

# THE COLONEL'S SON

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**[V]** Vegetarian

**[VG]** Vegan

**[LG]** Low Gluten

**[LGO]** Low Gluten Option

**[N]** Nuts

**[DF]** Dairy Free

PLEASE ADVISE STAFF OF ANY ALLERGIES

Please note there are no swaps of ingredients, no split bills or alterations on weekends and holidays, and a 10% surcharge is applied on public holidays.

# Drinks Menu

## Hot Drinks

<b>Espresso</b>	<b>3.50</b>
<b>Black</b>	<b>4.50</b>
<b>Milk Coffee</b>	<b>4.50</b>
<b>Hot Chocolate</b>	<b>4.50</b>
<b>Mocha</b>	<b>4.80</b>

*Extra Shot / Decaf / Soy / Almond  
Oat / Lactose Free / Coconut  
Mug / Large* **0.50**

<b>Chai Latte (Spiced Powder)</b>	<b>4.50</b>
<b>Chai Tea Latte (Loose Leaf)</b>	<b>5.30</b>
<b>Dirty Chai</b>	<b>7.00</b>
<b>Turmeric Latte</b>	<b>4.50</b>
<b>Matcha Latte</b>	<b>4.50</b>
<b>Tea</b>	<b>4.50</b>

*English Breakfast / Sencha Green  
Tea / Peppermint Tea / Earl Grey  
Lemongrass & Ginger*

<b>Iced Latte: Small</b>	<b>4.80</b>
<b>Iced Latte: Large</b>	<b>6.00</b>

<b>Iced Coffee (with ice cream)</b>	<b>7.00</b>
<b>Iced Chocolate (with ice cream)</b>	<b>7.00</b>
<b>Iced Mocha (with ice cream)</b>	<b>7.50</b>

## Freshly Squeezed Juices

<b>Orange Juice</b>	<b>7.00</b>
<b>Apple Juice</b>	<b>7.00</b>

**Ruby Red** **8.50**  
*Apple, Beetroot, Celery & Ginger*

**Ginger Zinger** **8.50**  
*Apple, Carrot, Celery, Lime &  
Ginger*

## Smoothies

<b>Mixed Berry</b>	<b>8.50</b>
<b>Banana &amp; Oats</b>	<b>8.50</b>
<b>Mango</b>	<b>8.50</b>

**Green Smoothie (Dairy Free & Vegan)** **10.00**  
*Avocado, Spinach, Kale, Chia, Apple,  
Mango, Coconut Yoghurt & Coconut Milk*

**Purple Smoothie (Dairy Free & Vegan)** **10.00**  
*Acai, Mixed Berries, Pineapple, Chia,  
Mint, Coconut Yoghurt & Coconut Milk*

**Cacao Smoothie (Dairy Free & Vegan)** **10.00**  
*Raw Cacao, Peanut Butter, Dates,  
Banana, Chia, Coconut Yoghurt &  
Coconut Milk*

## Milkshakes & Thickshakes

*Vanilla / Caramel / Chocolate /  
Strawberry*

<b>Small Milkshake</b>	<b>5.00</b>
<b>Large Milkshakes</b>	<b>6.50</b>

<b>Thickshakes</b>	<b>8.00</b>
<b>Oreo Thickshake</b>	<b>9.50</b>
<b>Coffee Thickshake</b>	<b>9.50</b>

## Soft Drinks & Water

<b>Coke</b>	<b>4.00</b>
<b>Coke No Sugar</b>	<b>4.00</b>

**Mineral Water** **4.50**  
*San Pellegrino 500 ml*

**Spring Water** **3.00**

# All Day Breakfast Menu

<b>Two Free Range Eggs on Toast</b>	<b>11.00</b>
<i>Poached / Scrambled / Fried</i>	
<i>Grain / Sourdough / <b>Gluten Free + 1</b></i>	
<b>Sides:</b>	
<i>Bacon, Chorizo, Pork &amp; Fennel Chipolatas</i>	<b>5.50</b>
<i>Smoked Salmon</i>	<b>6.50</b>
<i>Persian Fetta, Goat's Cheese, Haloumi, Avocado</i>	<b>4.50</b>
<i>Mushrooms, Sautéed Spinach, Hash Brown, Grilled Tomato</i>	<b>4.00</b>
<i>Egg</i>	<b>3.00</b>
<i>Beetroot Hummus, Hollandaise, Tomato Relish</i>	<b>2.00</b>
<i>Aioli, Eggs Scrambled</i>	<b>1.00</b>
<b>Oat and Banana Porridge [V, LG, N]</b>	<b>16.00</b>
<i>Caramelised Banana, Peanut Butter, Seasonal Fruits, Berry Compote and Candied Walnuts. Change to Oat Milk \$2</i>	
<b>Bruschetta [V]</b>	<b>14.00</b>
<i>Tomato, Onion, Spinach on Toasted Sourdough with Salsa Verde, Persian Fetta &amp; Balsamic Glaze</i>	
<i>Add Poached Egg</i>	<b>3.00</b>
<b>Bircher Muesli [V, LG, N]</b>	<b>18.00</b>
<i>Super-Seed Bircher Muesli, Sweet Dukkah, Berry Compote, Vanilla Yoghurt &amp; Seasonal Fresh Fruits</i>	
<b>Breakfast Board [N, LGO]</b>	<b>19.50</b>
<i>House-made Bircher with Fresh Fruits + Vanilla Yoghurt, Crushed Avocado, Poached Egg on Grain Toast &amp; Orange Juice</i>	
<i>Add Bacon / Chorizo</i>	<b>5.50</b>
<b>Son's Benny</b>	<b>20.00</b>
<i>Poached Eggs + Hollandaise on Hashbrowns with Apple Fennel Slaw, Sautéed Spinach &amp; The Choice of Bacon Or Smoked Ham</i>	
<i>Or Swap For Smoked Salmon + \$3</i>	
<b>Corn Fritters [V, LGO]</b>	<b>21.00</b>
<i>Sweet Corn, Haloumi, Zucchini, Jalapeño, Coriander and Spring Onion Fritters with Spinach, Red Peppers, Pickled Cabbage, Dukkah, Mixed Seeds Salad, Avocado Puree, Tomato Salsa, Poached Egg &amp; Finished with Sweet Chilli &amp; Lime Aioli</i>	
<i>Add Bacon / Chorizo / Pork &amp; Fennel Chipolatas</i>	<b>5.50</b>

