

Opening hours

Mon ~ Fri 7am-5pm / Sat 7:30am-5pm / Take away & dine in
Kitchen closes at 3pm / Closed Sunday



Find us!



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

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#thefullpantry



Açaí smoothie bowl 15 GF VGN
Açaí smoothie, housemade granola, peanut butter co-yo, banana, strawberry

Coconut chia pudding 15 GF VGN
Maple coconut and chia pudding, mango coulis, dehydrated fruit sticks, passionfruit

Strawberry cheesecake 15 GF VGN
Strawberry and coconut cheesecake, fresh berries, rhubarb, apple, coconut crunch, berry gel

Rose avocado 18 OGF OVG
House-made pumpkin brioche, beetroot purée, avocado rose, whipped feta, pickled baby beets, pumpkin seed crisp, poached egg

Pork belly benedict 18 GF
Roasted pork belly, housemade hashbrowns, poached eggs, fresh apple and fennel, apple and red peppercorn gel, hollandaise

Smashed pea & haloumi 19 OGF OVG
Smashed peas, garlic toasted grain sourdough, pan-fried haloumi, pickled shallots, cucumber ribbons, radish, herbs, coriander seed and chilli dukkah
+ poached egg 2

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 jalapeño mayo slaw, housemade BBQ relish, handcut sweet potato chips
+ bacon 2.5

Baked eggs 18 OGF
Two poached eggs baked in spinach zhoug and yoghurt, fried chickpeas, coriander seed salt, blistered green chilli, housemade lavosh

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, smoked jalapeño mayo slaw, 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

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

Cured salmon poké bowl 19 GF
Wild rice, house-cured atlantic salmon, whipped avocado, edamame beans, snow peas, miso and yuzu dressing, pickled carrot, nigella seeds, coriander

Chips 7 GF OVG
Fried rosemary salted chips with beetroot aioli

Pumpkin bowl 18 OGF VGN
Roast pumpkin, smoked almond and date hummus, porcini nut loaf, roast carrot, 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.

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