



# THE JOURNAL CAFE

42 X 18

90 MARKER ST // MERMAID WATERS

## ALL DAY MENU

6.00AM – 3.00PM KITCHEN CLOSSES 2.30PM

WE USE ONLY FREE RANGE EGGS

<b>BIG BREAKFAST</b>	\$21
SERVED WITH SOY QUINOA SOURDOUGH + EGGS YOUR WAY + BACON + HASH BROWN + CHIPOLATAS + HOUSE ROASTED MUSHROOMS + FRESH SPINACH & TOMATO RELISH.	
<b>SMASHED AVOCADO (V)</b>	\$16
SERVED ON SOY QUINOA SOURDOUGH + HOUSE MADE DUKKHA + CRUMBLLED FETA + CHARRED LEMON + PEPITA AND SUNFLOWER SEEDS.	
<b>THE HASH STACK</b>	\$19
HASH BROWNS SERVED ON A BED OF CRISPY ROCKET + SMASHED AVOCADO + BACON + 2 POACHED EGGS DRIZZLED WITH HOLLANDAISE SAUCE.	
<b>BACON &amp; EGG ROLL</b>	\$12
BACON + HASHBROWN + FRIED EGG W/SMOKEY BBQ SAUCE SERVED ON A MILK BUN.	
<b>DOUBLE BACON &amp; EGG ROLL</b>	\$16
DOUBLE BACON + DOUBLE HASHBROWN + DOUBLE FRIED EGG W/SMOKEY BBQ SAUCE ON A MILK BUN.	
<b>EGGS YOUR WAY (V)</b>	\$13
SERVED WITH SOY QUINOA SOURDOUGH + EGGS YOUR WAY + TOMATO RELISH ADD BACON \$5 SALMON \$5	
<b>THE ONESIE</b>	\$9
SERVED WITH ONE SLICE OF SOY QUINOA SOURDOUGH + ONE EGG YOUR WAY + ONE RASHER OF BACON + TOMATO RELISH.	
<b>CHEESY SCRAMBLE(V)</b>	\$15
SERVED WITH SOY QUINOA SOURDOUGH + CHEESY SCRAMBLED EGGS + TOMATO RELISH ADD BACON \$5 SALMON \$5	
<b>BREAKFAST BRUSCHETTA (V)</b>	\$17
SERVED ON SOY QUINOA SOURDOUGH + FRESH BRUSCHETTA MIX + ROCKET + AVOCADO + TWO POACHED EGGS FINISHED WITH A BALSAMIC DRIZZLE & LEMON PEPPER.	
<b>EGGS BENEDICT</b>	
SERVED WITH SOY QUINOA SOURDOUGH + FRESH SPINACH + TWO POACHED EGGS AND HOLLANDAISE SAUCE. BACON \$17    HAM \$17    SALMON \$18    MUSHROOMS (V) \$17 SWAP TO A BAGEL +\$1	

<b>BLAT</b>	\$14
BACON + LETTUCE + AVOCADO + FRESH TOMATO + SRIRACHA AIOLI SERVED ON TURKISH BREAD	
<b>TOAST + CONDIMENTS</b>	\$6
CHOICE OF SOURDOUGH, TURKISH OR GF +\$1 WITH VEGEMITE, STRAWBERRY JAM, PEANUT BUTTER OR NUTELLA.	

### BURGERS + CHIPS

<b>ANGUS BEEF BURGER</b>	\$15
ANGUS BEEF PATTY + CHEESE + FRESH TOMATO + CRUNCHY LETTUCE + RED ONION RINGS + SMOKEY BBQ SAUCE ON A MILK BUN. ADD CHIPS \$4	
<b>CHICKEN PARMI BURGER</b>	\$17
CHICKEN SCHNITZEL + CHEESE + BACON + TOMATO RELISH + CREAM GARLIC AIOLI SLAW ON A MILK BUN ADD CHIPS \$4.	
<b>BOWL OF FRIES (V)</b>	\$8
SERVED WITH TOMATO SAUCE	
<b>BOWL OF SWEET POTATO CHIPS (V)</b>	\$10
SERVED WITH GARLIC AIOLI	
<b>WAFFLE CHIPS (V)</b>	\$10
SERVED WITH GARLIC AIOLI	

