



**. GROUNDED .**

GRO CER & CAFE

## OUR SIGNATURE TOASTIES

<b>Double Cheesy</b>	8
<b>Cheese &amp; Tomato</b>	10
<b>Cheese &amp; Mushroom</b>	12
<b>Ham, Cheese &amp; Tomato</b>	12
<b>Cheese, Smashed Avocado &amp; Egg</b>	14
<b>Bacon, Egg, Cheese &amp; Tomato Relish</b>	14
<b>Vegan Toasty (with or without butter)</b>	
Grilled mushrooms, tomato & onion w. our home made pumpkin relish	16
<b>Chicken Pesto Toasty</b>	
Handmade fried chicken breast w. cheese, pesto & mayo	16
<b>Chicken Parma Toasty</b>	
Handmade fried chicken breast w. bacon, cheese & our home made tomato relish	16

## BURGERS served in a brioche bun

<b>Cheeseburger</b>	
Grilled beef patty, cheese, tomato sauce and pickles	11
<b>Meat the Classic</b>	
Grilled beef patty, cheese, lettuce, tomato, onion, w. garlic aioli & tomato sauce.	15
<b>The Hot Chick</b>	
Choice of grilled or fried chicken, tomato, lettuce, cheese & pickles w. chilli mayo sauce.	15
<b>Grilled Mushroom Burger</b>	
Marinated garlic mushrooms, cheese, lettuce, tomato, red onion w. grogro special sauce.	15
<b>Mr. Benny Burger</b>	
Double bacon, fried egg, hashbrown, grilled spinach, w. tomato relish & hollandaise sauce on the side.	16

### ADD

<i>Side chips / bowl chips</i>	4 / 7
<i>Cheese / fried egg</i>	2 / 3
<i>Bacon / halloumi / avocado / chorizo</i>	5
<i>Grilled chicken / fried chicken / beef</i>	6

## BRUNCH all day

<b>The Avo Smash</b>	
Grilled sourdough w. melted cheese & smashed avo.	10
<b>Breakfast Burger</b>	
Fried egg, crispy bacon, melted cheese, w. our home made tomato relish served in a brioche bun.	11
<b>Eggs Your Way</b>	
Scrambled, fried or poached eggs served w. toasted sourdough.	12
<b>Mr. Benny</b>	
Choice of salmon, bacon or avocado on two poached eggs, w. grilled spinach, hashbrowns & hollandaise.	20
<b>Nutella Waffles (great to share)</b>	
Two toasted waffles, w. Nutella, home made berry compote, fresh strawberries & vanilla ice-cream.	24
<b>The Grounded Big Breakfast</b>	
Eggs your way on two slices of toasted sourdough, w. crispy bacon, smashed avocado, grilled spinach, mushroom & tomato, served w. a side hashbrown.	26
<b>Grilled Chicken Souvlaki</b>	
Marinated grilled chicken, w. lettuce, tomato, onion & garlic tzatziki in a pita wrap, served with a side of chips.	22
<b>Gourmet Spicy Lamb HSP (SMAK Special)</b>	
Seasoned chips, served w. spicy lamb mince, onion, grilled halloumi, smashed avo, yoghurt & chilli sauce.	25
<b>Gourmet Vegetarian HSP</b>	
Seasoned chips, served w. grilled mushroom, diced tomato, onion, grilled halloumi, smashed avo & yoghurt.	25
<b>ADD</b>	
<i>Fried or poached egg / scrambled eggs</i>	3 / 6
<i>Grilled spinach / grilled tomato</i>	4
<i>Bacon / halloumi / avocado / chorizo / mushroom / salmon</i>	5
<i>Extra grilled chicken / fried chicken / beef</i>	6

## DRINKS

<b>Espresso</b>	4
<b>Regular Coffee w. Milk</b>	4.5
<b>Large Coffee w. Milk</b>	5.5
<b>Hot Chocolate</b>	4.5
<b>Tea</b>	
English breakfast, honeydew green, supreme earl grey, malabar chai, chamomile, lemongrass & ginger, peppermint.	5
<b>Chai Latte Tea Drop blend or Brewed Prana</b>	6.5
<b>Matcha / Turmeric Latte</b>	6.5
<b>Yerba Maté</b>	6.5
<b>Iced Coffee / Chocolate w. ice cream</b>	7
<b>Iced Mocha w. ice cream</b>	7.5
<b>Milkshake</b>	
Vanilla, caramel, choc, banana, strawberry, blue heaven.	7
<b>ADD</b>	
<i>Extra shot</i>	0.5
<i>Decaf</i>	0.5
<i>Alt milk - almond / oat / soy / lactose free</i>	1
<i>Syrup - caramel / hazelnut / vanilla</i>	1
<i>Babycino / Puppacino</i>	2 / 3
<b>Cold Pressed Juice</b>	
Orange, apple or mixed.	7
<b>Smoothies</b>	12
<b>Bahama</b> - mango, passion fruit, coconut, banana, turmeric, flax seeds, vanilla bean w. almond milk.	
<b>Pink Vitality</b> - banana, strawberries, dragon fruit. Goji berries, dates, chai seeds, himalayan sea salt w. almond milk.	
<b>Power Breakfast</b> - banana, peach, oats, manuka honey, dates, cinnamon, cocoa nibs, w. almond milk.	
<b>Clean &amp; Green</b> - kiwi, kale, spinach, pineapple, coconut, mint, spirulina w. coconut water.	



Scan QR to see photos of our menu and more!



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#grogro

Dine in & Takeaway  
9AM to 3PM / Tues - Sun

No Spilt Bills / No Substitutions  
All Food is Seasoned & Garnished

15% Public Holiday Surcharge Applies