

## BREAKFAST - { 7AM TO 130PM }

### PALEO FRIENDLY HONEY GRANOLA {100 gm}

coconut flakes, cranberries, pepitas, linseed, almonds, cashews, hazelnuts, tahini, honey, ginger and cinnamon, served with milk of your choice, vanilla panacotta, fresh strawberries and blueberries. \$13.5

### PORRIDGE

vanilla and cinnamon infused porridge topped with stewed rhubarb, shaved coconut and honey. \$13

**TOAST** with butter and strawberry jam or vegemite. \$7

> gluten free. \$9

**FRUIT AND NUT TOAST** with butter and strawberry jam. \$8

**CROISSANT** with butter and strawberry jam. \$7

> with ham, cheddar cheese and tomato. \$9

> with, chicken, cheddar cheese, avocado and aioli. \$11

### BACON AND EGG BURGER

bacon, cheddar cheese, fried or scrambled egg, homemade tomato relish, in a brioche bun. \$12.5

### STEAK BURGER

beef steak, cheddar cheese, caramelised onion, tomato, cos lettuce, aioli, in a brioche bun. \$15

### FREE RANGE EGGS ON TOAST

two free range eggs cooked to order {poached, scrambled or fried}, toast of your choice. \$14.5

### THE BIG BLEND

two free range eggs cooked to order {poached, scrambled or fried}, beef chipolatas, mushrooms, bacon, oven roasted roma tomato, red kidney beans, hash browns, toast of your choice. \$25

**BLEND'S SIGNATURE EGGS BENEDICT** your choice of:

> spinach \$19

> honey glazed ham \$19.5

> smoked salmon or bacon \$20

served with two poached eggs, white ciabatta toast and hollandaise sauce.

### AVOCADO SMASH

smashed avocado and feta with lemon dressing, smothered on toast of your choice, tri coloured quinoa, sundried tomato, rocket, two poached eggs. \$20

### OPEN BREKKY BIANCA

grilled woodfired bianca bread topped with homemade tomato relish, bacon, oven roasted tomato, wilted spinach, cheddar cheese, two fried eggs. \$18.5

### BLEND'S SIGNATURE TOASTED BREKKY TORTILLA

toasted spinach tortilla filled with marinated chicken, red kidney beans, chorizo, avocado puree, a poached egg, hollandaise sauce. \$20

### TOASTED BREKKY BURITTO

chorizo, feta, basil and scrambled eggs, wrapped in a toasted spinach tortilla, tabasco sauce. \$17

**OMELETTE** please ask our staff for today's omelette special.

### BUTTERMILK AND RICOTTA PANCAKES

buttermilk and ricotta pancakes, strawberries, chocolate honeycomb, vanilla ice cream, fairy floss. \$20

## SIDES

> beef chipolatas, bacon, smoked salmon, ham, hash browns, red kidney beans. \$4.5

> spinach, avocado, oven roasted roma tomato, mushrooms, feta, grilled haloumi. \$4

> extra egg, scoop of ice cream, extra slice of toast. \$3

> hollandaise sauce, aioli. \$1.5

## KIDS (UNDER 12)

### 1/2 SERVE OF EGGS

one free range egg cooked to order {poached, scrambled or fried}, one slice of toast of your choice. \$8.5

### MINI PANCAKES

buttermilk and ricotta pancakes, strawberries, chocolate honeycomb, vanilla ice cream, fairy floss. \$12

we use:

> ciabatta, rye, woodfired bianca and gluten free bread.

> brioche burger buns. ·

\* we have vegan options too.

## LUNCH - { 1130AM TO 130PM }

## SMALLER

**SOUP OF THE DAY** please ask our staff for today's soup special.

**GARLIC BREAD** (four slices) \$7 | extra slice \$1.5

### BRUSCHETTA

grilled woodfired garlic bianca bread topped with pan fried cherry tomatoes, spanish onions, feta, fresh basil. \$15

### BUFFALO CHICKEN WINGS

buffalo wings toasted in a spicy siriacha marinade, honey mustard dipping sauce.

