

EAT ALL DAY

BANANA + WALNUT LOAF – house made + dairy free served w/ butter / curd / berry compote [GF , DF , VO] ^dairy free butter available on request (1 slice + butter / curd / berry compote 5.0) 9.0

EGGS YOUR WAY – Ravens Creek free range eggs x 2 on seeded sourdough, poached, fried or scrambled [GFO* , DFO] 10.0
+ bacon 4.0
+ hollandaise 2.5

MOCHA CHIA PUDDING – allpress espresso infused chia, fresh blueberries, almonds + rice puffs w/ coconut milk [GF , DF , V] 13.5

BIRCHER MUESLI – coconut yoghurt , shaved almonds, green apple, cinnamon + cacao nibs [DF , V] 14.0

AVO + PEA SMASH – seasonal avocado, peas, lemon + quinoa on Phillippa's sourdough w/ beetroot hummus + dukkah [GFO* , DF , V] 13.5
+ poached egg 2.5
+ fried haloumi 3.0

BREKKY WRAP – 2 fried eggs, bacon, house-made tomato relish, avocado + a hash brown in a toasted tortilla wrap + side of chips 3.0 17.0

CHILLI EGGS – chilli bacon, fresh kale, cheese stuffed jalapeno poppers + 2 free range poached eggs on Phillippa's sourdough [GFO available w/ hot chorizo instead of poppers] 17.5

EGGS BENEDICT – twice cooked shredded beef cheek, fresh kale, hollandaise, 2 poached eggs + dukkah on Phillippa's sourdough [GFO*] 18.0

THE GRACE – istra bacon, 2 free range eggs, house-made tomato relish, avocado + hash browns on Phillippa's sourdough [GFO*] + hollandaise 2.5 18.5

WARM CHICKEN TORTILLA – smoked chicken, cranberry sauce, quinoa, kale + black bean salsa w/ a citrus aioli [GFO* toasted sandwich , DFO] + side of chips 3.0 13.5

BUTTERMILK WAFFLE – spiced poached pear, caramel sauce, pistachio ice cream + popcorn 15.5

BUDDHA BOWL – crispy chickpea, seasonal avocado, quinoa, purple cabbage, kale, sweet potato fries, beetroot hummus + flat bread w/ seeds [GFO , DF , V] 15.5

FRENCH LENTIL FRITTERS – lentil, onion + garlic fritters, olive + caper salsa, broccoli pesto + kale [DF , V] 15.5
+ poached egg 2.5
+ fried haloumi 3.0

HALOUMI SALAD – fried haloumi, cucumber salsa, kale, roasted chick peas, dried cranberries, quinoa, seeds + a lime vinaigrette [GFO] + poached egg 2.5 + smoked chicken 3.0 16.0

SAVOURY CREPE – marinated lamb back strap, tzatziki, pickled red onion salsa, crispy chick peas w/ sweet potato fries [GF , DF] 16.5

STICKS BURGER – twice cooked shredded beef cheek, cucumber slaw, sweet potato + chipotle sauce on a seeded bun w/ a side of beer battered fries [DFO] + bacon 2.0 18.0

BEER BATTERED CURLY FRIES – w/ tomato sauce 9.0

SWEET POTATO FRIES – w/ lime aioli or dairy free aioli 9.0

EXTRAS

SOURDOUGH [GFO*] 2.5

HOLLANDAISE / ROASTED TOMATO / SPINACH FREE RANGE EGG / HOUSE-MADE TOMATO RELISH 2.5

HALOUMI [GFO] / CHORIZO 3.0

HASH BROWNS / AVOCADO / ROASTED MUSHROOMS 3.5

ISTRA BACON / GOAT CHEESE 4.0

LAMB BACK STRAP / PULLED BEEF CHEEK 4.5

SEASONAL AVO + GOAT CHEESE SMASH 5.0

KIDS

2 TOAST – Phillippa's sourdough + seasonal spreadables [GFO* , DFO , V] 7.5

JUNIOR EGG – 1 free range egg on sourdough [GFO* , DFO] 7.5

HAM + CHEESE TOASTIE [GFO*] 8.0

EGG + BACON TOASTED WRAP [GFO] + cheese 1.0 9.0

WAFFLE STACK – maple syrup + ice cream 10.0

DESSERT CREPES – w/ chocolate sauce + strawberries + ice cream 1.0 10.0

YOGHURT + MUESLI or GRANOLA 10.0

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



STICKS & GRACE CAFE



STICKSANDGRACECAFE

10% surcharge applies on Public Holidays

HOT DRINKS

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
HOT CHOCOLATE	4.0 / 4.5
SHORT MACCHIATO	4.0
LONG MACCHIATO	4.5
PICCOLO	4.0
CHAI LATTE	4.0 / 4.5
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

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

SOFT DRINKS 375ml

COCA COLA	3.5
DIET COKE	3.5
LEMONADE	3.5

MILKSHAKES

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

BUNDABERG 375ml

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

FRESH JUICES

ORANGE	4.5 / 6.5
APPLE, CARROT, PINEAPPLE + GINGER	7.5
PEAR, SPINACH, APPLE + LEMON	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, dulce seaweed	4.5
PINEAPPLE CRUSH – 100% pineapple juice + crush	4.5



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BEER + CIDER

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

WHITE WINE

McGUIGAN BLACK LABEL SAUVIGNON BLANC – SA	8.5
McGUIGAN BLACK LABEL CHARDONNAY – SA	8.5
YELLOW TAIL PINOT GRIGIO – SA	8.5
SIX FOOT SIX SAUVIGNON BLANC – Geelong	22.0
AUSTINS CHARDONNAY – Geelong	28.0
AUSTINS RIESLING – Geelong	28.0

RED WINE

McGUIGAN BLACK LABEL SHIRAZ – SA	8.5
SIX FOOT SIX SHIRAZ – Geelong	22.0
SIX FOOT SIX PINOT NOIR – Geelong	22.0

SPARKLING WINE

YELLOW TAIL SPARKLING – SA	7.5
JACK RABBIT BLANC DE BLANC – Geelong	28.0
LOUIS PERDRIER BRUT – France	35.0

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.