

FIVE SPARROWS » SPRING MENU

BREAKFAST until 2.30 pm

SIMPLY EGGS GF / DF / SF 11
eggs your way on sourdough toast
- poached, scrambled or fried -

BELGIAN WAFFLES V 16
mango compote, coconut shavings, creme anglaise,
fresh berries, persian floss and vanilla ice-cream

FRENCH TOAST V 18
burnt butter brioche, poached pear,
creme anglaise sauce, toasted almonds,
persian floss and vanilla ice-cream

FORAGE OF MUSHROOMS V / VE / GF / SF 17
our famous thyme & butter sautéed mushrooms
with goats cheese feta on sourdough toast

SMASHED AVOCADO V / VE / GF / SF 18
smashed avocado with halloumi, cherry tomatoes,
pumpkin toast, beetroot hummus & a poached egg

BENEDICTINE GF / SF 18
poached eggs, wilted greens and hollandaise
sauce with your choice of smoked salmon or
bacon on potato rosti

GRAND BREAKFAST GF / DF / SF 22
angus sausage, bacon, sauteed mushrooms,
baked beans and scrambled eggs on
sourdough toast

SPANISH EGGS GF / DF / SF 17
house made beans with braised chorizo,
poached egg and pumpkin toast

SIDES

egg / toast / hollandaise / tomato relish / bbq sauce 2

bacon / falafel / spinach / tomatoes / potato rosti 3

beetroot hummus / halloumi / goats feta / pumpkin 4

smoked salmon / avo / mushrooms / angus sausage 4.5

CLEAN EATING until 2.30 pm

SPICE MARKET V / VE / GF / DF / SF 17
house-made beetroot hummus on pumpkin toast
with avocado, dukkah, mixed greens and falafels

SUPER GREENS BREAKFAST V / VE / GF / DF / SF 18
sauteed kale, brocolli, asparagus, toasted almonds,
mint, avocado, and grilled halloumi with a side of
pumpkin puree

POWER PALEO GF / DF / SF / P 18
smoked salmon, sauteed mushrooms,
seasonal greens, avocado and a poached egg

CAVEMAN'S FEAST GF / DF / SF / P 22
angus sausage, shortcut bacon, greens, smashed
pumpkin, sauteed mushrooms & a poached egg

SEASONAL SALAD V / GF / SF 16
ask server for details.

SUPER FOOD BOWLS until 2.30 pm

NOURISH BOWL V / VE / GF / DF / SF 17
golden falafels, avocado, smashed pumpkin,
seasonal greens and beetroot hummus

ACAI BOWL V / VE / GF / DF / SF / P 16
blended acai smoothie bowl topped with
organic granola, toasted almonds, coconut shavings,
chia seeds, peanut butter & seasonal fruit

CHIA SEED PUDDING V / VE / GF / DF / SF / P 12
coconut & vanilla soaked chia seeds, served with
mango compote, seasonal fruit, coconut shavings
and mint

GRANOLA BOWL V 14
organic apple crumble granola. Served with natural
yoghurt, banana, apple, coconut shavings, mayver's
peanut butter & a side of milk

HEALTHY TOAST until 2.30 pm

SOURDOUGH V / VE / GF / DF / SF 5
served with butter, home made jam or vegemite

FRUIT TOAST V / VE / DF 5
made with figs, apricots and currants, served
with your choice of butter or home made jam

CLASSIC AVO V / VE / GF / DF / SF 14
smashed avocado on pumpkin toast with
goats cheese feta

ALMOND BUTTER TOAST V / VE / GF / DF / SF 14
almond butter spread, sliced banana, drizzled
rice malt, cinnamon & coconut shavings
on sourdough

V Vegetarian
VE Vegan option
GF Gluten free option
DF Dairy free option
SF Sugar free
P Paleo friendly

Please advise us if you have nut allergies
Gluten free bread available upon request

LUNCH until 4 pm

CHICKEN WRAP SF 9
poached chicken, basil pesto, feta & spinach
in a roti wrap

FALAFEL WRAP V / SF 9
falafels, spinach, basil pesto, pumpkin puree,
& goats feta in a roti wrap

CHICKEN BAGUETTE GF / SF 10
poached chicken, avocado, cos lettuce,
whole egg mayo & home made aioli

SALAD BAGUETTE V / GF / DF / SF 10
lettuce, tomato, cheese, carrot, aioli


GRILLED TOASTIE V / GF / DF / SF 8
- cheese - ham & cheese - add tomato

TOASTED CROISSANT V / DF 8
- cheese - ham & cheese - add tomato

EGG & BACON ROLL GF / DF / SF 8
fried egg, bacon & hollandaise sauce

BREKKIE ROLL GF / DF / SF 10
fried egg, bacon, avocado, lettuce,
cheese, tomato & hollandaise sauce

 Facebook.com/fivesparrowscafe

 Instagram - @fivesparrowscafe

PLEASE ORDER AT THE COUNTER


FIVE SPARROWS » DRINKS MENU

LITTLE SPARROWS

KIDS MENU

fairyland banana bread	4.5
kids waffle mountain	11
crustless cheesy toastie	7
baby smashed avo	9
baby hot chocolate	3.5
real milkshakes	6
organic orange juice	7

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VEGAN LATTES

Golden Latte	6
Matcha Latte	6
MORE	
Hot Chocolate	4
Mocha	4.5
Chai Latte	4.5
Prana Chai	6
Iced Latte	5.5
Iced Coffee	6.5
Iced Mocha	6.5
Iced Tea	6.5

POT OF TEA 4.5

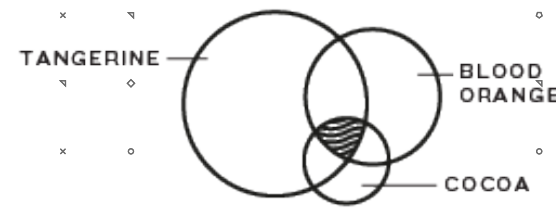
English Breakfast
French Grey
Chai Tea
Peppermint
Green

MILKSHAKES 6

NO NASTY SYRUPS

Chocolate
Strawberry
Vanilla Bean

WHITE / BLACK



SUPREME BLEND 4

espresso, long black, latte, flat white, cappuccino, magic, ristretto, piccolo, macchiato

Lactose free milk	0.5
Bonsoy milk	0.5
Almond milk	0.7
Coconut milk	0.7

SINGLE ORIGIN



ROTATING
additional 0.5

FILTER



SINGLE ORIGIN
Batch brew 4.5
Cold brew 4.5

COLD PRESSED JUICES

ORANGE V / VE / GF / DF / SF / P 7
organic squeezed orange juice

COLD FIGHTER V / VE / GF / DF / SF / P 8.5
apple, orange, celery, carrot, ginger

GREEN CLENSER V / VE / GF / DF / SF / P 8.5
apple, mint, cucumber, kale, lemon, coconut water

MELON FRESH V / VE / GF / DF / SF / P 8.5
watermelon, strawberries, apple, mint, coconut water

SMOOTHIES

BANANA V / GF / SF 8.5
banana, natural yoghurt, honey, dairy milk

FOREST FRUITS V / VE / GF / DF / SF / P 8.5
berries, mango, banana, lemon, coconut water

SUPER GREEN V / VE / GF / DF / SF / P 8.5
spinach, apple, banana, rice malt, almond milk

RECOVERY V / GF / SF 8.5
mango, strawberries, yoghurt, banana, coconut water

SIGNATURE V / VE / GF / DF / SF / P 8.5
banana, espresso, rice malt, almond milk, cinnamon, peanut butter