

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



Watermelon smoothie bowl 15 GF VGN
Watermelon and guava smoothie bowl, tropical hemp seed granola, fresh fruit salad

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

Doughnuts 18 GF
House-made vanilla doughnuts, dark chocolate soil, chocolate and hazelnut ganache, blackberries

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

Turkish eggs 18 OGF OVG
Smooth hummus, grilled mushrooms, lemon herb and chilli schug, poached eggs, poppyseed lavosh, pinenuts

Fish tacos 21 GF
Blue corn tortillas, polenta crumbed harpuka, cos lettuce, corn relish, finger lime mayonaise, nigella seeds

Pumpkin falafel 18 GF VGN
Pumpkin falafel, creamed almonds and garlic, tabbouleh of pickled cabbage, parsley, pomegranate, buckwheat

Eggs your way on sourdough toast 9 OGF +1.5
Poached, scrambled, fried

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

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

Whipped danish fetta	2.5
Whipped cashew fetta	2.5
Tomato relish	2.5
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

Poached chicken salad 18 GF OVG
Beetroot hummus, raw sliced cauliflower, roasted beetroot, pumpkin, kale, sunflower seeds, hazelnut vinaigrette, crispy kale
+ poached egg 2

Chips 7 GF OVG
Fried rosemary salted chips with beetroot aioli

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 make our wait staff aware of any allergy or intolerance.

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