

SHAKES

MILKSHAKE chocolate, vanilla, caramel, strawberry, banana, lime, salted caramel, coffee	7.5
thickshake with extra ice cream	9.5
megashake in stein jug to share	13.0
kids milkshake	6.9

SMOOTHIE BAR

MORNING BLISS banana, honey wheat germ, mixed berry crushed ice & coconut milk (vgn)	9.5
GREEN SMOOTHIE avocado, banana bonsoy coconut water, honey & pepitas on top	9.5
PBS peanut butter banana, almond milk, honey	9.5
THE PASSION mango, passionfruit, honey, ice cream & yoghurt	9.5
make your own	9.5

JUICE BAR

MY CAFE RAW COCONUT WATER	8.0
REFRESHER orange, pineapple, watermelon & mint	8.9
DETOX beetroot, carrot apple & ginger	8.9
GREEN POWER UP kale, cucumber, apple & celery	8.9
make your own	from 8.9

COLD DRINKS

SAN PELLEGRINO ITALIAN SPARKLING mineral water, chinotto, lemonatta or blood orange	250ml 5.0 500ml 9.0
CHINOTTO, LEMONATTA OR BLOOD ORANGE	5.0
SOFT DRINK coke, diet coke, coke no sugar, sprite, solo, fanta, soda water, tonic water or ginger beer	5.0
OLD FASHIONED SPIDERS coke, lemonade, lemon squash, lime	7.0
RED BERRY SHAKE strawberries, raspberries, pineapple & lime *can be served as a frappe	9.5
LIPTON ICED TEA mango, lemon or peach	6.9
LEMON LIME & BITTERS	6.9
FRAPPE coffee, mocha, chocolate or chai crushed ice, ice cream & milk	7.5
OVER ICE latte, long black, mocha, chai, chocolate, caramel, strawberry or matcha add ice cream & cream on top	6.0 8.0

HOT DRINKS

COFFEE	cup	mug
ESPRESSO	5.0	
MACCHIATO	5.0	
RISTRETTO	5.0	
PICCOLO	5.0	
AFFOGATO	6.9	
VIENNA	6.9	
CAPPUCCINO	5.0	5.5
LATTE	5.0	5.5
FLAT WHITE	5.0	5.5
LONG BLACK	5.0	5.5
MOCHA	5.0	5.5
CHAI OR MATCHA LATTE		6.5
BELGIAN HOT CHOCOLATE milk, white or morks 70% premium dark hot choc		5.9
LIQUEUR COFFEE baileys, kahlua, irish whiskey, frangelico		9.5
ORGANIC LOOSE LEAF TEA served in a pot : english breakfast, earl grey, green tea chamomile, ginger & lemongrass, honey spiced chai tea petal, peppermint		6.0 6.0
~ SIDES ~ decaf, extra shot, soy, oat, almond or lactose free, flavours hazelnut, vanilla, caramel, irish cream, marshmallows		0.5

