

Plum porridge 17 | vgn

Plum compote, oat porridge, roast plum gel, toasted coconut, whipped coconut cream

Rice pudding 17 | gf, ovgn

Creamy jasmine rice pudding, poached strawberries, pomelo and strawberry salsa, toasted puffed rice

Smashed avocado 23 | ogf, ovgn

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

Braised pork benedict 25 | ogf

Pressed pork shoulder, two poached eggs, polenta crumbed hashbrown, yorkshire pudding, cider vinegar hollandaise, smoked bbq fruits gel, pickled onion

Chilli scrambled eggs 19 | ogf

Chilli scrambled eggs on grilled garlic sourdough, chilli and peanut crunch, charred corn, popcorn, herb oil, salata cheese
+ Grilled chorizo 5.5
+ Avocado 5

Creamed cavolo nero 20 | ogf

Baked creamy cavolo nero, two poached eggs, chives, chorizo jam grilled sourdough

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

Honey | peanut butter | housemade jam 2

Vegemite 1

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

Korean fried chicken burger 19 | ogf

Korean spiced fried chicken, house-made milk bun, spring onion aioli, pickled daikon and veg slaw, cheese

+ Avocado 3

+ Sweet potato chips 6



Fennel seed brioche french toast 21

House-made brioche, brûléed fennel sugar, seasonal citrus and finger lime salsa, toasted almonds, creme anglaise

Eggplant moghrabieh salad 21 | ovgn

Smokey eggplant purée, pumpkin falafel, moghrabieh salad of grapes, dill, pinenuts, lemon, eggplant crisp, za'atar labneh
+ 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, kale, almonds, pepitas, edamame beans, edamame mayo, turmeric and almond dukkah
+ Haloumi 5
+ Poached egg 3

Carrot salad 22 | gf, vgn

Roasted dutch carrots, lightly pickled carrot and zucchini, carrot hummus, soft herbs, toasted sesame
+ Haloumi 5
+ Poached egg 3

Barramundi 25 | gf

Pan seared barramundi, sautéed seasonal greens, cocktail potatoes, fennel, soft herbs, tartar beurre blanc

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 | 6
Iced mocha | 6

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 raspberry and rose latte | 5
TFP Hot chocolate | 5
Iced chocolate | 6
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
London fog | 6



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

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