

OPEN FOR
Breakfast

The
Capital

Mon - Frid
7am - 11am
Sat/Sun/Public
Holidays
8am-2pm

BREAKFAST

Sour dough toast \$8
Sour dough toast with choice of spreads

Fruit Toast \$10

Overnight Oats \$12
Oats, chia seeds, yoghurt, almond milk, honey and toppings. See our display for todays flavour

Eggs On Toast \$15
Eggs cooked your way, poached, scrambled, or fried on sourdough toast

Tropical Smoothie Bowl GF \$18
Tropical fruit smoothie, mango, pineapple, passionfruit, toasted coconut, chia seeds and mint

Fresh Fruit Salad GF DF VV \$18
Seasonal fruits served with fresh mint and whipped coconut cream

Breakfast Bruschetta \$20
Sourdough toast topped with sauteed mushrooms, roasted capsicum, spinach and red onion. **Vegan.**
Add Fetta \$2 Add Poached Eggs \$5

Waffles \$20
House made waffles, fresh berries, mint, citrus and double cream

Monster Breakkie Roll \$20
Toasted turkish roll, fried eggs, bacon, swiss cheese, hash browns and tomato relish

Spanish Shakshuka \$22
2 eggs baked in housemade baked beans with chorizo with toast

Zucchini & Corn Fritters GF \$22
Zucchini and corn fritters, roasted tomato, Meredith's goats cheese and tomato relish

Eggs Benedict \$22
Poached eggs served on sourdough toast, your choice of ham hock, smoked salmon, bacon or spinach

Chorizo & Potato Waffles GF \$22
Served with poached eggs and tomato relish

Smashed Avo \$24
Poached eggs, sourdough toast, avocado, Meredith's goats cheese, and dukkah

Big Brekkie \$26
Eggs cooked your way, on sourdough, bacon, tomato, mushroom, sausage, baked beans and hash brown

GF Bread available on request

SIDES

Bacon \$5

Sausage \$5

Smoked Salmon \$5

Goats Cheese \$5

Hash Browns \$5

Tomato \$4

Mushroom \$4

Avocado \$4

COFFEE BY BLEND CO

Latte	Cappuccino
Flat White	Mocha
Long Black	Chai Spice
Short Black	Hot Chocolate

Small \$5.00 Medium \$5.50 Large \$6.00

MILK BY MILK LAB

Almond	
Oat	Full Cream
Coconut	Skinny
Lactose Free	
Soy	

TEA BY TEA TONIC Pot for one \$5

English Breakfast	True Calm
French Earl Grey	Chocolate Black tea
Organic Green Tea	Chocolate Chai Tea
Ginger Lemongrass	

Smoothies Banana, Mango or Mixed Berry \$8

Fresh Juices Orange, apple or pineapple \$7

Milkshakes \$6 **Iced Drinks** \$6.5

Chocolate	Iced Chocolate
Blue Heaven	Iced Coffee
Strawberry	Iced latte
Caramel	Iced Chai
Vanilla	

**Drinks from
the fridge**

Coke, Coke Zero, Fanta, Sprite, Lift,
Lemon Lime & Bitters, Ginger Beer, Soda Water
Tonic Water, Mt Franklin

OPEN FOR
Lunch

The
Capital

Daily
11am-5pm

LUNCH

Croquettes GF \$20

Potato and chorizo croquette, served with salad & aioli

Arancini GF \$16

Mushroom & Mozzarella arancini served with aioli and salad

Haloumi \$22

Grilled haloumi served on housemade flatbread with chilli jam and rocket

Smoked Salmon 'Pizza' \$24

Housemade flatbread warmed and topped with a dill and lemon cream cheese, smoked salmon, red onion and capers

Steak Sandwich \$25

Grilled porterhouse, bacon, caramelised onion, lettuce, cheese, tomato, aioli, tomato relish & onion rings on a toasted Turkish roll with chips

Burger - Chicken or Beef \$25

House made beef patty or crumbed chicken schnitzel, boutique bacon, tomato, cheese, pickles, onion and aioli on toasted turkish roll with chips

Fish & Chips \$25

Freshly battered barramundi fillets, chips, tartare sauce, simple salad and lemon

Okonomiyaki GF \$20

Japanese pancake with cabbage, corn and bacon served with side salad, kewpie mayo and tonkatsu sauce

Thai Beef Salad GF \$22

Marinated beef, peanuts, rice noodle, coriander and nam jim sauce

Chargrilled Vegetable Salad GF \$20

Seasonal vegetables chargrilled and served warm with whipped basil fetta garnish with pinenuts. Vegan on request

Fish Taco \$22

House crumbed fish fillets served with chipotle coleslaw, harissa aioli in warm tortilla

Casarecce VV \$22

Ballarat Pasta Company casarecce tossed in caponata, an eggplant and tomato ragu garnished with roasted almonds

Gnocchi \$23

Pan fried gnocchi with roasted pumpkin & Spinach

Chicken Ceasar Salad GF \$23

Grilled chicken breast, cos, bacon, croutons, poached egg and classic ceasar dressing

Calamari Salad GF \$23

Flash fried Cajun calamari, herbed slaw and chipotle mayo

The Capital Rueben \$20

Toasted sourdough, smokey ham hock, sauerkraut, dijon and swiss cheese

Toasties \$10

-Chicken, Avocado, cheese & aioli

-Ham & Cheese

Chips, relish & aioli \$12

Wedges, sour cream & sweet chilli

DISPLAY CABINET

Spanish Potato Tortilla GF \$15

Layers of thinly sliced potato cooked with egg served with salad, sweet chilli sauce and sour cream

Frittata GF \$15

See our display for todays flavour

Wraps \$15

Thai Peanut Chicken	-Chicken, peanut sauce, slaw
Falafel	-Housemade falafel, spinach, hommus
Chicken Ceasar	-Chicken tenders, lettuce, egg, parmesan, bacon & dressing
Breakky Wrap	-Egg, bacon, cheese, and tomato relish

Foccacias \$15

Chicken Schnitzel	- House crumbed schnitzel, pesto mayo, mozzarella and spinach
Caprese	- Buffalo mozzarella, tomato, balsamic, and fresh basil
Ham	- ham, red onion, mozzarella, spinach and seeded mustard mayo
Italian	- Ham, sopressa salami, roasted capsicum, olive tapenade and mozzarella

Parcels \$15

Vegan	- Tortilla parcel folded and toasted with vegan cheese, seasonal chargrilled vegetables, spinach & salsa GF
Mexican	- Tortilla parcel folded and toasted with taco mince,cheese, guacamole, salsa
Chicken	- Tortilla parcel folded and toasted with chicken, avocado, cheese & semi dried tomatoes