> 6 wings \$9

> 12 wings \$16

### PRAWNS AND CHORIZO

6 chilli and lime marinated prawns, chorizo, avocado salsa. \$17

### MIXED GRILL

olives, feta, chorizo, beef steak, cajun chicken, marinated octopus, homemade dip, grilled woodfired bianca bread. \$25

## WITH HANDS

### LAMB BIANCA

moroccan spiced lamb, feta cheese, caramelised onion, grilled eggplant, cos lettuce, fried egg aioli, in woodfired bianca bread, served with fries or salad. \$20

### CHICKEN BIANCA

free range chicken, bacon, avocado, tomato, cos lettuce, aioli, in woodfired bianca bread served with fries or salad. \$19

### CHICKEN BURGER

grilled chicken breast or crunchy buttermilk chicken, mango chutney, lettuce, cheddar cheese, aioli, in a brioche burger bun, served with fries or salad. \$19.5

### VEGETABLE BURGER

roasted capsicum, pumpkin, zucchini, spinach, caramelised onion, cheddar cheese, aioli, in a brioche burger bun, served with fries or salad. \$18

## FROM THE PAN

### GAMBERI

fettuccine with garlic prawns, basil, sundried tomato pesto, creamy sauce. \$26

> with chicken instead of prawns. \$24

### PENNE ALLA VODKA

penne pasta, chicken, chorizo, spinach, rose sauce. \$23.5

### GNOCCHI LAMB RAGU

gnocchi, lamb ragu sauce, parmesan cheese. \$25

### TRIANGOLI

triangle pasta filled with pumpkin, ricotta and walnuts, spinach, napolitana sauce, topped with walnuts and parmesan cheese. \$24

### PAELLA

chicken, black tiger prawns, chorizo, local mussels, tender 1/2 shell scallops, fresh tomato, peas, carrots, saffron rice. \$27

### SINGAPOREAN CURRY

stewed chicken in a rich singaporean curry, steamed rice. \$20

## MEAT

### CHICKEN PARMIGIANA

panko crumbed chicken breast topped with ham, a homemade napolitana sauce, cheddar cheese, served with fries and salad. \$27

### RIB EYE

grilled rib eye steak cooked to your liking, beer battered fries, mixed salad, sauce of your choice. \$28 (creamy garlic, green peppercorn or creamy mushroom)

### LAMB SHANK

a slow cooked lamb shank, vegetable napolitana sauce, creamy mash potato. \$25

### BANGERS AND MASH

pork and fennel sausages, creamy mash potato, green peas, onion gravy. \$16

## SEAFOOD

### FISH AND CHIPS

grilled or beer battered snapper, fries, mixed salad, tartare. \$24

### CALAMARI

tender baby squid grilled or dusted in blends secret spice mix and fried, mixed salad, asian fruit salsa. \$23

### 1 KG CHILLI MUSSELS

local mussels steamed in a white wine, garlic, chilli and tomato sauce, fresh bread. \$28

## SALAD

### MIXED SALAD

mixed lettuce, cherry tomatoes, cucumber, red onion, marinated olives and feta, balsamic dressing. \$13

### GRILLED CHICKEN SALAD

grilled free range chicken, feta, honey glazed pumpkin, rocket, avocado, pine nuts, lemon and herb dressing. \$20

### CAESAR SALAD

baby cos, bacon bits, avocado, a boiled egg, croutons, parmesan cheese, anchovy dressing. \$18 > add free range chicken \$20

### MEDITERRANEAN SALAD

eggplant, roasted red peppers, kalamata olives, spinach, grilled haloumi. \$17

### COUSCOUS SALAD

couscous, free range chicken strips, semidried tomato, avocado, rocket, feta. \$20

## KIDS (UNDER 12)

### PASTA

kids size penne cooked in a napolitana sauce. \$9

### FISH AND CHIPS

kids size fish fillet served with fries or salad, tomato sauce. \$9

### CHICKEN NUGGETS AND CHIPS

kids size chicken nuggets served with fries or salad, tomato sauce. \$9

## SIDES

> beer battered fries with aioli and tomato sauce or curry sauce. \$10

> sweet potato wedges with aioli. \$12

> marinated olives and feta. \$7

> chorizo with italian glaze. \$9

> tomato sauce, sweet chilli, aioli, curry sauce. \$1.5

open

sun - tue > 630am - 2pm (kitchen closs at 130pm)

wed - sat > 630 am - close (open for dinner)

all prices include GST

dine in or take away | phone orders welcome | eftpos available

WE ARE FULLY LICENCED - byo bottled wine only. corkage is \$8 per bottle.

a \$10 cakeage fee applies per byo cake

seperate billing may be declided if busy.