

FIVE SPARROWS » FEED YOUR SOUL

BREAKFAST until 2.30 pm

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

BELGIAN WAFFLES V 17
crispy waffles, house made compote, persian floss,
seasonal fruit and vanilla bean ice-cream

FRENCH TOAST V 18
burnt butter brioche, poached pear,
baileys cremeux, chocolate fudge sauce
and vanilla bean ice-cream

FORAGE OF MUSHROOMS V / VE / GF / SF 18
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 19
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,
cherry tomatoes and scrambled eggs on
sourdough toast

MEDITERRANEAN EGGS V / GF / DF / SF 18
folded eggs with cherry tomatoes, spinach and
Italian herbs on an open wrap

SPANISH EGGS GF / DF / SF 19
house made beans with braised chorizo, poached
egg and pumpkin toast

CLASSIC AVO V / VE / GF / DF / SF 15
smashed avocado on pumpkin toast with
goats cheese feta

FRUIT TOAST V / VE / DF 6
made with figs, apricots and currents, served
with your choice of butter or house made jam

SUPER FOODS until 2.30 pm

SEASONAL SOUP V / VE / GF / DF / SF 11
served with sourdough toast
ask server for details.

EAT YOUR GREENS V / VE / GF / DF / SF 18
sauteed spinach, silverbeet, brocolli, asparagus,
mint, avocado, toasted almonds, pumpkin puree
and grilled halloumi

POWER PALEO GF / DF / SF / P 19
smoked salmon, sauteed mushrooms, season
greens, tumeric fermented veggies & a poached egg

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

RAINBOW QUINOA SALAD V / VE / GF / DF / SF 16
seasonal greens, pomegranate, carrot, falafel, almonds,
goats feta, beetroot, apple & a salmoriglio vinaigrette

WELLNESS BOWLS until 2.30 pm

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

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

CHIA SEED PUDDING V / VE / GF / DF / SF / P 13
coconut and vanilla soaked chia seeds, served with
house made compote, seasonal fruit, coconut shavings
and mint

GRANOLA BOWL V 14
organic granola, served with natural yoghurt,
banana, coconut shavings, warm house made
compote and a side of milk

BREAKFAST SIDES

PROTEINS

- extra egg / 2
- smoked salmon / 4.5
- angus sausage / 4.5
- falafel / 3
- bacon / 3
- chorizo beans / 4

VEG

- spinach / 3
- cherry tomatoes / 3
- beetroot hummus / 3
- pumpkin / 4
- smashed avo / 4.5
- mushrooms / 4.5

DAIRY

- goats feta / 4
- halloumi / 4

SAUCES

- hollandaise sauce / 2
- BBQ sauce / 2
- tomato relish / 2
- tomato sauce / 2

LUNCH until 4 pm

CHICKEN WRAP SF 10
poached chicken, basil pesto, feta & spinach
in a roti wrap

FALAFEL WRAP V / SF 10
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 9
fried egg, bacon & hollandaise sauce

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

10% surcharge on week-ends
15% surcharge on public holidays
These are passed on directly to our staff in
order to meet the minimum penalty rates

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

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

WEEKDAYS > PLEASE ORDER AT THE COUNTER
SATURDAY/SUNDAY > TABLE SERVICE UNTIL 2PM

FIVE SPARROWS » DRINKS MENU

LITTLE SPARROWS

KIDS MENU

| | |
|--------------------------|-----|
| baby eggs on sourdough | 8.5 |
| fairyland banana bread | 4.5 |
| kids waffle mountain | 11 |
| crustless cheesy toastie | 7 |
| baby smashed avo | 9 |
| baby hot chocolate | 3.5 |
| real milkshakes | 7 |
| organic orange juice | 8 |

MILKSHAKES

7

NO NASTY SYRUPS

- Chocolate
- Strawberry
- Vanilla Bean

VEGAN LATTES

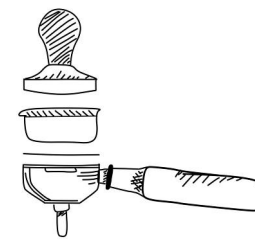
| | |
|---------------|-----|
| Golden Latte | 6.5 |
| Matcha Latte | 6.5 |
| MORE | |
| Hot Chocolate | 4 |
| Mocha | 4.5 |
| Chai Latte | 4.5 |
| Prana Chai | 6 |
| Iced Latte | 6 |
| Iced Coffee | 6.5 |
| Iced Mocha | 6.5 |

POT OF TEA

5

- English Breakfast
- Earl Grey
- Chai Tea
- Peppermint
- Green

WHITE / BLACK



| | |
|--------------------|-----|
| WHITE/BLACK | 4 |
| Lactose free milk | 0.5 |
| Bonsoy milk | 0.5 |
| Almond milk | 0.7 |
| Coconut milk | 0.7 |

FILTER



SINGLE ORIGIN

| | |
|------------|-----|
| Batch brew | 4.5 |
| Cold brew | 4.5 |


COLD PRESSED JUICES

| | |
|--|---|
| ORANGE V / VE / GF / DF / SF / P | 8 |
| organic squeezed orange juice | |
| COLD FIGHTER V / VE / GF / DF / SF / P | 9 |
| apple, orange, celery, carrot, ginger | |
| GREEN CLEANSER V / VE / GF / DF / SF / P | 9 |
| apple, mint, cucumber, kale, lemon, coconut water | |
| MELON FRESH V / VE / GF / DF / SF / P | 9 |
| watermelon, strawberries, apple, mint, coconut water | |

SMOOTHIES

| | |
|---|---|
| BANANA V / GF / SF | 9 |
| banana, natural yoghurt, honey, dairy milk | |
| FOREST FRUITS V / VE / GF / DF / SF / P | 9 |
| berries, mango, banana, lemon, coconut water | |
| RECOVERY V / GF / SF | 9 |
| mango, strawberries, yoghurt, banana, coconut water | |
| SIGNATURE V / VE / GF / DF / SF / P | 9 |
| banana, espresso, rice malt, almond milk, cinnamon, peanut butter | |

 [Facebook.com/fivesparrowscafe](https://www.facebook.com/fivesparrowscafe)

 [Instagram - @fivesparrowscafe](https://www.instagram.com/fivesparrowscafe)

10% Surcharge on Saturday/Sunday
15% Surcharge on Public Holidays