



Gluten Free • **GF** Vegetarian • **V** Vegan • **VG**

FOOD ALLERGIES:

Please be aware that all care is taken when catering for special requirements. It must be noted that within the premises we handle nuts, seafood, shellfish, sesame seeds, wheat flour, eggs, fungi and dairy products. Customer requests will be catered for to the best of our ability, but the decision to consume a meal is the responsibility of the diner.

20% surcharge applies on public holidays.
15% surcharge applies on Sundays. March 2024

SWEETS

Yoghurt Panna cotta, granola, seasonal berries • **16 • V**

Hot cakes, maple syrup, double cream, lemon curd, seasonal fruits, meringue, pashmak • **28 • V**

Please allow 20 minutes cooking time

Brioche French toast, whipped Biscoff, hazelnut and white chocolate praline • **27 • V**

Mango smoothie bowl, Greek yoghurt, granola, toasted coconut, chia seeds, sunflower seeds, berries, honey • **17 • V/VG Available**

SAVOURY

Brekkie greens, hummus, zucchini, kale, broccolini, beans, quinoa, sesame, poached eggs, parmesan, crispy shallots, falafel • **29 • GF/V/VG Available**

Salmon tacos, smashed avo, puffed rice, tomato salsa, lime, salsa verde • **27 • GF**

Spiced haloumi, charcoal toast, smashed avocado, poached eggs, chilli jam, dukkah, labna, lime • **27 • V**

Steamed bao buns, pickled carrot, herbs, sriracha mayo w/slow braised pork belly • **28**
w/buttermilk fried chicken • **28**

Ham, cheddar and tomato omelette, toasted sourdough • **25 • GF Available**

Crispy egg white omelette, chilli, ginger, Asian greens, pickled kohlrabi, fennel salad • **26 • GF/V**

Buttermilk fried chicken, waffle, maple syrup and sriracha mayo • **28**

Calamari, purple cabbage, wombok and herb salad, bean sprouts, peanut sauce, Asian dressing, fried egg • **28**

Crab and prawn omelette, soy broth, coriander, mint, bean sprouts, sesame, chilli • **28**

Chilli crab scramble, tricolour capsicum, pickled radish, herbs, spiced yoghurt and toasted rye • **29**

Baked beans, chorizo, poached eggs, sour cream, avocado, mozzarella, corn chips • **29 • GF**

Portobello mushroom, kale, poached eggs, almond crumb, hollandaise, parmesan • **26 • GF/V**

Mozzarella toastie, light rye, roasted red pepper & tomato soup, basil • **26**

Chicken Cotoletta sandwich, brioche bun, hot honey, cheese, house made secret sauce, pickles, cos, fries & chicken salt • **28**

Brioche burger, pork sausage patty, bacon, fried egg, tomato jam, aioli, cheese, lettuce, onion rings, fries & chicken salt • **29**

Reuben sandwich, toasted rye, sauerkraut, pastrami, cheese & house made secret sauce, fries & chicken salt • **28**

Baked gnocchi, tomato sugo, pecorino, mozzarella, toasted sourdough • **28 • V/GF when available**

Corn & zucchini fritters, mint yoghurt, tomato salsa, lime & coriander • **25 • GF/V/VG Available**

Hello neighbour big brekkie, chargrilled sourdough, hash brown, tomatoes, kale, mushroom, eggs, housemade tomato jam w/ Bacon & chipolatas • **32**
w/ grilled haloumi and avo • **29 • V/GF Available**

Eggs benny, poached eggs and hollandaise on toasted brioche bun - Spinach • **23 • V** | Ham • **25** | Bacon • **25**

Heirloom tomato bruschetta, whipped fetta, fresh lemon, haloumi, charcoal toast • **26 • V**

Roasted pork belly, soy chilli caramel, cos, wombok, pear, edamame, crispy shallot, sesame, kewpie • **29**

Sauteéd mushrooms, roast pumpkin, spinach, feta, soy pine nuts, toasted rye • **28 • V/GF/VG Available**

Chargrilled chicken breast, cos, cabbage, radish, crispy shallots, soy, sesame and aioli • **29**

Avocado, dukkah, sesame, pickled shallots, and charcoal toast • **21 • V/VG**

Watermelon, haloumi, puffed rice, labna, herbs • **25 • V**

Eggs on toast • **14** Poached, fried, scrambled (+2)

Plain Croissant • **6** | Ham & Cheese • **10**
| Ham, cheese & tomato • **11**
when available



