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ALL DAY MENU

TOAST	\$7.5	SUPER SALAD 🌿 🌱 🌾	\$17.5	200G BEEF BURGER	\$18.5
Sourdough / multigrain w/ Pepe Sayer cultured butter & preserves		Avocado, grilled corn, pickled red cabbage, organic black quinoa, kale, chargrilled broccoli, cherry tomato, toasted flaked almonds, pepita and sunflower seeds, toasted wild rice W/ mint cashew yoghurt & poached egg		w/ Lettuce, tomato, cheese, red onion, ketchup, mustard, brioche bun, New York dill pickle, sweet potato fries	
+ Fruit or gluten free toast	\$2.0	+ Almond crumbed popcorn chicken	\$5.0	+ Bacon	\$5.0
EGGS YOUR WAY 🌱 🌾	\$11.0	+ Vegan Falafels	\$4.0	+ Extra Pattie	\$6.0
Eggs poached, scrambled or fried on Dench bakery toast		+ Halloumi	\$5.0	ALMOND CRUMBED CHICKEN CLUB SANDWICH	\$19.0
CHILI SCRAMBLED EGGS 🌱 🌾	\$15.5	GREENS, NUTS & SEEDS 🌱 🌾	\$18.5	w/ Broccoli and apple slaw, crispy bacon, Siracha aioli, multigrain toast and sweet potato fries	
Scrambled eggs, chilli, pepita & sunflower seeds, marinated goats feta, sourdough toast		Broccolini, sugar snaps, kale, smoked almonds, pepita and sunflower seeds, poached eggs, pumpkin W/ Meredith's goats cheese on multi-grain sourdough		+ Cheese	\$3.0
ACAI BOWL 🌿 🌱 🌾	\$17.0	+ Bacon	\$4.0	EXTRAS	
Banana, spinach & Acai topped with strawberry, banana, granola, desiccated coconut, goji berry & chia seeds		MEXICAN BAKED EGGS 🌿 🌱	\$19.5	Exchange for gluten free toast	\$2.0
+ Vegan protein	\$2.5	Black bean shakshouka, jalapeños, mini cherry tomatoes, smoked scamorza, salsa verde w/ cashew sour cream and hot tortilla chips		Chipotle, eggplant and tomato relish, hollandaise, extra egg	\$2.5
SMÄKED AVO 🌿 🌱	\$18.0	+ Grilled chorizo	\$4.0	Slow roasted tomato	\$3.0
Smashed avocado w/mint, roasted cherry tomatoes, marinated goats feta, turmeric sweet corn fritters, coconut chili oil + finger lime		MACRO BOWL 2.0 🌿 🌱	\$17.5	Marinated goats cheese, Thyme and rosemary mushrooms,	\$4.0
WAFFLED ROSTI BENEDICT 🌱	\$18.5	Sautéed kale, organic black quinoa, pickled red cabbage, edamame, hummus, miso glazed pumpkin, tamari sunflower seeds, hard boiled egg w/ maple mustard dressing		Smashed Avocado, fried halloumi, Grilled Chorizo, Thyme sweet potato rösti waffle, rosemary potato rösti	\$5.0
Orange braised ham hock, tyhme sweet potato waffled rösti, poached egg, green apple yuzu hollandaise		+ Almond crumbed popcorn chicken	\$5.0	Smoked Salmon, Sweet potato fries w/house made sriracha aioli, almond crumbed chicken	\$6.0
VEGAN BUTTERMILK RICOTTA HOTCAKES 🌿 🌱	\$19.5	+ Smoked salmon	\$5.0		
Banana ricotta hotcakes w/ spiced miso ice cream, candid popcorn, peanut butter caramel hot sauce, lime chips & honeycomb		+ Vegan Falafels	\$4.0		
SILVERBEET AND LEEK FRITTERS 🌿 🌱	\$18.5	VEGAN EARTH BURGER 🌿 🌱	\$19.5		
Black quinoa, charred corn, cucumber + mini roma chimmi salsa W/ poached egg		Lentil, black bean, quinoa, carrot, beetroot burger W/ mint cashew yoghurt, eggplant chipotle relish, pickled cabbage + baby kale			

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.

Vegetarian: 🌱 Vegan: 🌿 Gluten Free: 🌾 *options available

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SMOOTHIES \$10.0

GREEN 🌿 🌱

Avocado, Spinach, pineapple, apple, vanilla protein, desiccated coconut w/ almond milk

ACAI 🌿 🌱

Acai, banana, blueberry, spinach, dates, vanilla protein w/ almond milk

PEANUT BUTTER BROWNIE 🌿 🌱

Banana, peanut butter, cinnamon, cacao nibs, desiccated coconut w/ almond milk
+ protein \$2.5

COLD PRESSED JUICE \$9.0

GREEN GLOW

Apple, celery, cucumber, spinach & kale

CITRUS SQUEEZE

Orange, carrot, grapefruit, lemon & mint

PINEAPPLE POP

Apple, pineapple, lemon & mint

DOWN TO EARTH

Apple, spinach, beetroot, lemon & parsley

ALCOHOL

Furphy Refreshing Ale \$6.0
Oyster Bay (Marlborough) Sauvignon Blanc \$8.0
Pepper Jack Shiraz \$8.0
Chandon Brut \$9.0

COFFEE

By St Ali Coffee Roasters

White \$4.0
Black \$4.0
Filter \$4.0
Cold Brew \$5.0

Hot Chocolate \$4.0
Golden Soy Latte \$5.5
Matcha Soy Latte \$5.5
Chai Latte \$5.5

+ Soy / Strong / Large / Mocha \$0.5
+ Almond Milk \$1.0

HOMIES' TEA

Green / Earl Grey / English Breakfast / Peppermint / Lemon and Ginger / Chai \$4.5

KRÉOL APPLE CIDER VINEGAR

Passionfruit & Orange \$6.5
Turmeric, Mango & Lime
Ginger, Lemon & Honey

CAPI 250ML

Sparkling \$3.9
Sparkling Blood Orange
Cucumber Infused Sparkling
Sparkling Cola

CAPI 1L

Sparkling \$7.9

Nutrition and indulgence. Two words you don't often see strung together. At SMAK 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 important - to make your tastebuds dance

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At SMAK 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 here

x