

Opening hours

Mon ~ Sat 8am-5pm / closed Sunday
Take away Mon ~ Fri from 7am



Find us!



@The Full Pantry Cafe and Store
www.thefullpantry.com.au

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#thefullpantry



Acai smoothie bowl 15 GF VGN

Acai smoothie, housemade granola, peanut butter co-yo, banana, strawberry

Creamy chia pudding GF VGN 15

Maple coconut and chia pudding, poached quinces, seasonal pear, coconut crunch, rhubarb

Rice porridge 15 GF VGN

Rice flake porridge, stewed apples, currants, stawberries, activated & caramelised buckwheat

"Rose'd" avocado 18 OGF VGN

House-made pumpkin brioche, beetroot purée, avocado rose, whipped feta, pickled baby beets, pumpkin seed crisp, poached egg

Pork belly benedict 18 GF

Red peppercorn roasted pork belly, housemade hash-browns, poached eggs, fresh apple and fennel, apple and red peppercorn gel, hollandaise

Chorizo croquettes 19 GF

Rice crumbed chorizo croquettes, romesco sauce, sriracha chilli scramble, zucchini pickle

Banoffee waffle 18

Vanilla waffle, brûlée banana, fresh strawberries, torched meringue, salted peanut butter cookie dough, crème anglaise

Southern fried chicken sub 19 OGF

Southern fried chicken, sourdough panini, smoked jalapeno mayo slaw, housemade BBQ relish, handcut sweet potato chips

Baked eggs 18 OGF

Two poached eggs baked in spinach zhoug and yoghurt, fried chickpeas, coriander seed salt, blistered green chilli, housemade lavosh

+ bacon 2.5

Atlantic salmon 23 OGF

Pan fried atlantic salmon, jerusalem artichoke purée, hasselback kipfler potatoes, garlic and herbs, rye and thyme savoury granola

Coffee rubbed beef brisket 22 GF

15hr confit beef brisket, mixed vegetable slaw, sour cream dressing, capsicum and corn salsa, mixed herbs

Eggs your way 9 OGF+1.5 Poached, scrambled, fried

Nourish bowl salad 18 GF VGN

Marinated tofu, turmeric coconut yoghurt, spiced quinoa, currants, carrots, herbs, broccoli, snow peas

Organic Zeally Bay Bakery sourdough or fruit toast 6

Cafe Strada gluten-free toast or fruit toast 7

Sides:

Honey 1.5
Freshly ground almond, cashew or peanut butter 1.5
House-made jam 1.5
Vegemite .20

Soba noodle bowl 19

Soba noodles, pickled cabbage, cucumber, snow peas, smoked salmon, soft-boiled egg, coriander, spring onion, coconut amino and sesame dressing

Chips 7 GF VGN

Fried rosemary salted chips with beetroot aioli

Pumpkin bowl 18 OGF VGN

Roast pumpkin, smoked almond and date hummus, porcini nut loaf, heirloom carrots, housemade cashew fetta, fried enoki mushrooms

+ poached egg 2

Using a variety of products from The Full Pantry store and cooking the whole menu in-house, we want you to experience our wholesome, healthy, tasty and a-little-bit-cheeky menu. Dietary needs and requirements will be met as best we can.

Tomato	3.5
Spinach	3.5
Garlic roasted mushrooms	3.5
Hollandaise	3.5
Hashbrown	3.5
Chorizo croquette	3.5
Bacon	4.5
Avocado	4.5
Smoked salmon	4.5

Please ask our friendly staff for a run down of our sweet options!
GF=Gluten Free OGF= Optional Gluten Free VGN= Vegan OVG= Optional Vegan