

breakfast 7 days | monday-friday 7.30am-12pm | saturday 8am-3pm | sunday 9am-3pm

breakfast

bircher muesli, greek yoghurt, grated granny smith's, toasted almonds, honey	12.50
breakfast trifle - layered natural yoghurt, muesli, pistachio, mixed berries	10.50
potato, fetta and caramelised onion fritatta	15.00
croissant, 'jam lady' organic jams	6.50
croissant, ham, cheese and tomato	8.00
duelos y quebrantos (pain and destruction), spanish breakfast, rough scrambled eggs, bacon	14.00
asparagus and tuna omelette, fresh herbs	16.00
egg and bacon roll, onion jam, bbq sauce, cheddar cheese	12.50
chorizo cassoulet - baked egg, chorizo, cannellini beans, tomato sugo, parsley	16.00
truffle and chive scrambled eggs	14.00
full breakfast - eggs as you like, bacon, sausage, tomato, spinach, mushroom	18.00
eggs benedict - shaved ham or spinach	13.50
eggs benedict - smoked salmon	14.50
moroccan spiced scrambled eggs with persian fetta	12.50
french toast, mixed berries, cream	14.00
fruit bread or deek's grain free/gluten free toast, 'jam lady' organic jams	6.50
toasted ciabatta or granery bread, 'jam lady' organic jams	5.50
pancakes, maple syrup and vanilla icecream	12.50
organic free range eggs scrambled, fried, poached on ciabatta toast	9.90

extras

tomato, mushrooms, spinach, kipfler potatoes	2.80
smoked salmon, toulouse sausage, bacon, chorizo	3.50
yoghurt, gluten free toast	1.50

drinks

energiser juice - mango, blueberry, yoghurt and wheat germ	7.00
breakfast shake - raspberry, banana, pineapple juice, skim milk, yoghurt and honey	7.00
bloody mary	8.50
virgin mary	6.00
hangover helper - berocca blended with pineapple, mint and crushed ice	7.50
champagne cocktail with sparkling wine and cassis	10.50

milk and honey

centre cinema building bunda street canberra city ph 6247 7722 fax 6247 7799

breads - garlic / parmesan and chilli / fresh bread with olive oil and balsamic gfo	5.50
trio of house made dips served with crispy bread (vo)	15.50

entrees

bruschetta - sauteed mushrooms and fetta gfo (v)	12.90
- vine ripened tomato, garlic, basil, spanish onion gfo (v) add chicken extra 5.00	12.90
lightly fried calamari tossed with sea salt, served with rocket and aioli	17.50
honey roasted pumpkin salad, rocket, crispy prosciutto and soft goats cheese dressing gf (vo)	16.00
rice paper rolls with rare tuna, coriander, mint, crispy vegetables and dipping sauce gf (vo)	17.00
haloumi with rocket, white beans, roasted red capsicum and aioli gf (v)	16.50
seared scallops served with a crispy chorizo salad gf	18.00

mains

market fresh fish of the day	
grain fed scotch fillet (300g), fries and bernaise sauce gfo	34.00
lemon and chilli chicken breast, crushed chat potatoes, parsley and spicy capsicum coulis gf	27.00
rosemary braised lamb, garlic and white bean skordalia, minted yoghurt gfo (v)	28.00
malaysian style laksa, hokkien and rice noodles, tofu, bean shoots, crispy onions gfo	
vegetarian 17.50 / chicken 19.50 / seafood 24.50	

pasta

fettuccini carbonara, mushrooms, bacon, garlic cream sauce (vo)	17.50 / 21.00
linguini marinara - fresh seafood, tomato sugo, garlic, chilli and parsley	20.00 / 26.00
rigatoni with chicken, bacon, garlic, chilli, olives, in tomato sugo with parmesan (vo)	21.00
prawn and bacon fettucini tossed with fresh tomato, garlic and olive oil	19.50 / 25.00
mixed mushroom risotto, truffle oil, grana padana and shallots (v)	18.00 / 23.00

sides

greek salad - tomatoes, kalamata olives, fetta, spanish onion and fresh oregano gf	8.50
fries tossed with sea salt - aioli and tomato sauce	8.50
rocket and parmesan salad with extra virgin olive oil and balsamic gf	8.50
steamed seasonal crispy vegetables with olive oil and sea salt gf	8.50

gf - gluten free / gfo - gluten free option

(v) - vegetarian / (vo) - vegetarian option

we are happy to cater for any dietary requirements please ask our staff for assistance

if you have any allergies, please advise our staff

hot

coffee cappuccino, latte, piccolo latte, flat white, long black, short black, macchiato, ristretto	3.2
extras mugs	.7
soy	.5
caramel, vanilla, hazelnut	.7
molinari coffee beans or ground coffee (250grams)	9.5
affogato – vanilla icecream served with a shot of espresso	5.5
vanilla spiced chai latte	3.8
dandelion latte	3.5
hot chocolate or hot white chocolate with real chocolate buds	3.8
hot malted caramel	3.8
t2 tea black english breakfast, earl grey, orange pekoe, spiced chai, irish breakfast, crème brulee	3.5
t2 tea herbal chamomile, peppermint, lemongrass and ginger, lemon cooler, turkish apple, red fancy fruit, green tea and rice, de tox, china jasmine	3.5

cold

iced lemon tea or iced apple tea	4.5
iced coffee, iced chocolate or iced caramel with lots of icecream	5.5
smoothies – banana, strawberry or mango made with yoghurt and honey	5.0
fresh fruit daquiri – seasonal fresh fruit blended with ice	5.5
soft drinks – coke, diet coke, lemonade, soda, squash, dry ginger, tonic	3.0
tiro blood orange, passionfruit or grapefruit sparkling soft drink	3.0
fonteviva italian sparkling mineral water	3.0
fonteviva italian sparkling mineral water (500ml)	4.8
juices – ruby grapefruit, guava, cranberry, tomato or mango nectar	3.0
blood orange juice	4.0

fresh juices and tonics

apple, orange, watermelon, pineapple, carrot, celery, beetroot, ginger, lyche or mint	5.5
hot stuff apple, carrot, ginger with a side of wasabi	5.5
lychee lush lychees, orange and lemon juice blended with ice	6.0
mellow mango mango, pineapple and coconut milk on ice	6.0
cranberry crave cranberry, ruby grapefruit, apple and lemon juice on ice	6.0
citrus splice pineapple, pear and lime with a dash of tonic water	5.5
pine melon crush pineapple, watermelon, guava and mint blended with ice	6.0
eliminator carrots, blood orange, beetroot and cranberry juice	5.5
pick me up strawberry, banana, mango and guarana blended on ice	6.5

The logo for 'milk and honey' is positioned in the bottom right corner of the page. It features the word 'milk' in a lowercase, sans-serif font, followed by 'and' in a smaller, lowercase font, and 'honey' in a larger, lowercase, sans-serif font. The text is white and set against a dark rectangular background.