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ALL DAY MENU

KID'S BREAKFAST

Croissant with scrambled egg & babychino

TOAST

Sourdough / Multigrain / Fruit toast / Gluten Free

EGGS YOUR WAY

Poached, Fried or Scrambled on your choice of toast (2)
+ Gluten Free

CO-YO GRANOLA

Oats & grains with seasonal fruits, nuts, topped with coconut yoghurt and tea poached oranges

CHILLI SCRAMBLED EGGS

Scrambled eggs, chilli, pepitas seeds, sunflower seeds +
marinated goats feta on sourdough
+ Chorizo

SMÄKED PUMPKIN

Cherry tomato, lemon minted feta and mixed ancient grains
& Edamame
+ Poached Egg
+ Bacon

SWEET POTATO RÖSTI

Confit field mushroom, pea & feta puree, poached egg, porcini
crumb & halloumi

WAFFLE BENEDICT (2)

Orange braised ham hock, thyme sweet potato waffle,
poached pears & yuzu hollandaise + poached eggs
+ Make it 3

COCONUT MILK PANCAKES

Coffee condensed milk, seasonal berries, mango sorbet
& maple syrup and toasted pistachio

\$10.5

\$7.5

\$11.0

\$2

\$13.5

\$16.5

\$5

\$18

\$2.5

\$5

\$18

\$18.5

\$7

\$18

SMASHED AVO

Cherry tomato, lemon minted feta and mixed ancient grains
& roasted corn
+ Poached Egg

THE FULL SMÄK

Poached eggs, bacon, chorizo, avocado, field mushroom,
tomatoes, relish & sourdough toast

ACAI BOWL

Banana, spinach, blueberries, dates, chia, maple topped
with peanut butter buckwheat granola, strawberries, passion fruit,
kiwi fruit, goji berry + coconut chips
+ Vegan protein

GREEN BREAKFAST SALAD

Raw broccoli, green kale, buckwheat, chilli, avocado & pistachios
w/ maple mustard dressing & poached eggs
+ Chicken
+ Grilled Salmon

SPIRIT SALAD

Raw cauliflower, mint, bok choy, edamame, cucumber noodles,
cherry tomatoes & cashew nuts w/ tamarind dressing
+ Chicken
+ Grilled Salmon

WILD BOWL

Fried tofu, zoodles, broccolini, black beans, smoked babaganoush,
sautéed kale and bok choy with a red curry dressing
+ Grilled Salmon
+ Tofu

MACRO BOWL 3.0

Dutch carrots, zoodles, pickled cabbage, roasted pumpkin hummus,
smoked chickpeas, sautéed kale & truffle dressing
+ Grilled Salmon
+ Chicken

\$18

\$2.5

\$23

\$18.5

\$2.5

\$17

\$5

\$7.5

\$17

\$5

\$7.5

\$18.5

\$7.5

\$3.5

\$18.5

\$7.5

\$5

MASSAMAN PULLED PORK BURGER

Papaya slaw, fried egg, smoked chilli aioli with sweet
potato fries

\$18

SALMON & EGG ROTI

Smoked babaganoush, relish, sautéed kale, swiss cheese
& herbs

\$13.5

CHICKEN MAYO SANDWICH

Roasted chicken in spices, onion, cheese & pickled cucumbers

\$17

REUBEN SANDWICH

Corn beef, sauerkraut, cornichons & swiss cheese

\$18

EXTRAS

Exchange for gluten free toast \$2

Hollandaise, side mayo, smoked tomato relish, extra egg \$2.5

Goats cheese, mushrooms, tomatoes, sweet
potato rösti, broccolini, halloumi \$4

Chorizo, grilled chicken, bacon, ham hock \$5

Sweet potato fries \$6

Grilled Salmon \$7.5

No split bills on weekends.

Vegetarian:  Vegan: 

Gluten Free:  *options available

COFFEE

| | |
|------------------------------|-------|
| Batch Brew | \$5.0 |
| House Blend – Black or White | \$4.0 |
| Single Origin | \$0.5 |
| Extra Shot | \$0.5 |
| Soy Milk | \$0.5 |
| House made Almond Milk | \$1.0 |
| Coconut Milk | \$0.5 |
| Lactose free Milk | \$0.5 |

OTHER DRINKS

(ICED + \$0.5)

| | |
|-----------------------|-------|
| Chai Latte | \$4.5 |
| Hot Chocolate | \$4.0 |
| Pink Latte/Red Velvet | \$4.5 |
| Minty Cacao Latte | \$4.5 |
| Spicy Ginger Latte | \$4.5 |
| Golden Latte | \$4.5 |
| Matcha Latte | \$4.5 |

LARSEN & THOMPSON TEA

\$4.5

Earl grey / Chamomile / Peppermint / Lemongrass & ginger

ST.ALI SPECIALTY TEA

'SECULAR BLEND' (ENGLISH BREAKFAST)

\$4.5

70% Kaikatty Estate Organic CTC. Kaitatty, Kerala, India.

30% Dian Hong, Simao, Yunnan, China.

Malty, chocolate body, and the Chinese red adds sweetness, complexity and a lingering spicy finish, providing a smooth, rich, fudge-y milk tea.

'MO LI LONG ZHU' (JASMINE PEARL)

\$4.5

High quality Autumn harvest material from Jiangsu is processed as a green tea, and then scented with fresh Organic Jasmine blossoms from Guanxi over night as the flowers bloom, before being dried once more. A well balanced & sweet, aromatic jasmine, with an easy drinking green tea base.

COLD DRINKS

| | |
|-----------------|-------|
| Iced Latte | \$4.5 |
| Iced Chocolate | \$5.0 |
| Iced Mocha | \$5.5 |
| Cold Brew Tonic | \$6.0 |
| Cold Brew | \$5.0 |

COLD PRESSED JUICES

\$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

SMOOTHIES

\$11.5

GREEN

Avocado, spinach, mango, banana, 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

REMEDY KOMBUCHA 330ML

\$6.5

Original / Ginger & Lemon / Apple Crisp / Raspberry Lemonade

KARMA COLA CO. 300ML

\$6

Lemmy Lemonade / Karma Cola

BELOKA WATER 200ML

\$3.5

Still / Sparkling
750ml Sparkling

\$7.5

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