

Munchas

CAFE

BREAKFAST OPTIONS

Served between 7am - 11:30am daily

Please place your order & pay with our friendly wait team at the counter.

Please specify any allergies when placing your order

Please check our daily specials board

Gluten free bread & Gluten free options are available

All items are cooked to order.

Your patience during our busy periods is appreciated.

GF = Gluten Free V = Vegetarian

THE BASICS

- \$4.50 *Toasted Sourdough or Toasted Soy & Linseed Sourdough served with strawberry jam (GF AVAILABLE)*
- \$4.50 *Toasted Raisin Turkish with butter*
- \$6.00 *Banana Bread with whipped honey butter*
- \$7.50 *Bacon & Egg roll - your choice of tomato or BBQ sauce*
- \$8.00 *Ham, Cheese & Tomato Croissant*

SWEET TREATS

- \$14.50 **MUNCHAS PANCAKES**
Lemon, Blueberry and Ricotta Pancakes topped with maple syrup and fresh ricotta
OR *Pancakes topped with chocolate sauce, roasted hazelnuts and vanilla ice cream*
- \$12.50 **MUNCHAS TOASTED GRANOLA (V)**
A selection of nuts, seeds & oats lightly toasted with dried apricots and cranberries topped with creamy yoghurt, fresh fruit and a side of milk

CREATE YOUR OWN

- \$8.40 **EGGS - SCRAMBLED / POACHED / FRIED IT'S YOUR CHOICE (V)**
On Sourdough toast
- ADD SOME EXTRAS charged Per Item**
- \$4.00 *Bacon, chipolatas, smoked salmon, eggs*
- \$3.00 *Avocado, slow roasted tomato, sautéed spinach, basil pesto, field mushrooms, hash browns, baked beans, mini zucchini, haloumi and asparagus fritters*

THE GOODS

- \$13.50 **ZUCCHINI, HALOUMI & ASPARAGUS FRITTERS (V)**
Served on baby rocket, topped with a poached egg and basil pesto
- \$ 4.00 **Add smoked salmon or bacon**
- \$13.90 **SMASHED AVO & FETA ON TOAST (V)**
Toasted soy and linseed sourdough with smashed avocado, Roma tomato, Little Creek feta, a poached egg and Dukkah spices
- \$14.50 **MEXICAN BREAKFAST WRAP**
Scrambled eggs, chorizo, baby spinach, cheese, avocado and tomato salsa in a toasted tortilla
- \$17.50 **VEGO SMART START (V)**
Choice of fried, poached or scrambled free range eggs; Field mushrooms, slow roasted tomato, Munchas mini zucchini, haloumi and asparagus fritters, wilted baby spinach & Munchas relish served with soy linseed sourdough
- \$19.00 **IRON MAN**
Choice of fried, poached or scrambled free range eggs; Grilled bacon, field mushrooms, slow roasted tomato, chipolatas, hash browns served with sourdough toast
- \$35.00 **MUNCHAS BREKKIE SHARE PLATE**
It's a Platter for 2 or seriously challenge yourself! Choice of fried, poached or scrambled eggs, bacon, chorizo, hash browns, mini zucchini, haloumi and asparagus fritters, grilled tomato, field mushrooms, wilted baby spinach and basil pesto with sourdough toast

MINI MUNCHAS

Kids menu for Under 12yrs
All meals served with a fruit popper

- \$9.00 **HUMPTY DUMPTY**
Choice of poached, fried or scrambled egg served with bacon and white toast
- \$9.00 **KIDS PANCAKE**
One pancake served with maple syrup and ice cream
OR *chocolate sauce and ice cream*
- \$3.50 **KIDDIES SIZE BANANA BREAD**
Spread with regular butter

SENIORS MENU

Seniors discount has already been applied

- \$9.00 **SENIORS BACON & EGG**
1 free range egg poached, fried or scrambled served with bacon on sourdough toast
- \$9.00 **SENIORS PANCAKE**
One pancake served with maple syrup and ice cream
OR *chocolate sauce and ice cream*
- TOASTED SANDWICHES -**
- \$7.50 *Ham, Cheese & Tomato*
- \$7.50 *Chicken, Cheese & Avocado*

