

TAKE AWAY MENU

Strictly Wilson's Toast 5

A choice of freshly baked bread and spread.
*Organic Sourdough / Light Rye / Seeds of Oz
Gluten Free/Fig Almond +1
Peanut Butter / Vegemite/ Apple Pie Jam / Jam of
the Day* (V VG EF DF GF)

Mad About Gran 12

House made slow roasted granola with all the elements of berries, nuts and bee pollen. Topped with matcha chia pudding. (V DF SOYF EF)

Bircher Never Had This Before 12

Black sticky rice pandan bircher with coconut milk. Topped with roasted banana, coconut yoghurt and freeze dried pears. (V VG GF EF DF NF)

Dr. Porridge 11

A silky, smooth porridge made with white corn. Served with apple ginger compote, caramelised buckinis & crispy banana. (V GF SOYF EF NF)

Running Late Roti 10

Scrambled eggs, bacon and spinach with oozing homemade tomato relish. (DF SOYF NF)

Ava Smashing Time 14

Smoked tomatoes, orange minted feta, mandarin's dust, pepitas and crunchy iceberg.
Add Air Dried beef + 2.5 / Add Egg +2 (V SOYF EG NF)

Torikatsu Sandwich 12

Fried chicken, miso mayo, cabbage and kohlrabi slaw on a lightly toasted panino. *Add Fries +4* (DF)

Switchblade Sam Sanga 13

Roasted mushrooms, grilled halloumi and avocado with yoghurt dressing. *Add Fries +4*
(V SOYF SF EF NF)

Legend / Key

V vegetarian / VG vegan / DF dairy free / EF egg free
NF nut free / SF no added sugar / SOYF soy free

**Please inform our staff of any allergies, as not all the ingredients are listed. Our bread may contain traces of nuts.*

Salad for Soul 13

Snow peas, sugar snaps, edamame, green peas, broccolini, roasted sweet potatoes, smoked tomatoes, halloumi and raisins, topped with a poached egg, tossed in a zesty tamarind dressing, loads of fresh herbs and nut-free dukkah.
Add Grilled Chicken +5 / Add Grilled Salmon +7.5
(V VG NF GF)

Mum's Salad Bowl 13

Mixed baby heirloom carrots with bok choy, broccolini, and roasted sweet corn all tossed in a grilled orange verjuice vinaigrette.
Add Grilled Chicken +5 / Add Grilled Salmon +7.5
(V DF SOYF EF GF SF)

West Indies Chicken Burger 14

Smoked and grilled chicken, avo, pineapple slaw, iceberg lettuce & jalapeño aioli.
Add Fries +4 / Add Fried Egg +2 (DF SOYF NF)

Menace Burger 14

Mac and cheese grilled wagyu burger, crispy bacon, pickles and mayo.
Add Fries +4 / Add Fried Egg +2 (SOYF SF NF)

The Salmon Beet Bun 18

Semi cured in celery and rum, papaya salad, chilli jam and a herbed omelette on a beetroot brioche bun. (DF SOYF NF)

HTC Croissant 7

Ham, tomato & cheese croissant.



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