avocado with kimchi, pumpkin hummus, pomegranate, dukkha & balsamic on organic sourdough [V, DF, GFO] + poached egg 2.5	16.5
PORK BENEDICT – maple pork medallion, chili jam, pea hummus, 2 free range eggs, hollandaise & spinach on organic sourdough with dukkha & balsamic [GFO, DFO]	18.0
THE GRACE – Istra bacon, 2 free range eggs, house-made tomato relish, avocado + hash browns on organic sourdough [GFO, DFO]	18.5
HCT TOASTIE – istra shaved ham, camembert cheese & house made tomato relish on a toasted baguette [GFO]	12.5
STUFFED MUSHROOMS – field mushrooms stuffed with wild rice, walnuts & pesto on a grilled tortilla with gorgonzola sauce, pine nut dukkha & balsamic [GFO, VO]	16.0
MORROCAN CHICKEN – crumbed chicken breast, roasted sweet potato, capsicum, pickled red onion & chic peas with natural yoghurt drizzle & seeds [GF] [vegan option replaces chicken for fried tofu]	16.5
CALAMARI SALAD – roasted onion & pumpkin with asian slaw, fried shallots & lime aioli [vegan option replaces calamari for tofu, & aioli for DF]	17.5
LAMB BURGER – shredded lamb with tzatziki, olive tapenade, mixed lettuce, pickled red onion & crumbled feta on a brioche bun with fries [GFO]	18.5

EXTRAS

SOURDOUGH [GFO*] / HOLLANDAISE / ROASTED TOMATO / SPINACH FREE RANGE EGG /	2.5
CHORIZO / HOUSE-MADE TOMATO RELISH	3.0
HASH BROWNS / AVOCADO / ROASTED MUSHROOMS	3.5
ISTRA BACON / GOAT CHEESE / FRIED CHICKEN	4.0
PULLED BEEF / MAPLE PORK MEDALION	4.5

KIDS

ALL-MIGHTY FAIRY TOAST – toast buttered with nutella & sprinkles	5
BREKKY MELT – toast with melted cheese & bacon [GFO]	7
HAM + CHEESE TOASTIE [GFO*]	7
FRIED CHICKEN & CHIPS – [GF]	9
CRUMBED SAUSAGES & CHIPS	9
EGG SOLDIERS – free range egg poached or scrambled with toast sticks	7
YOGHURT + MUESLI or GRANOLA	9

Please inform the staff of any food allergies and / or intolerances when ordering

[GFO*] The Healthy Loaf gluten free sourdough extra 1.0

GF = gluten free

GFO = gluten free option

DFO = dairy free option

DF = dairy free

V = vegan

Free range eggs by Ravens Creek Farm,
Seeded sourdough + brioche by Phillippa's Bakery,
Gluten free sourdough by The Healthy Loaf



STICKS & GRACE CAFE



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10% surcharge applies on Public Holidays

ESPRESSO

ALLPRESS ESPRESSO SUPREMO BLEND – sweet + bold
w/ a taste of red berries + cocoa

ESPRESSO	3.5
CAFÉ LATTE	4.0 / 4.5
CAPPUCICINO	4.0 / 4.5
FLAT WHITE	4.0 / 4.5
SHORT MACCHIATO	4.0
LONG MACCHIATO	4.5
PICCOLO	4.0
LONG BLACK	4.0 / 4.5
MOCHA	4.0 / 4.5
+ DECAF / ALMOND / COCONUT MILK / SOY / LACTOSE FREE	+ 0.5
+ VANILLA / CARAMEL / HAZELNUT SYRUP	+ 0.5

HOT DRINKS

HOT CHOCOLATE	4.0 / 4.5
CHAI LATTE	4.0 / 4.5
GEELONG'S ENGLISH BREAKFAST	4.5
CARTEL EARL GREY	4.5
GUANESE GREEN	4.5
GINGER GLOW	4.5
FITNESS HERBAL	4.5
PEPPERMINT	4.5
DRAGON CHAI	4.5
CHAMOMILE	4.5

COLD DRINKS

ICED COFFEE	6.0
ICED CHOCOLATE	6.0
ICED CHAI LATTE	6.0
+ WHIPPED CREAM	+ 0.5

SOFTDRINKS 375ml

COCA COLA	3.5
DIET COKE	3.5
LEMONADE	3.5

MILKSHAKES

CHOCOLATE / STRAWBERRY / VANILLA	4.0 / 6.0
CARAMEL / LIME / BANANA / BLUE HEAVEN	
+ EXTRA ICE CREAM SCOOP	+ 0.5
+ SOY / ALMOND / COCONUT MILK	+ 0.5

BUNDABERG 375ml

LEMON, LIME + BITTERS / GINGER BEER	4.5
BLOOD ORANGE / TRADITIONAL LEMONADE	
GUAVA	

FRESH JUICES

ORANGE	4.5 / 6.5
RED– carrot, apple, lemon, ginger, beetroot	7.5
GREEN– pear, celery, cucumber, spinach, lemon, kale	7.5

EMMA + TOMS JUICE 350ml

KARMARAMA – orange, mango, pineapple, banana, passionfruit + ginseng	4.5
CLOUDY APPLE – 100% apple	4.5
GREEN POWER – apple, banana, passionfruit, plum, lemon, alfalfa, kelp, spinach, dulse seaweed	4.5
PINEAPPLE CRUSH – 100% pineapple juice + crush	4.5

BEER + CIDER

FURPHY ALE - Geelong	6.0
CARLTON DRAUGHT - Aus	6.0
GREAT NORTHERN MIDSTRENGTH – Aus	6.0
FLYING BRICK ORIGINAL CIDER - Geelong	8.5
FLYING BRICK PEAR CIDER - Geelong	8.5

WINE

McGUIGAN BLACK LABEL SAUVIGNON BLANC – SA	8.5
McGUIGAN BLACK LABEL CHARDONNAY – SA	8.5
McGUIGAN BLACK LABEL SHIRAZ – SA	8.5
YELLOW TAIL SPARKLING – SA	7.5

PRIVATE FUNCTION

For private, group events + function enquiries
please contact us at: enquiry@sticksandgrace.com.au
and we will be in touch as soon as possible.



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