

THE TUCKSHOP

ALL DAY BREAKY

Sourdough Toast - \$7

Served with your choice of spread

Muesli & Coyo - \$16

Topped with fresh seasonal fruit

Fruit Toast - \$7

Served with butter and jam

Banana Bread - \$8.5

Served with butter

Cheese Toastie - \$10

With a side of pickles and dijon mustard

+ Ham \$4

+ Tomato \$1

Avo on Rye - \$15

Smashed avo, za'artar, pickled red onion and lemon

Bacon and Egg Roll - \$11

Smokey bacon, fried egg, house bbq or tomato sauce on a panini

Tradie Roll - \$14

Double bacon, fried egg, house bbq sauce, cheese and a hashbrown on a panini

Haloumi Roll - \$14

Grilled haloumi, rocket, chilli jam and herb mayo on a panini

Oats - \$14

Banana, blueberries, organic peanut butter and house made jam

Scramby, Salad and Toast - \$15

Scrambled eggs served with seasonal salad, sourdough toast, lemon and chilli jam

SALADS & THINGS

Glenhaven Glory - \$16

Avo, pickled carrot, kimchi and rye
+ Fried/boiled egg \$3

Spring Salad - \$16

Broccoli, chopped greens, kidney beans, coriander, red onion with tahini mustard dressing
+ Poached Chicken \$5
+ Falafel \$5

Salad Sando - \$12

Herb hummus, leafy greens, tomato, pickled red onion, cucumber and vegan mayo on rye
+ Poached Chicken \$5

BURGERS W/FRIES

Cheesy - \$16

Beef patty, onions, pickles, cheese, mustard mayo and tuckshop ketchup
+ Double it \$4
+ Tomato and lettuce \$1.5

Shroom Burger - \$15

Panko fried mushroom, lettuce, tomato, pickles, onion and vegan mayo

Chicken Katsu Curry Burger - \$16

Chicken katsu, curry mayo, lettuce and pickles

Chooker Burger - \$16

Fried chicken, aioli, lettuce, cheese and pickles

Vegan Cheesy - \$18

Beyond meat patty, tuckshop ketchup, vegan mustard mayo, onion, "cheese" and pickles

Burgers served with Old Bay Fries

(All burger patties are served medium)

Fries + Small \$4
+ Large \$6.5

LITTLE TUCKERS

Bacon Sando - \$7

Bacon, tomato sauce on a toasted panini

Chicken Nuggets - \$7

With chips and tomato sauce

Little Tuckerbox - \$8

Jatz crackers, cheese, herb hummus, fresh fruit and veg

Kids Banana Bread - \$5

Kids Muesli - \$7

With milk or coyo and fresh fruit

ADD ONS & EXTRAS

Fried Egg + \$3
Soft Boiled Egg + \$3
Hash Brown + \$2
Avocado + \$5
Bacon + \$4
Scrambled egg + \$7

Poached Chicken + \$5
Haloumi + \$6
Ham + \$4
Nonies Gluten Free Bread + \$2
Falafel (2) + \$5

Sorry No Subs

10% Sunday Surcharge
15% Surcharge Public Holidays

HOTTIES

Coffee Roasted by Single O

White - \$4 / \$4.5

Long Black - \$4

Almond Milk - \$1

Soy/Oat/Strong/Decaf - \$0.5

Espresso - \$3.5

Batch Brew - \$3.5

Masala Chai Latte - \$4

Hot Chocolate - \$4

Mocha - \$4.5

Tea Craft Loose Leaf Tea - \$4

Cloud & Mist

High altitude delicate green tea with buttery aroma served at 70°C

English Breakfast

Classic English Breaky mate / black or white

Digestive

Minty fresh, Great for digestion and relaxing the tummy. Rich in antioxidants, vitamins and anti-inflammatory.

Masala Chai

Traditionally mixed spice chai, best served with milk and honey

Workout - \$5

Good for replenishing your adrenal glands, restoring adrenaline and cortisol

COLDIES

Tuckshop Cold Brew

Black - \$4 / Milk - \$5

Iced Chai - \$4

Brewed masala chai served over ice with honey

Fresh Juice Of The Day - \$7

Green Smoothie - \$9

Coconut water, spirulina, spinach, banana, mint and mango

Banana Smoothie - \$7.5

Banana, ice cream, malt and honey

Milkshakes - \$5

Chocolate / Strawberry / Caramel / Vanilla / Malt

+ Make it Thick \$2

Splice Shake - \$8

Coke / Lemonade - \$3

Water / Ginger Beer - \$3

Nudie Orange Juice - \$4

Remedy Kombucha - \$5.5

Antipodes Sparkling Water - \$4

Coconut Water - \$6

Fountain of youth natural organic 520ml

Beers

Tooheys New - \$5

Yullis Brewery

Seabass mediterranean lager - \$8

Norman aussie ale - \$8

Margot dry apple cider - \$8

Amanda indian pale ale - \$9

Wine

Pet Nat - Deliquente \$10/45

Rose - Jordy Kay VIC \$10/45

Sav Blanc - Latta Vino VIC \$12/55

Pinot Noir - Jordy Kay VIC \$10/45

Shiraz - Brash Higgins Adelaide Hills \$12/55