

# SMÄK

## SMOOTHIES

\$11.5

### GREEN

Avocado, spinach, pineapple, apple, desiccated coconut & maple w/ almond milk

### ACAI

Acai, banana, blueberry, spinach, dates & maple w/ almond milk

### PEANUT BUTTER BROWNIE

Banana, peanut butter, cinnamon, cacao nibs, desiccated coconut & maple w/ almond milk

### + VEGAN PROTEIN

\$2.5

### CHILLED COCONUT

\$6.0

### 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 \$8.0

Gembrook Hill Sauvignon Blanc (Yarra Valley) \$14.0

Ten Minutes by Tractor Pinot Noir (Mornington Peninsula) \$14.0

Chandon Brut \$14.0

## COFFEE

St Ali

White \$4.0

Black \$4.0

Cold Brew \$5.0

Mocha \$4.0

Hot Chocolate \$4.0

Pink Latte \$4.5

Minty Cacao Latte \$4.5

Spicy Ginger Latte \$4.5

Golden Latte \$4.5

Matcha Latte \$4.5

Chai Latte \$5.0

+ Soy / Strong / Large / Mocha \$0.5

+ House made Almond Milk \$1.0

+ Single Origin \$0.5

+ Iced \$1.0

### SENSORY LAB SPECIALTY TEAS \$4.5

Earl Grey / English Breakfast / Peppermint /

Lemon and Ginger / Chai / Chamomile / Organic Jasmine Tea

### KRÉOL APPLE CIDER VINEGAR \$6.5

Passionfruit & Orange

Turmeric, Mango & Lime

Ginger, Lemon & Honey

### CAPI 250ML \$4.0

Sparkling

Sparkling Blood Orange

Sparkling Cola

### CAPI 1L \$7.9

Sparkling

Nutrition and indulgence. Two words you don't often see strung together. At SMÄK 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 SMÄK 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 a part of our menu, and it's staying here

x



@smakfoodhouse

# S M K Ä

## ALL DAY MENU

### TOAST \$7.5

Sourdough / multigrain w/ Pepe Sayer cultured butter & preserves

+ Fruit or gluten free-toast \$2.0

### EGGS YOUR WAY \$11.0

Eggs poached, scrambled or fried on toast

### CHILLI SCRAMBLED EGGS \$15.5

Scrambled eggs, chilli, pepita & sunflower seeds, marinated goats feta, sourdough toast

### ACAI BOWL \$17.5

Banana, spinach, blueberries, dates, chia, maple & acai topped with cacao buckwheat granola, strawberries, peanut butter, passion fruit, kiwi fruit, goji berry and coconut  
+ Vegan protein \$2.5

### CACAO CHIA PORRIDGE \$16.0

W/ apple, rhubarb, ginger, vanilla, fresh banana, berries and lemon balm

### SMÄKED AVO \$18.5

Smashed avocado w/ mint, multigrain toast, roasted cherry tomatoes, marinated goats feta, mini turmeric sweet corn fritter, coconut chilli oil + finger lime

### WAFFLE RÖSTI BENEDICT (2) \$18.5

Orange braised ham hock, thyme sweet potato waffle rösti, poached egg, green apple yuzu hollandaise

+ Make it 3 \$7

### MOROCCAN PUMPKIN & CHICKPEA FRITTERS \$17.0

w/ smashed coconut peas, avocado, poached egg, puffed rice noodle, coriander & lime cheek

+ Eggplant chipotle relish \$2.5

+ Bacon \$5.0

+ Halloumi \$5.0

### LEMON CHEESECAKE & MERINGUE HOTCAKES \$21.0

Fresh berries, coconut custard, shortbread lemon curd

ice cream, pistachio and meringue crumb

### SPICY WATERMELON SOBA ZOODLE BOWL \$18.0

Green tea soba noodle, zoodle, edamame, salad w/ coriander, thai basil, pickled ginger & sriracha cashew yoghurt

#### Pick your protein:

- Baked salmon \$2.5

- Sous Vide coconut tarragon chicken

- Almond crumb popcorn chicken

- Bbq ginger brisket

- Marinated spicy tofu

- Vegan falafel (gf)

\*gf option, just get the zoodles

### GREEN BOWL \$18.5

Green beans, chinese broccoli, bok choy, kale, w/ 1/2 an avo, halloumi, tamari sunflower & two poached eggs wok fried in ginger & sesame hoisin

+ Sous Vide coconut tarragon chicken \$5.0

+ Baked salmon \$8.5

+ Bbq ginger brisket \$5.0

### VEGAN GREEN BOWL \$18.0

Green beans, chinese broccoli, bok choy, kale, w/ 1/2 an avo, spicy marinated tofu, tamari sunflower & edamame hummus wok fried in ginger & sesame hoisin

+ Vegan falafel \$4.0

### MEXICAN TOSTADA BOWL \$19.5

Black bean & tofu chilli con carne, charred corn salsa, pickled red cabbage, sweet potato, white quinoa, shredded lettuce w/ queso cheese sause, cashew yoghurt and jalapeño salsa verde all in a fried tostada

+ Fried egg \$2.0

+ Chorizo \$5.0

+ Bbq ginger brisket \$5.0

### MACRO BOWL 3.0 \$18.5

Glazed baby carrots, crispy brussel sprouts, sriracha chick peas, pickled red cabbage, sautéed kale, organic white quinoa, edamame hummus, pepitas, sunflower seeds

& no nut satay

+ Vegan falafel \$4.0

+ Almond crumb popcorn chicken \$6.0

### EARTH BURGER \$19.5

Lentil black bean, quinoa, carrot, beetroot burger w/ lemon cashew yoghurt, eggplant chipotle relish, pickled red cabbage + kale w/ sweet potato fries

- Have it Naked w/ zoodles & sautéed kale

- your option of GF vegan bun or Milk bun

### BBQ GINGER BRISKET BURGER \$19.5

w/ Lettuce, tomato, mini jalapeño popppers, salsa verde, American cheese, sriracha mayo & house pickles on a milk bun w/ sweet potato fries

+ Bacon \$5.0

+ Double brisket \$5.0

### ALMOND CRUMB POPCORN CHICKEN TACOS (3) \$18.0

Pickled red cabbage, charred corn salsa, chimichurri and sriracha aioli

### VEGGIE BURGER \$21

Avo, tomato, lettuce, pumpkin fritter patty, halloumi, fried egg, mayo on a milk bun w/ sweet potato fries

## EXTRAS

Exchange for gluten free toast \$2.0

Hollandaise, extra egg \$2.5

Marinated goats cheese, Sage butter mushrooms, \$4.0

Marinated spicy tofu, Edamame hummus, Blistered cherry tomatoes, sweet potato waffle rösti, rosemary potato rösti, Vegan falafel (gf)

Smashed avocado, Fried halloumi, Grilled Chorizo, \$5.0

Sous Vide coconut tarragon chicken, Bacon, Bbq ginger brisket, Grilled halloumi, Wok tossed greens in avocado oil

Smoked Salmon, Sweet potato fries w/house made sriracha \$6.0

aioli, Almond crumb popcorn chicken

Baked Salmon \$8.5

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