PLEASE ORDER AND PAY AT THE COUNTER



MY CAFÉ
MANUKA

BREAKFAST 7.30am - 4.00pm

BAKERS BASKET select from a croissant, muffin of the day, or fruit scone with butter & jam (v)	6.9
TOAST white, soy linseed, sourdough, fruit loaf, or gluten free with spread options: vegemite, farm jam, honey, or peanut butter (v.gf)	7.9
EGGS ON TOAST poached, scrambled or fried on sourdough toast (v)	14.0
FRENCH CREPES served with lemon & sprinkled sugar (v)	15.5
RICOTTA PANCAKES with caramelised pears, berry compote & whipped mascarpone (v)	18.0
BERRY & QUINOA BREAKY BOWL fresh berries, greek yogurt, crunchy granola, coconut milk & sprinkled strawberry sherbet to help you jump start your morning (v.gf)	16.0
FRENCH TOAST with caramelised banana, maple glazed bacon & seasonal fruits	18.0
BREAKFAST GREENS chopped kale, avocado, quinoa, asparagus, house-made lentil & chickpea patty with lemon mustard dressing (vgn.gf)	17.9
AVOCADO TOAST mashed avocado, heirloom cherry tomato, whipped danish feta, sumac on sourdough toast (v)	18.0
CORN & ZUCCHINI FRITTERS kasundi relish, avocado, rocket salad, grilled halloumi & sumac (v)	21.0
EGGS BENEDICT 2 poached eggs on sourdough, brown butter hollandaise and choice of: bacon, confit mushroom, or double smoked ham pulled pork atlantic smoked salmon	21.0 22.0 23.5
CLAYPOT BAKED BEAN moroccan style cannellini beans with roasted capsicum & poached egg served with sourdough (v)	16.5
OMELETTE spanish: chorizo, parmesan, onion, tomato, capsicum & herbs with sourdough toast vegetarian: button mushrooms, tarragon, baby spinach & rocket salad (v)	20.0 19.0
BREAKY BURGER double smoked bacon, fried eggs, rocket, swiss cheese & aioli	16.0
MY CAFE BIG BREAKY scrambled eggs, bacon, chipolatas, roasted tomato, & mushrooms on sourdough toast	23.0
~ SIDES ~ egg, roasted tomato, spinach, hashbrown, brown butter hollandaise	3.0
avocado, chipolatas, asparagus, mushroom, bacon cannellini bean, ricotta, feta cheese	4.0
atlantic smoked salmon	6.0

LUNCH 11.00am - 4.00pm

*SOUP OF THE DAY two to choose from served with sourdough toast	13.5
PASTA/RISOTTO of the day	26.0
BATTERED FLATHEAD FILLETS served with garden salad, french fries & tartare sauce	26.5
OPEN STEAK SANDWICH black angus sirloin, tomato, lettuce, beetroot, caramelised onion, & relish on turkish bread, served with side of fries	25.0
CLUB SANDWICH tomato, lettuce, bacon, grilled chicken, aioli on toasted ciabatta served with side of fries	21.0
BLAT bacon, lettuce, avocado, tomato on ciabatta bread, with side of fries	20.0
CHICKEN PARMIGIANA topped with napolli sauce, double smoked ham, melted mozzarella & served with a garden salad & fries add bbq pulled pork	26.9 3.0
VIENNA SCHNITZEL pan fried with steamed veggies, fries & gravy or lemon garlic aioli	27.5
ASIAN NOODLE STIR-FRY rice noodles tossed with veggies, shiitake mushrooms & puff tofu in sweet-soy sauce (vgn) add chicken or beef	18.9 5.0
SPAG BOL tossed in rich meaty bolognese sauce, topped with shaved parmesan	23.5

Sunday 10% surcharge

Public holiday 15% surcharge

(v) vegetarian (vgn) vegan (gf) gluten free

SALADS

CAESAR SALAD cos lettuce, crispy prosciutto, shaved parmesan croutons, poached egg & anchovies add chicken	18.5 5.0
SALT & PEPPER CALAMARI rocket, parmesan, cherry tomato, spanish onion & cucumber with lemon vinaigrette	23.0
GRILLED HALLOUMI mixed lettuce, quinoa, tomato, onion & asparagus with smoky chipotle dressing add chicken	19.5 5.0
THAI BEEF sirloin strips marinated in thai saice, served with sliced cucumber, tomato, coriander, chilli, onion & basil	20.5

BURGERS

* all served on a milk or gluten free bun with side of fries

CLASSIC BEEF BURGER black angus beef, lettuce, tomato, beetroot, caramelised onion, swiss cheese & spicy tomato relish add bacon & egg	24.0 28.0
AVOCADO CHICKEN BURGER grilled smoky marinated chicken breast, avocado, jalapenos, lettuce, tomato & chipotle mayo	24.5
BBQ PULLED PORK BURGER slow-cooked bbq pork, lettuce, tomato, spanish onion & tomato relish	22.5
VEGGIE VEGAN BURGER house-made lentil & chickpea patty, lettuce, tomato & guacamole	21.0

