

**Sourdough, Grain or Fruit Toast** w/ strawberry jam, Vegemite, honey or peanut butter **6.5**

**Egg & Bacon Butty** or **Egg & Avo Butty** cheddar, HP Sauce, on Brioche **10.5**

**Acai Smoothie Bowl** w. puffed rice, toasted coconut, chia seeds, goji berries & seasonal fruit **16.5**

**SARDI Granola** oats, buckinis, sunflower seeds, flaxseeds, coconut flakes, hazelnuts & almonds toasted in coconut oil & honey with coyo & rhubarb compote **14.5**

**Japanese Avo** on multigrain, furilake, pickled daikon & ginger, coriander, spring onions, Sancho pepper, Shiso leaf, Kewpi mayo (GF & Vegan option) **16.5**  
- w/ poached egg **+3.0**

**Polenta Porridge** with mushrooms four ways (shaved, braised, crispy & mushroom relish), truffle oil and parsley **16.5**  
- w/ poached egg **+3.0**

**Black Rice Bowl** Baby kale, heirloom cherry tomatoes, green beans, avocado & cashew cream, pickled carrot, heirloom radish **17.0**  
- w/ poached egg **+3.0**  
- w/ grilled chicken or tuna **+5.0**

**Turmeric Red Rice Pudding** warm rice congee, fried ginger, chopped herbs, pickled daikon, spring onions and cucumber. Your choice of poached egg, cured salmon, or smoked bacon bits. **16.5**

**Tomato & Zucchini Tartine** cherry tomatoes, shaved zucchini, pickled red onion, herb salsa, salted ricotta on toasted sourdough **16.5**  
- w/ Chorizo **+5.0**

**Roasted Pumpkin Fritters** Pepitas, avocado & cashew cream, pickled pumpkin, spinach, poached egg **16.5**  
- w/Bacon or Chorizo **+5.0**

**Southern Brunch Bowl** Cheesy omelette, pica de gallo, avocado, spinach, black beans, tortillas (GF and Vegan option) **16.5**  
- w/Chorizo **+5.0**

**Detox Brunch Salad** Broccoli, radish, black beans, carrot, pomegranate, zucchini, cashews, wasabi peas, salted ricotta, lemon dressing **17.5**

**Spice Up Your Life** chilli scrambled eggs, bacon, chorizo, mushrooms **17.0**

**The Hangover Cure** Waffle, fried eggs, chorizo, bacon, tomato, spinach, pickled mushrooms, pica de gallo **19.9**

**Banana Bread French Toast** mascarpone, roasted pears, salted caramel **17.5**

**Chicken & Waffles** Buffalo chicken, pickled pumpkin, smoked maple syrup **19.5**  
**Oreo Waffles** dark choc, Oreo mascarpone, berries & vanilla ice cream **18.5**

**Buffalo Chicken Burger** slaw, aioli & sweet potato fries **18.5**

**Cajun Chicken Tacos** avo salsa, spicy mayo, chargrilled corn **18.5**

**Sweet Potato Fries** with avocado salsa **9.5**

**Chicken Sandwich** honey mustard, mayo, avocado, snow pea sprouts **12.5**

**Cured Salmon Sandwich** spring onion, cream cheese, rocket, pickled daikon **10.0**

**BLAT** bacon, lettuce, avocado & tomato **10.0**

#### **SIDES**

Mushrooms/Spinach/Extra Egg **3.0**

Avocado/Saganaki **3.5**

Bacon/House Cured Salmon/Chorizo **5.0**

Relish/Aioli **0.5**

House made Paleo Bread **1.5**

**No changes to the menu or split bills during busy periods or weekends. Kitchen closes at 3pm.  
See front fridge for sweets, and grab and go options**

# SARDI

## JUST FOR THE KIDS

Waffles w/ fruit salad & maple syrup	9.9
Egg on Toast	7.9
Breaky Taco egg, tomato, spinach	7.9
Mini Acai Bowl	8.5
Mini Rice Pudding	7.9
Mini Granola	7.9

## BEVERAGES

House blend: Humble Harry Sunny Boy

Black **3.5**/White **3.8**

Large **0.7**/ Decaf, Soy, Lactose Free, Strong **0.5**/

Almond, Coconut Mylk **1.0**

Tea Drop Tea	<b>4.3</b>
English Breakfast	
Peppermint	
Chai	
Green	
Earl Grey	
Lemongrass & Ginger	

Hot Chocolate	<b>4.3</b>
Mocha	<b>4.5</b>
Prana Chai Masala	<b>5.5</b>
Chaiwala Housebrew	<b>5.5</b>
Matcha Latte	<b>4.5</b>
Tu79 Golden Latte	<b>4.5</b>
Iced Coffee/Choc/Mocha	<b>6.5</b>
Remedy Kombucha	<b>5.8</b>

## JUICES **7.5**

Apple
Carrot
Orange
The Sardi Sing (mixed juice, ginger & beetroot)

## VEGAN SMOOTHIES **9.9**

**Cacao Kicker** almond milk, cacao, protein powder, peanut butter, rice malt syrup, goji berries (+1.0 Espresso shot)

**Tropic Boost** mango, coconut milk, coyo, LSA, rice malt syrup, passionfruit, coconut.

**Green Goodness** apples & carrot juice, banana & superfood powder

## MILKSHAKES **8.0**

Chocolate
Vanilla
Strawberry
Caramel
Mint Chocolate
Oreo
Malteser

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