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DRINKS OPTIONS

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HOT OPTIONS

| | | | | |
|--------|-----------------------------|--------------|--------|---|
| \$4.00 | Flat white - Cup | \$4.50 - Mug | \$4.00 | TEA - LOOSE LEAF BY THE POT |
| \$4.00 | Cappuccino - Cup | \$4.50 - Mug | | English Breakfast, Earl Grey, Chai, Peppermint, Chamomile, Green |
| \$4.00 | Latte - Cup | \$4.50 - Mug | \$0.50 | Syrups - Vanilla, Caramel, Butterscotch, Hazelnut, Peppermint, Salted Caramel |
| \$4.00 | Mocha - Cup | \$4.50 - Mug | \$0.50 | Soy Milk, Coconut Milk or Decaf |
| \$4.00 | Long Black - Cup | \$4.50 - Mug | | |
| \$3.00 | Short Black | | | |
| \$3.00 | Macchiato | | | |
| \$3.00 | Piccolo Latte | | | |
| \$3.00 | Ristretto | | | |
| \$4.00 | Chai Latte - Cup | \$4.50 - Mug | | |
| \$4.50 | Dirty Chai - Cup | \$5.00 - Mug | | |
| \$4.00 | Hot Chocolate - Cup | \$4.50 - Mug | | |
| \$4.00 | White Chocolate Mocha - Cup | \$4.50 - Mug | | |
| \$4.00 | White Hot Chocolate - Cup | \$4.50 - Mug | | |
| \$1.50 | Babycino | | | |

CHILLED OPTIONS

| | | | |
|--------|---|--------|--|
| \$6.00 | MILKSHAKE | \$7.00 | FRESH JUICE |
| | Chocolate, Strawberry, Caramel, Vanilla, Banana, Lime | | Check our specials board for today's fresh juice combo |
| \$3.50 | KIDS SHAKE | \$6.50 | ICED |
| | Chocolate, Strawberry, Caramel, Vanilla, Banana, Lime | | Chocolate, Coffee, Caramel, Mocha, Chai |
| \$7.00 | SMOOTHIE | | A range of chilled, bottled drinks are available |
| | Check our specials board for today's smoothie combo | | |

Munchas

CAFE & CATERING

YOUR EVENT SPECIALISTS

Munchas Catering operates a professional and expansive catering service for:

- Weddings
- Engagements
- Birthdays
- Conferencing
- Anniversaries
- Christmas parties
- Celebrations of any kind

Whether it be a canapé package, two or three course meal or buffet, we can work with you to compliment your special event

Phone (02) 4333 8197 or
email info@munchascafe.com.au
all enquiries welcome

To view our catering packages visit:

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LUNCH OPTIONS

Served between 11.30am - 3pm daily

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LIGHT STUFF

\$10.90 BRUSCHETTA
Please check our daily specials board

\$10.90 SMOKED SALMON BAGEL
Toasted bagel served open topped with cream cheese, chives, smoked salmon, rocket, Spanish onion & capers

\$14.50 ZUCCHINI, HALOUMI AND ASPARAGUS FRITTERS
Served on a bed of rocket & roasted capsicum topped with avocado served with sweet chilli crème fraiche
ADD: \$4.00 Smoked Salmon or Bacon

\$16.90 CHARGRILLED VEGGIE STACK (V)(GF)
Layered with zucchini, eggplant, roasted capsicum, whole grilled mushroom, baby spinach leaves topped with sweet potato crisps, feta & basil aioli

\$15.50 CHICKEN RANCH SALAD
Chicken breast schnitzel, with bacon, baby cos lettuce, cucumber, red onion & cherry tomatoes finished with our homemade ranch dressing

CHIPS

\$4.50 SMALL
Served with honey mustard aioli

\$7.00 LARGE
Served with honey mustard aioli

BURGERS

All served on toasted turkish bread with Munchas famous chips

\$16.90 SURFS UP STEAK BURGER
Seared scotch fillet steak topped with caramelised onion & Little Creek cheddar, salad leaves, tomato, beetroot & BBQ sauce

\$16.50 BARRAMUNDI BURGER
Beer battered barramundi with lettuce, tomato, cucumber, spanish onion and lemon tartare aioli

\$15.90 SATAY CHICKEN BURGER
Marinated satay chicken breast with asian slaw and peanut sauce

\$14.50 GOURMET BEEF AND BACON BURGER
Munchas beef patty with bacon, cheese, tomato relish, beetroot and salad leaves

SEAFOOD

\$18.50 FISH OF THE DAY
Please check our specials board for our chef's creation

\$17.00 CRISPY BEER BATTERED FLATHEAD FILLETS
Served with salad greens, chips and lemon tartare aioli

\$16.90 SALT & PEPPER SQUID
Tenderised squid dusted in Munchas famous salt & pepper mix served with chips, salad and honey mustard aioli

\$17.50 GRILLED PRAWN SALAD (GF)
On a mesculin salad with avocado, rocket, spanish onion & cherry tomatoes served with a mango & chilli aioli

MINI MUNCHAS

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\$9.00 CHICKY BABE
Chicken nuggets & chips

\$9.00 FISH AHOY
Little fish pieces & chips

\$9.00 KIDS CHEESEBURGER
With chips

SENIORS MENU

Seniors Discount has already been applied.

