

Chia and oat bircher 17 | vgn

Over-night soaked oats and chia seeds, fresh pear, braised quince, sweet rose and pistachio dukkah

Rice flake porridge 17 | gf, ovgn

Creamy rice porridge, cranberries, candied pecans, pepitas, bruléed banana, steamed milk of your choice

Smashed avocado 23 | ogf, ovgn

Smashed avocado on garlic oiled sourdough, poached egg, smoked feta, roast pumpkin, rosemary walnut dukkah

Pork belly benedict 25 | gf

Roasted pork belly, two poached eggs, polenta crumbed hashbrown, smoked pork and cabbage dumpling, apple cider vinegar hollandaise, bacon crumb, pickled onion

Baked eggs 23 | ogf

Two poached eggs baked in a slow cooked mixed bean and tomato ragu, fried herbs, freshly grated parmesan, grilled sourdough
+ Grilled chorizo 5.5



Reuben sandwich 18

Smoked pastrami, sauerkraut, russian dressing, gruyere cheese
+ Sweet potato chips 6

Dietary requirements will be met as best as we can. Please make our staff aware of any allergy or intolerance.

A 10% surcharge applies for Saturdays.

Gf=Gluten free | Ogf=Optional gluten free

Vgn=Vegan | Ovgn= Optional vegan



Organic Zeally Bay Bakery sourdough 8

Organic Zeally Bay Bakery fruit toast 9

Gluten free Stada Bakery toast 10

Gluten free Stada Bakery fruit toast 11

Add honey, peanut butter, jam or vegemite

Eggs your way on sourdough toast

Poached or fried | 12.5

Scrambled | 13.5



Sides

Tomato relish | Smoked whipped feta 3

Apple cider vinegar hollandaise 4

Char grilled tomato | Sautéed spinach 4.5

Garlic roasted mushrooms 4.5

Hashbrown | Bacon 5

Avocado | Smoked salmon 5

Haloumi | House baked beans 5.5

Chorizo sausage 5.5

Sweet potato chips 6

Potato chips 10 | gf, ovgn

Herb salt and confit garlic aioli

House made sweet potato chips 12 | gf, ovgn

Herb salt and confit garlic aioli

Fried chicken burger 19 | ogf

Southern fried chicken, house-made milk bun, smoked jalapeño aioli dressed slaw, cheddar cheese, capsicum and cucumber relish
+ Avocado 3
+ Sweet potato chips 6



Lentil burger 20 | ogf, vgn

Beetroot and smoked mushroom lentil pattie, caramelized onion, queso sauce, rocket
+ Avocado 3
* Sweet potato chips 6

Mexican bowl 21 | gf, vgn

Roasted cauliflower and brown rice, queso sauce, char-grilled corn salsa, red lentil chips, pickled jalapeños
+ Avocado 5

Roast sweet potato salad 22 | gf, vgn

Crispy chunks of sweet potato, beetroot hummus, salad of mixed quinoa grains, pickled red onion, currants, parsley, almonds, kale, edamame, edamame mayo, turmeric and almond dukkah
+ Haloumi 5
+ Poached egg 3



Tandoori carrot salad 22 | gf, ovgn

Tandoori spiced dutch carrots and eggplant, chickpea hummus, lentil salsa, raita, soft herbs
+ Haloumi 5
+ Poached egg 3

Barramundi 25 | gf

Pan seared barramundi, jerusalem artichoke purée, roasted jerusalem artichokes, broad beans, sautéed seasonal greens, toasted almonds

Milk coffee

Latte | 4.5
Flat white | 4.5
Cappuccino | 4.5
Mocha | 4.5
Magic | 4.5
Long mac | 4.5
Short mac | 4
Piccolo | 4
Iced coffee | 5.5
Iced mocha | 5.5

Black coffee

Espresso/short black | 3.5
Long black | 4
Iced long black | 4
Cold drip | 6
Nitro cold drip | 6
Tonic espresso | 6
V60

Filter coffee menu

Please ask to see our available filter coffees

Coffee flight | 15

A tasting board of our single origin double espresso, our choice of V60 pourover and 250ml of freshly brewed cold drip

Ceylon Blend Teas Single 4.5 | Pot 5.5

Earl grey
French earl grey
English breakfast
Lemongrass & ginger
Green tea
Peppermint
Chai tea
Chamomile

Other drinks

TFP Hot chocolate | 5
Iced chocolate | 5.5
TFP Wet Chai latte | 5.5
TFP Iced Wet chai latte | 5.5
TFP Turmeric latte | 4.5
Matcha latte/tea - pure | 4.5
Matcha latte/tea - vanilla | 4.5



All our coffee is proudly roasted and supplied by Alt/T specialty coffee. Ethically sourced and roasted in Eastern Melbourne.

Cafe hours

Mon - Fri | 7am - 3:30pm

Sat | 8am - 3:30pm

Kitchen closes at 2:30pm everyday

Sunday closed

Store hours

Mon - Fri | 8:30am - 5pm

Sat | 9am - 3:30pm

Sunday closed

Pastries from the cabinet

(Subject to availability)

Muffin 5

Friand 4.5

Sweet danishes 6.5

Savoury danishes 7.5

Plain croissant 6.5

Almond croissant 7

Ham, cheese & tomato croissant 12

Vegan cakes 7.5

Follow and tag us!



The Full Pantry Store and Café



thefullpantry

Smoothies | 8.5

Berry crush

Strawberry, raspberry, passionfruit, orange juice

Choc peanut

Raw cacao, peanut butter, coconut, dates, banana, oat milk

Tropical mango

Mango, banana, orange juice, passionfruit, lime, coconut milk

Milkshakes | 7.5

Chocolate

Strawberry

Vanilla

Salted caramel

Fresh juices | 8.5

Immunity Boost

Carrot, orange, pineapple, ginger

Green cleanse

Pineapple, celery, apple, lemon

The AOG Juice

Apple, orange, ginger

Or choose your own mix!

Peninsula BLVD sodas | 5.5

Blood orange

Pink grapefruit

Lemonade

Ginger

Berry

Tonic