SNACKS

CLASSIC TOASTIES & SANDWICHES on white sourdough or gluten free bread cheese & tomato leg ham, cheese & tomato smoked salmon, cream cheese & capers turkey, swiss cheese & cranberry chicken, avocado & mayo	10.0 12.0 14.0 12.0 12.0
SPICED CHAT POTATO WEDGES WITH SWEET CHILLI & SOUR CREAM	11.0
SHOE STRING FRIES WITH AIOLI, GRAVY OR CHILLI MAYO	10.0
GARDEN SALAD	10.5
GREEK SALAD	14.0
BEEF OR VEGGIE NACHOS	15.9

SWEET THINGS

STICKY DATE PUDDING OR APPLE RHUBARB CRUMBLE recommended with ice cream & fresh cream	11.0 13.0
HOT PANCAKES served with ice cream & canadian maple syrup	15.5
BUTTERMILK VANILLA ICE CREAM BOWL with fresh cut strawberries or topping	6.9
THICK CUT BANANA BREAD served warm with butter or with mascarpone	7.0 8.5
CAKES ON DISPLAY please check with our friendly staff about the availabilities of cakes add cream or ice cream	from 10.5 1.0
DEVONSHIRE TEA hot house-made scone served with butter jam & cream with pot of english tea	12.5

MY CAFE KIDS 15.5

* all meals come with a kids drink

CHEESE BURGER
PASTA
NUGGETS & CHIPS
FISH & CHIPS
HAM CHEESE TOASTIE & CHIPS
HOT PANCAKES served with ice cream & canadian maple syrup

· all menu items available takeaway

· we are happy to split bills

· please let our staff know if you have any allergies or dietary requirements

BEERS

BENTSPOKE BREWING CO. canberra pale ale (4.2%) crankshaft (5.8%) sprocket (7.0%)	9.5
CASCADE LIGHT	8.0
TOOHEYS EXTRA DRY	9.0
CROWN LAGER	9.5
PERONI	9.5
CORONA	9.9
APPLE CIDER	9.0

WINE

WHITE	glass	bottle
HOUSE'S SAUVIGNON BLANC	9.9	35.0
SA PINOT GRIS	11.0	37.0
SA RIESLING	11.0	37.0
VIC CHARDONNAY	11.0	37.0
SA ROSÉ	11.5	38.0
RED		
HOUSE'S CABERNET SAUVIGNON	9.9	35.0
SA MERLOT	11.0	37.0
SA SHIRAZ	11.0	37.0
SA SANGIOVESE	11.0	37.0
HUNTER VALLEY PINOT NOIR	11.0	37.0

SPARKLING / CHAMPAGNE

CHANDON NV BRUT	12.0	45.0
ANDREW GARRETT SPARKING SHIRAZ	12.0	44.0
JANSZ PREMIUM CUVÉE	14.0	55.0
MOET & CHANDON		99.0

COCKTAILS

MOJITO barcadi, lime, mint, sugar syrup & soda water	14.9
STRAWBERRY MARGARITA tequila, strawberry liqueur, fresh strawberry, lime & sugar syrup	14.9
MANGO DAIQUIRI cointreau, bacardi, mango, lemon & crushed ice	14.9
ESPRESSO MARTINI kahlua, vodka, coffee	14.9
TOBLERONE baileys, kahlua, frangelico, cream & ice cream	14.9
PIMM'S & PEACH pimm's, peach schnapps, apple juice & lemonade over ice	13.0
FLORIADE lychee liqueur, midori, orange juice & cranberry juice over ice	13.0
PINA COLADA barcadi, pineapple juice, lime, coconut cream & sugar syrup blended with ice	15.0
SANGRIA brandy, cointreau, light red wine, ginger ale, orange juice & fruit over ice	13.0
MIMOSA chandon nv brut sparkling, orange juice	11.5

