



{ knead to eat }

{ **sandwiches** }

freshly made upon order

The Classics

Brutus' Roast Beef

36-hour sous vide beef, sautéed mushrooms, caramelised onions, tomatoes & cheddar cheese

Old Fashioned Ham & Cheese

Gammon ham, cheddar cheese & tomatoes

Go Hot Turkey

Smoked turkey breast, lettuce, tomatoes & spicy cranberry sauce

Smokin' Pulled Pork

24-hour sous vide BBQ pork & homemade coleslaw

Grandma's Guacamole BLT

Oven baked bacon, lettuce, tomatoes & homemade guacamole

Classic Tuna Salad

Flaked tuna mayo, tomatoes, pickles, cucumber & lettuce

Knead to Eat Specials

A-Pollo Pesto

Homemade almond-pesto chicken breast, roasted peppers, tomatoes & lettuce

Wholesome Chicken Avo

Cajun grilled chicken breast, sliced avocado, herbed cherry tomatoes, lettuce & tomato chutney

Tuna Meltdown

Flaked tuna mayo, cheddar, mozzarella & tomatoes

Cubano

Homemade roast pork, gammon ham, cheddar cheese, jalapeños & pickles

Chicken Tikka Masala

Oven roasted masala chicken, tomatoes, cucumbers & lettuce

Vegetarian Options

Falafuly Yours (V)

Homemade falafel, herbed cherry tomatoes, crumbled feta, caramelized onions, mint yoghurt & spicy tomato chutney

The Great Portobello (V)

Grilled teriyaki portobello, caramelized onions, tomato, cheddar & rocket

Smashing Avo (V)

Smashed avocado, herbed cherry tomato, feta & rocket

Chili 'Con Carne' Burrito (V)

Homemade Quorn chili con carne, brown rice, mixed bean salsa, cheesy corn, mozzarella cheese & lettuce

Veg-Out Feta (V)

Roasted peppers, tomatoes, eggplant, caramelized onions, crumbled feta & spinach

{ **soups & sides** }

please check with our friendly staff for daily selections

Small Daily Homemade Soup

Large Daily Homemade Soup

Tyrell's Potato Chips

Whole Fruit (Banana/Apple)



{ knead to eat }

{ **breakfast** }
available from 7:30am to 10:30am

Sandwiches: The Works

Bacon & Sunny Side Up Egg

Ham & Sunny Side Up Egg

Bacon & Scrambled Eggs

Ham & Scrambled Eggs

Smoked Salmon & Scrambled Eggs

Smoked Salmon & Cream Cheese

Sandwiches: Vegetarian Options

Scrambled Eggs, Shrooms & Cheese (V)

Scrambled Eggs, Avo, Peppers (V)

Spiced Peppers & Cheese (V)

Toastie with Choice of Spread (V)

(Choice of: Vegemite / Marmite / Jam / Peanut Butter)

Not Sandwiches (Vegetarian)

Greek Yoghurt Pot (V)

(Choice of: Plain & Granola / Banana & Honey / Berry)

Warmed Oatmeal (V)

(Choice of: Granola / Mixed Raisins)

Scrambled Eggs & Chili ConCarne Pot (V)

Scrambled Eggs & Bean Salsa Pot (V)

* Add \$3 for regular sized hot drink to make it a set. Top up \$0.50 for large/iced drink

* Top up \$0.50 for croissant



{ knead to eat }

{ **beverages** }
Our secret blend.....SsshhhHHH!

Coffees

Piccolo (5oz)

Regular (8oz)

Large (12oz)

Espresso

Macchiato

Long Black

Latte/Cappuccino/Flat White

Mocha

Extras (+ Iced/ + Shot/ + Soy/ + Syrup
(Vanilla/ Hazelnut/ Caramel)

Not Coffees

Regular
(8oz)

Large
(12oz)

Organic Hot Chocolate

Honey Lemon

Matcha Latte

Masala Tea

Gryphon Tea (Pot)

Cold Drinks

Canned Drinks (Coke/ Coke Light/ Lemon Tea)

Iced Lemon Red Tea

Vitamin Water (Fruit Punch, Dragonfruit, Orange, Triple Berry)

Vittel

Orangina (330ml)

Coconut Water

San Pellegrino Sparkling Juice (330ml)

(Grapefruit, Blood Orange, Lemon, Orange)

San Pellegrino Sparkling Water (500ml)