

FUEL & CO

ESPRESSO | DINING | WINE BAR | EVENTS

Lunch 11am -2pm

GRILLED CAULIFLOWER STEAL

Grilled spiced cauliflower steak, served on a salad of quinoa, lentils, soya beans, radish, tomato, wilted kale, spiced roast almonds, ¼ avocado, dressed with a full bodied Verde dressing \$17 **V/VGF/GF**

ADD A PROTIEN Smoked salmon \$5/ Tender beef steak 120g \$6/ Pulled pork \$6/ Grilled Haloumi \$4

BEEF STEAK SANDWICH Head Chef Will's Signature Steak 120g grass fed beef, house made chilli & onion jam, grilled bacon, swiss cheese, tomato, leaves, served on toasted Turkish bread with your choice of fries or sweet potato chips \$20 **GFA/DFA**

KARAAGE CHICKEN SALAD chicken tenderloins marinated in soy, ginger, garlic, chilli and deep fried. Served on a full salad of, pickled ginger, tomato, cucumber, red onion, carrot, leaves, bean shoots. Served with yazo mayo \$20 **GF/DF**

MARKET FRESH FISH Our wait staff will inform you of our chefs' creation

FUELED UP BURGER Our famous grilled beef brisket & lamb pattie, with burger cheese, fried onions, pineapple ring, fried egg, leaves, tomato, beetroot, chipotle sauce on a seeded milk bun. Served with your choice of sweet potato chips or shoestring fries \$20 **GFA/DFA**

SOFT TACOS - 4 tacos \$19 or mix them up add \$2

- Pulled pork shoulder, with charred corn, tomato salsa & coriander creme, or

- Battered flathead, leaves house made tartare sauce with tomato, red onion & herb salsa

All DAY BREAKFAST MENU

SMASHED AVOCADO our signature soybean toast, with brunoised roast vegetables & crumbled feta \$16 **V/GFA/DFA**

EGGS BENEDICT Our famous hollandaise sauce over two poached eggs on toasted rye bread choose your protein **GFA**

- Pulled pork /- Grilled bacon /- Garlic mushrooms & spinach / -Smoked salmon / - Grilled chorizo /- Grilled halloumi main meal \$19 Half serve \$13 No toast add a house-made rosti \$3

VANILLABEAN & BANANA HOTCAKE this signature dish will not disappoint, topped with fig & honey ice cream, crispy bacon, strawberries and syrup \$18 **VA**

FUELS FAMOUS ACAI BOWLS small \$14 regular \$17

1. Fresh fruit, house made granola, oats dried fruit, coconut & oats of nuts! **GFA/V/DF**

2. Vegan & amazing same acai, fresh berries, peanut swirls & almond buckwheat clusters **V/GF**

BUILD YOUR BREAKFAST with 2 eggs cooked your way, served with soybean sourdough & house-made relish \$10 **GFA**

Choose any add ons from the breakfast menu