

FUEL & CO

ESPRESSO | DINING | WINE BAR | EVENTS

Summer Menu 2021

Breakfast

6:30am -11am

PITYA BOWL Nourishing, blended pink dragon fruit with mango cheeks (similar to our acai bowl), dolloped with your choice of coconut yoghurt or Greek yoghurt, fresh cherries, berries & buckwheat, nut granola \$16 **V GF DFA**

SOURDOUGH FRUIT & HAZELNUT TOAST served with honeyed ricotta whip & berries \$11

SMASHED AVOCADO Our signature soybean toast, avocado sprinkled with pico de gallo \$16 - add any extras from the list below **V GFA DFA**

OKONOMIYAKI Our interpretation of a Japanese favourite. Two crispy fried vegetable pancakes with fried eggs, thinly sliced pork belly, pickled vegetable garnish & kecap manis \$20

Swap pork for trout / salmon / roast mushrooms / haloumi / or bacon

TROUT BRUSCHETTA served on thick cut toasted rye, chilled hot smoked trout flaked with dill & lemon zest crème fraiche, watercress, pickled zucchini, shaved fennel, bush pepper, & fresh lime \$18 **GFA**

BUDDHA BOWL with chilled green vegetables, two 3-minute boiled eggs, crunchy fried onions, soybeans, brown rice & quinoa, activated seeds, roast almonds, roasted butternut pumpkin, pomegranate seeds, heirloom tomatoes & herbed cider vinegar dressing \$18 Add a protein from the extras list below **V GF DF**

FOREST MUSHROOMS An amazing selection of mushrooms sautéed with thyme & chive infused butter, served on toasted rye, roasted butternut pumpkin, ash rolled soft goat's cheese, rocket & a poached egg \$18 **V GFA**

EGGS BENEDICT Our famous hollandaise sauce over two poached eggs on toasted rye, choose your protein - Grilled bacon / -Garlic mushrooms & spinach / -Smoked salmon / -Grilled chorizo / -Grilled haloumi / - Hot smoked trout **GFA**
Full serve \$18 Half serve \$13 No toast add a rosti \$21

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

CHOOSE ANY EXTRAS TO ADD TO YOUR MEAL:

2 x Hash browns / 1 x Egg / Roast truss tomato / Grilled chorizo / Rosti W' spring onion & feta \$3 each

Avocado / Grilled haloumi \$4 each

Wilted spinach / 2 x Rash bacon / Garlic mushrooms / 2 x Eggs \$5 each

Smoked Salmon / Pork Belly pieces \$6 each

RASPBERRY & WHITE CHOCOLATE HOTCAKE This signature dish will not disappoint, served with triple whipped vanilla ice cream, more fresh berries & house made citrus syrup \$18 (this dish bakes for 20 minutes)

FUEL'S FAMOUS ACAI BOWLS small \$14 regular \$17

1. Acai, fresh fruit, house made granola, filled with dried fruit, coconut, oats & lots of nuts! **V GF DF**

2. Acai, fresh berries, peanut swirls & cashew, almond & buckwheat clusters **VG GF DF**

Dietary code

DF – Dairy Free / **DFA** – Dairy Free Available

V – Vegetarian

GF – Gluten Free / **GFA** – Gluten Free Available

VG – Vegan / **VGA** – Vegan Available on request

All DAY BREAKFAST MENU

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