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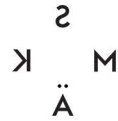
ALL DAY MENU

TOAST \$7.50 Dench bakery sourdough or multigrain w/ butter & jam (+ Fruit or gluten free toast \$1.00)	GREENS, NUTS & SEEDS \$18.50 Brocolini, sugar snaps, kale, toasted almonds, pepita and sunflower seeds, poached eggs, pumpkin and Meredith farm goats cheese on Dench multi grain toast * V GF (+ Hand cut free-range smoked bacon \$5.00)	ACTIVATED CHARCOAL & BROAD BEAN FALAFEL \$17.00 w/ Egyptian roast cauliflower, chickpeas, kale, tahini yoghurt & pomegranate molasses VG (+ Poached egg \$2.50)
ACAI BOWL \$16.50 Banana, spinach, acai, cashew milk topped with house made dark choc granola, desiccated coconut, goji berries + dehydrated orange V VG GF (+ White label protein \$2.50)	BIG BREKKY \$21.00 Dench sourdough toast, two poached eggs, slow roast field mushroom, crushed peas, Manchego cheese, chicken chorizo fry, Spanish Jamon * GF (+ Rosemary potato rosti \$5.00)	MACRO BOWL \$17.50 Black quinoa, roast miso pumpkin, avocado, sesame local greens, pickled red cabbage, hens egg, mustard agave syrup dressing * V (+ poached salmon or chicken \$5.50)
DARK CHOCOLATE HOUSE MADE GRANOLA \$16.50 w/ Coyo, mixed summer berries, saffron poached pear & lemon balm V VG GF	SMÅK BENEDICT \$18.50 Slow cooked pulled pork, potato rösti, poached eggs, green apple cider hollandaise GF	WAGYU BURGER \$21.00 w/ Lettuce, tomato, red onion, ketchup, mustard, brioche bun, New York dill pickle
MATCHA WAFFLE \$16.50 w/ Fresh strawberries, rose petals, strawberry ice cream, summer fruit and chamomile tea syrup, air dried raspberries & edible violets V	CHIPOTLE & SWEETCORN FRITTERS \$18.50 w/ Cumin coconut yoghurt, tomato & chipotle relish, burnt corn salsa, poached egg V GF	EGGS YOUR WAY \$11.00 Eggs poached, scrambled or fried on Dench bakery toast * V GF
SMÅKED AVO \$17.50 Smashed Hass avocado, beetroot hummus, roast beets, breakfast radish, torn fior de latte on Dench multi grain toast * V VG	LOW CARB EGG WHITE OMELETTE \$17.50 w/ Cherry tomato, roasted cauliflower, salsa verde + pea and zucchini carpaccio salad * V VG	EXTRAS Gluten free toast (\$2.00) Chipotle tomato relish, siracha, hollandaise, egg (\$2.50) Meredith farm goat cheese, slow roast field mushrooms (\$4.00) Avocado, hand cut free-range smoked bacon, rosemary potato rosti (\$5.00) SMÅK fennel cured salmon, almond crumbed chicken, Spanish jamon (\$5.50) Turmeric and paprika sweet potato fries w/ garlic aoli (\$7.00)
SPANNER CRAB OMELETTE \$19.50 Local spanner crab, chilli, kale, spring onion, XO dressing, Dench sourdough toast * GF	SUPER SALAD \$18.50 Mixed grains, sugar snaps, broccolini, kale, organic tofu, lime, sesame, soy and chili dressing * VG	

Ask us about daily coffee and food specials

We will try our best to accommodate changes to the menu, however during busy periods unfortunately this may not be possible. We hope you understand. No split bills on weekends.

V: vegetarian VG: vegan GF: gluten free \*options available



BRONX PRESSED JUICES

THE ROLLS ROYCE \$9.0  
w/ Kale, apple, celery, pineapple, lemon ginger mint

MORNING GLORY \$9.0  
w/ Carrot, celery, orange, lemon, ginger

GET READY \$9.0  
w/ Beetroot, lemon, carrot, celery, ginger

ORGANIC OJ \$7.0

SMOOTHIES

LEAN 'N' GREEN \$10.0  
mango, banana, matcha, spinach + date  
w/ dehydrated orange and mulberries <sup>VG GF</sup>  
(+ protein \$2.50)

BREAKFAST SMOOTHIE \$10.0  
w/ banana, date, steel cut oats, house made cashew  
milk + cinnamon <sup>VG</sup>  
(+ protein \$2.50)

COFFEE

Golden Soy Latte \$5.50  
Matcha Soy Latte \$5.50  
House Blend \$4.00  
Single Origin \$4.00  
Long Black \$3.50  
Iced Coffee \$5.00  
(+ Soy / Strong / Large / Mocha \$0.50)  
(+ Almond / Cashew Milk \$1.00)

HOMIES' TEA \$4.50  
(Green / Earl Grey / English Breakfast  
Peppermint / Lemon and Ginger / Chai)

KRÉOL APPLE CIDER VINEGAR \$6.50  
Passionfruit & Orange  
Turmeric, Mango & Lime  
Ginger, Lemon & Honey

Charcoal Lemonade \$5.00

CAP1 250ML \$3.90  
Sparkling  
Sparkling Blood Orange  
Cucumber Infused Sparkling  
Sparkling Cola

CAP1 IL \$7.90  
Sparkling

Nutrition and indulgence. Two words you don't often see strung together. At SMÅK Food House we find the balance between these unlikely friends as we strive to deliver an experience that goes beyond just a meal.

We're on a mission to enhance your knowledge, support sustainability, think locally and most importantly – to make your tastebuds dance

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At SMÅK we're serious about MND. It hits close to home and it frightens the living hell out of us.

**YOU + US**

=

**1% OF ALL PROFITS FOR**

**MOTOR NEURONE DISEASE RESEARCH**

This is not a special, it's part of our menu, and it's staying there

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