KIDS

Kids Dippy egg, brioche soldiers, grilled bacon • **12**

French toast, maple syrup and pashmak • **12**

Nutella S'more crepe • **12**

Smashed avocado, poached egg and toast • **13**

SIDES

Extra egg • **4** | Hollandaise • **4**
Housemade Tomato Jam/ Chilli Jam • **4**

Roasted tomato • **5** | Hash brown (2) • **5** | Kale • **5**

Toast (2) • **6** | Gluten free toast (2) • **6**
Avocado • **6** | Spinach • **6** | Mushroom • **6**

Bacon • **7.5** | Grilled haloumi (2) • **7.5**

Chipolatas (3) • **8**

Fries, kewpie, chicken salt • **12**

Potato skins, aioli • **14**

HELLO NEIGHBOUR

JUICES

All juices • 10

Apple | Orange | Watermelon

CLEANSER

Orange, ginger, lemon, carrot, celery

ALOHA

Watermelon, pineapple, strawberry, mint

SUMMER SQUEEZE

Watermelon, orange, pineapple

PERCY PEAR

Apple, pear, lemon, orange

THE GOOD LIFE

Spinach, cucumber, ginger, celery, apple, pineapple, lemon

ONE IN A MELON

Watermelon, rockmelon, orange, strawberry

CREATE YOUR OWN

From the following (up to 5):
Watermelon, spinach, lemon, strawberry, celery,
cucumber, orange, rockmelon, pear, apple,
pineapple, ginger, carrot

MALTED MILKSHAKES

All milkshakes • 10

Milk shakes are malt based with
vanilla ice cream and milk

(Alt milk extra • 1)

Milo | Coffee | Chocolate | Peanut butter
Strawberry | Caramel | Banana | Vanilla | Nutella



SMOOTHIES

All smoothies • 10

PB AND HEY

Nutella, peanut butter, yogurt, almond milk, banana, ice

THE DOMINO

Oreo, vanilla ice cream, nutella, milk, ice

BLUE JEAN BABY

Blueberry, oats, mango, milk, yogurt, honey

EVERYTHING BUT THE TREE

Spinach, cucumber, pineapple, apple, celery, coconut,
ice, water or coconut milk

MEET ME AT THE DAIRY

Banana, oats, dates, honey, yogurt, milk, ice

BERRY BLAST

Strawberry, blueberry, raspberry, mango, honey,
yogurt, milk, ice

COFFEE TO GO-GO

Double espresso, coconut milk, ice, nutella

MR MATCHA FRAPPE

Matcha, ice, milk, malt

THE MANGO

Mango, banana, coconut milk

COFFEES

(Prices vary depending on type/milk)

Bubbacino • 1

Short black • Ristretto • Short mac • Long mac • 3.80

Piccolo • Latte • Cappuccino •
Flat white • Long black • 5 | Mug • 6
Cold Drip (when available) • 6.50

Chai Latte • Dirty chai • Mocha • Hot Chocolate •
Matcha • Turmeric • Beetroot • 5.50 | Mug • 6.50

Iced coffee • Iced chocolate • 8

Magic coffee • 5 | Bulletproof • 6 | Sticky Chai • 6 |
Puppacino • 1

(Caramel • Hazelnut • Vanilla • Honey • 50c)

FLAVOURED HOT CHOCOLATES

All hot chocolates • 5.50 Mug size • 6.50

Chilli | Dark | Hazelnut | Mint | White

ALT MILKS AVAILABLE

All alt milks • 1

Almond | Soy | Coconut | Oat | Lactose free

TEAS / ICE BLENDS

T Bar Speciality Loose Leaf Teas • 5

English Breakfast | Sencha Green | Ginger and
Lemongrass | Peppermint | Earl Grey Blueflower
Prosperi-T Chai | Chocolat-T | Miss Maple
Serendipi-T Berry | Lychee Oolong

All ice blends • 7

Peach Sencha | Strawberry | Lemon Blueflower

BREAKFAST COCKTAILS

BLOODY MARY • 21

BLOODY MARISOL – Tequila • 21

FLAMING SCOTSMAN – Chivas • 21

TRINI & TOBY'S – Bacardi Oro • 21

All with crispy bacon garnish

MIMOSA • 12

SUNDAY MORNING ON BYRES ROAD
Prosecco & Figs • 16

ELDERFLOWER MIST
Bombay, elderflower, soda, mint • 18

SOMETHING WITH A VIEW
Chambord, lemonade, lime wedge • 18

GALAH
Passionfruit, lime, Campari, soda • 18

THE 5022
Rose water, lime, passionfruit, vodka, soda • 18

THE WAVES
Lemon, rose water, mint, soda, gin • 18