\$11.50 BATTERED FISH & CHIPS
Served with lemon tartare aioli and side salad

\$11.00 CHICKEN SCHNITZEL
With chips and a side salad served with honey mustard aioli

\$9.90 OPEN TURKISH MELTS
*Ham, Cheese & Tomato
Chicken, Cheese & Avocado*

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TAKE AWAY MENU

SNACKS

| | | | |
|--------|--|-----------------------|--------|
| \$4.00 | <i>Small Chips</i> | <i>Fish Cocktails</i> | \$1.00 |
| \$5.50 | <i>Medium Chips</i> | <i>Potato Scallop</i> | \$1.00 |
| \$7.50 | <i>Large Chips</i> | <i>Prawn Cutlet</i> | \$1.50 |
| \$4.50 | <i>6 pack of Salt & Pepper squid</i> | <i>Piece of Fish</i> | \$5.50 |
| \$4.50 | <i>6 pack of Nuggets</i> | | |

MUNCHAS VALUE PACKS

| | |
|---------|--|
| \$7.00 | <i>Salt & Pepper Squid & chips</i> |
| \$8.00 | <i>Fish & Chips</i> |
| \$15.00 | <i>Fish & Chips for 2 – 2 pieces of battered fish & chips</i> |
| \$17.50 | <i>Seafood Pack for 2 – 4 fish cocktails, 2 prawn cutlets, 2 potato scallops, 6 salt & pepper squid with chips, lemon wedges & tartare sauce</i> |
| \$27.50 | <i>Family Pack – 8 fish cocktails, 4 prawn cutlets, 4 potato scallops, 6 salt & pepper squid & chips with lemon wedges & tartare sauce</i> |

BURGERS OR WRAPS (\$1.00 Extra)

| | |
|---------|--|
| \$5.00 | <i>Kids Cheeseburger – Muncha patty, cheese & BBQ or tomato sauce</i> |
| \$6.50 | <i>Bacon & Egg Roll – Your choice of BBQ & tomato sauce</i> |
| \$7.50 | <i>Muncha Burger – Muncha patty, lettuce, tomato, beetroot, onion & BBQ or tomato sauce</i> |
| \$10.50 | <i>Mega Muncha – As above with bacon, egg, pineapple & cheese</i> |
| \$8.00 | <i>Chicken Schnitzel Burger – Chicken Schnitzel, tomato, bacon, cheese & ranch dressing</i> |
| \$8.50 | <i>Tradie Burger – Bacon, egg, cheese, chipolata, hash brown & sauce</i> |
| \$7.00 | <i>Veggie Burger – Vegetable fritter, lettuce, tomato, beetroot, sour cream & sweet chilli sauce</i> |
| \$1.00 | <i>Add extras (each) – Bacon, Egg, Cheese, Pineapple, Avocado, Potato Scallop</i> |
| \$1.50 | <i>Hash Brown</i> |
| \$4.50 | <i>Upgrade to a Burger Deal to add chips & a 390ml softdrink</i> |

HEALTHY OPTIONS

| | | | |
|---------|--|---------------------------------------|--------|
| \$10.50 | <i>Chicken Breast and Garden Salad Tub</i> | <i>Smoked Salmon & Salad Wrap</i> | \$9.50 |
| \$9.50 | <i>Chicken Breast & Salad Wrap</i> | <i>Ham & Salad Wrap</i> | \$8.50 |
| | | <i>Salad Wrap</i> | \$6.50 |

EXTRAS

| | | | |
|--------|---|----------------------------|--------|
| \$1.00 | <i>Gravy</i> | <i>Honey mustard aioli</i> | \$1.50 |
| \$0.50 | <i>Sauces – Tomato, BBQ & tartare</i> | | |

A SELECTION OF ICE CREAMS, LOLLIES, CHIPS AND COLD DRINKS ARE AVAILABLE