### PANCAKES

<b>PLAIN OL' PANCAKES (V)</b>	\$12
MAPLE SYRUP AND ICE CREAM	
<b>BERRIES AND BANANA (V)</b>	\$15
BERRY COMPOTE, GRILLED BANANA, MAPLE SYRUP AND ICE CREAM	
<b>CANADIAN PANCAKES</b>	\$17
BACON, MAPLE SYRUP, ICE CREAM AND GRILLED BANANA	

DAILY SELECTION OF FRESH SALADS, FRESH OR TOASTED SANDWICHES, AND SWEETS AVAILABLE FROM THE CABINET

## DRINKS, JUICE AND SMOOTHIES

5.30AM – 1.00PM

CHOICE OF MILK - FULL FAT OR SKIM.  
SOY, OAT, ALMOND, LACTOSE FREE, COCONUT 80G EXTRA.

<b>HOT DRINKS</b>	SM \$4 LG \$5
LONG BLACK    CAPPUCCINO    FLAT WHITE    LATTE	
MOCHA    HOT CHOCOLATE    HOT MILO    CHAI LATTE	
LONG BLACK MADE WITH COCONUT WATER	SM \$4.50 LG \$5.50
ESPRESSO \$3.50	PICCOLO \$3.50
SHORT MACCHIATO \$3.50	LONG MACCHIATO \$4
<b>BOTTOMLESS TEA</b>	SM \$4.5 LG \$5.5
ENGLISH BREAKFAST    JASMINE GREEN TEA    SENCHA GREEN TEA	
EARL GREY    CHAMOMILE    PEPPERMINT	
<b>ICED DRINKS</b>	
ICED LATTE \$7    ICED COFFEE \$8    LONG BLACK \$5	
ICED CHAI \$7    ICED MOCHA W/CREAM + ICE CREAM \$8	
ICED CHOCOLATE W/CREAM + ICE CREAM \$8	
<b>DIY JUICE</b>	\$8
CHOOSE YOUR COMBINATION OF ANY THREE INGREDIENTS FROM APPLE, BEETROOT, GINGER, LEMON, ORANGE, SPINACH, PINEAPPLE, CARROT, CELERY, WATERMELON. ADD EXTRAS FOR JUST 50C EACH.	
<b>SMOOTHIES</b>	\$8.50
ANOTHER GREEN SMOOTHIE – APPLE JUICE, KIWI FRUIT, SPINACH, BANANA HAWAIIAN BREEZE – PINEAPPLE, ORANGE, HONEY, MANGO AND ICE BREKKY SMOOTHIE – MILK OF CHOICE, BANANA, OATS, HONEY, CINNAMON BANANA SMOOTHIE – MILK OF CHOICE, BANANA AND HONEY ACAI SMOOTHIE - CHOICE OF APPLE JUICE OR COCONUT WATER MANGO COCONUT SMOOTHIE - MADE WITH COCONUT MILK STRAWBERRY ROSE SMOOTHIE - MADE WITH COCONUT MILK MIXED BERRY SMOOTHIE - MADE WITH APPLE JUICE	

<b>MILK SHAKES</b>	\$7
COFFEE    CARAMEL    CHOCOLATE    VANILLA    STRAWBERRY	
<b>THICK SHAKES</b>	\$8.5
COFFEE    CARAMEL    CHOCOLATE    VANILLA    STRAWBERRY    MILO	
<b>FRAPPES</b>	\$9
SERVED WITH WHIPPED CREAM COFFEE    MILO    CARAMEL    CHOCOLATE    VANILLA STRAWBERRY    CHAI	

### BOWLS

<b>ACAI BOWL (V)</b>	\$15
SERVED WITH SEASONAL FRUITS AND HOUSE MADE GRANOLA.	
<b>THE TROPICS BOWL (VE)</b>	\$13
A THICK BLEND OF MANGO – BANANA & COCONUT WATER MADE TOPPED WITH BANANA, KIWI FRUIT, STRAWBERRY , CHIA SEEDS, DESICCATED COCONUT AND PASSIONFRUIT PULP. ADD HOUSE GRANOLA \$1	
<b>THE GREEN BOWL (V)</b>	\$13
A THICK BLEND OF BANANA, SPINACH, HONEY, & APPLE JUICE – TOPPED WITH KIWI FRUIT, SLICED BANANA, GREEN APPLE SLICES, CHIA SEEDS, DESICCATED COCONUT. ADD HOUSE GRANOLA \$1	