

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

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

## light meals

|  |       |
|--|-------|
| lightly fried calamari tossed with sea salt, served with rocket and aioli gfo                    | 17.50 |
| 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 |
| honey roasted pumpkin salad, rocket, crispy prosciutto and soft goats cheese dressing gf (vo)    | 16.00 |
| mediteranean lamb salad, cucumber, fetta, olives, tomato, minted yoghurt and pita bread gfo (vo) | 18.50 |
| poached salmon salad, green beans, crispy salad, cherry tomatoes, olives, lemon vineagrette gf   | 19.50 |
| grilled haloumi with rocket, white beans, roasted red capsicum and aioli gfo (v)                 | 16.50 |
| asian style roast chicken salad, crunchy peanuts, cucumber, chilli, lime and sesame dressing gf  | 18.00 |

## mains

|   |               |
|---|---------------|
| panko crumbed flat head fillets served with chips, salad and tartare sauce gfo              | 21.00         |
| premium beef burger - lettuce, tomato chutney and fries gfo                                 | 18.00         |
| fettuccini carbonara, mushrooms, bacon, garlic cream sauce (vo)                             | 17.50 / 21.00 |
| linguini marinara - fresh seafood, tomato sugo, garlic, chilli, parsley                     | 20.00 / 26.00 |
| milk and honey chicken burger - tasty cheese, avocado, lettuce, tomato, aioli and fries gfo | 17.50         |
| 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 parmesan and shallots (v)                 | 18.00 / 23.00 |
| malaysian style laksa, hokkien and rice noodles, tofu, bean shoots, crispy onions gfo       |               |
| vegetarian 17.50 / chicken 19.50 / seafood 24.50  |               |

## sides

|   |      |
|---|------|
| greek salad - tomatoes, kalamata olives, fetta, spanish onion, 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\*\*

## 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.