

BREAKFAST until 2.30 pm

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

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

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

FORAGE OF MUSHROOMS V / VE / GF / SF / DF 18
our famous creamy thyme & butter sautéed mushrooms with truffe oil on sourdough toast

SMASHED AVOCADO V / VE / GF / SF 18
smashed avo with goats feta, beetroot hummus, dukkah, sweet corn and a poached egg on pumpkin toast

BENEDICTINE SF 19
poached eggs, wilted greens, slow cooked pulled beef with smoked paprika hollandaise on a potato rosti stack

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

BELGIAN WAFFLES V 17
crispy waffles with berry compote, persian floss, crushed pistachios and vanilla bean ice-cream

PUMPKIN BLISS V / VE / GF / DF / SF 17
smashed pumpkin, rainbow chard, goats feta, pomegranate, beetroot hummus and a poached egg on sourdough toast

TOAST V / VE / DF 6
sourdough, gluten free or fruit toast served with your choice of butter or house made jam

SUPER FOODS until 2.30 pm

RAINBOW QUINOA SALAD V / VE / GF / DF / SF 17
leafy greens, quinoa, raw beet kraut, shredded carrot, falafels, pomegranate, goats feta & salmoriglio vinaigrette

POWER PALEO GF / DF / SF / P 19
smoked salmon, sauteed mushrooms, seasonal greens, smashed avocado & a poached egg

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

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

WELLNESS BOWLS until 2.30 pm

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

GRANOLA BOWL V / SF 14
organic granola, natural yoghurt, house made compote, seasonal fruit, coconut shavings and a side of milk

ACAI BOWL V / VE / GF / DF / SF / P 16
acai puree topped with organic granola, coconut flakes, chia seeds, peanut butter and seasonal fruit

CHIA BOWL V / VE / GF / DF / SF / P 14
coconut and vanilla soaked chia seeds, mint, house made compote, seasonal fruit, coconut shavings

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

LUNCH until 4 pm

GRILLED REUBEN 12
slow cooked corned beef, melted cheese, kraut, pickle and spicy mayo on sourdough

GRILLED VEGAN VE / V / GF / DF / SF 12
beetroot hummus, avo, lettuce, tomato, carrot, raw beet kraut and sprouts on pumpkin toast

• see display cabinet for additional lunch items •

BREAKFAST SIDES

PROTEINS

- extra egg / 2
- smoked salmon / 4.5
- angus sausage / 4.5
- falafel / 3
- bacon / 3
- baked beans / 3.5

VEG & DAIRY

- spinach / 3
- cherry tomatoes / 3
- beetroot hummus / 3
- goats feta / 4
- hash brown / 2
- pumpkin / 4
- smashed avo / 4.5
- mushrooms / 4.5
- halloumi / 4

SAUCES

- hollandaise / 2
- BBQ or tomato / 2
- tomato relish / 2
- spicy mayo / 2

10% surcharge on week-ends

These are passed on directly to our staff in order to meet the minimum penalty rates



Facebook.com/fivesparrowscafe



Instagram - @fivesparrowscafe

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	6.5
organic orange juice	8

REAL MILKSHAKES

NO NASTY SYRUPS	6.5
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	6.5

POT OF TEA

English Breakfast	5
Earl Grey	
Chai Tea	
Peppermint	
Green	

PROPER COFFEE

WHITE • BLACK	4
Lactose free milk	0.5
Bonsoy milk	0.5
Almond milk	0.7
Coconut milk	0.7

ICED COFFEES

Cold Brew	4.5
Iced Latte	6
Iced Coffee	6.5
Iced Mocha	6.5

COLD PRESSED JUICES

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

SMOOTHIES

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

V vegetarian
VE vegan option
GF gluten free option
DF dairy free option
SF sugar free
P paleo friendly