# All Day Breakfast Menu

<b>Dukkah Crusted Eggs</b> [V]	20.00
<i>with Crushed Avocado &amp; Goat's Cheese on Grain toast with Thyme Infused Mushrooms</i>	
<i>Add Bacon / Chorizo / Pork &amp; Fennel Chipolatas</i>	5.50
<b>Smashed Avocado</b> [V, LG, N]	19.50
<i>Avocado, Persian Fetta, Toasted Seeds, Medley Tomatoes, Pomegranate, Salsa Verde, Dukkah on Grain with a Poached Egg</i>	
<i>Add Beetroot Hummus</i>	2.00
<b>Chilli Scrambled Eggs</b> [V, LGO]	20.50
<i>Son's House-made Chilli Oil, Spring Onion, Persian Feta, Fried Shallots, Pickled Onion &amp; Dukkah Crusted Thyme Mushrooms on Sourdough</i>	
<i>Add Bacon / Chorizo</i>	5.50
<i>Add Hash Brown</i>	4.00
<b>Ricotta Hotcakes</b> [V, N]	22.00
<i>Stack of Two Rosewater and Ricotta Hotcakes with Blueberry Mousse, Berry Compote, Maple Syrup &amp; Seasonal Fresh Fruits</i>	
<b>Shakshuka</b> [V, LGO]	21.00
<i>Poached Eggs in a Middle Eastern-Style Spiced Tomato and Pepper Sauce, with Sweet Potato, Kale, Chickpeas, Coriander and Persian Feta. Served with Sourdough.</i>	
<i>Add Bacon / Chorizo</i>	5.50
<b>Two Slices of Toast</b>	8.00
<i>Grain / Sourdough / Gluten Free</i>	
<b>Two Slices of Fruit Toast</b>	6.00

## Sweets & Pastries

<b>Banana Bread</b>	5.50
<b>Brownie</b>	6.00
<b>Muffin</b>	5.50
<b>Protein Bar</b>	6.00
<b>Croissant - Plain</b>	5.50
<b>Croissant - Almond</b>	6.00
<b>Croissant - Ham &amp; Cheese</b>	9.00
<b>Croissant - Cheese &amp; Tomato</b>	9.00
<b>Croissant - Ham, Cheese &amp; Tomato</b>	10.00

# All Day Lunch Menu

<b>Moroccan Lamb Salad</b> [N,LG]	<b>23.00</b>
<i>48 Hours Sous Vide Lamb Shoulder, Turmeric Roasted Cauliflower, Crispy Chickpeas, Quinoa, Buckwheat, Dukkah, Mixed Seeds, Pickled Onion, Parsley, Chiffonade Spinach, Pomegranate, Mint Yoghurt &amp; Beetroot Hummus</i>	
<b>Super Salad</b> [VG,LG,N]	<b>19.50</b>
<i>Roasted Beetroot &amp; Pumpkin, Fennel, Black Rice, Quinoa, Kale, Mint, Pomegranate, Dukkah, Seeds + Golden Hummus</i>	
<i>Add Grilled Chicken</i>	<b>6.00</b>
<i>Add Grilled Salmon</i>	<b>8.00</b>
<b>Calamari Salad</b> [N]	<b>23.00</b>
<i>Lightly Floured Crispy Calamari, Pears, Pickled Fennel, Mixed Salad Leaves, Celery, Capsicum, Cranberry, Medley Tomatoes, Toasted Cashews with Lemon Vinaigrette Dressing</i>	
<b>BELT</b>	<b>18.50</b>
<i>Bacon, Fried Eggs, Lettuce, Tomato, Cheese, House Sauce &amp; Tomato Relish on Sourdough</i>	
<i>Add Seasoned Fries</i>	<b>4.00</b>
<b>Haloumi Sandwich</b> [V]	<b>18.50</b>
<i>Grilled Haloumi, Tomatoes, Spinach, Spanish Onion, Roasted Peppers, Salsa Verde, House Sauce on Sourdough</i>	
<i>Add Seasoned Fries</i>	<b>4.00</b>
<b>Chipotle Chicken Sandwich</b>	<b>18.50</b>
<i>Avocado, Pickled Cabbage, Onion Jam, Cheese, Spinach, Tomato Relish on Sourdough</i>	
<i>Add Seasoned Fries</i>	<b>4.00</b>
<b>Reuben</b>	<b>18.50</b>
<i>Pastrami, Pickled Cabbage, Onion Jam, Roasted Peppers, Cheese, House Sauce on Grain</i>	
<i>Add Seasoned Fries</i>	<b>4.00</b>
<b>Panko Chicken Burger</b>	<b>23.00</b>
<i>Panko Chicken, Bacon, Caramelised Onion, Lettuce, Tomato, Cheese &amp; Son's Burger Sauce in a Seeded Brioche Bun with Seasoned Fries</i>	

# All Day Lunch Menu

<b>Bowl Of Seasoned Fries</b>	<b>9.00</b>
<b>Loaded Nachos [V, N]</b> <i>Nachos with Guacamole, Sour Cream, Cheese, Salsa, Beans + Jalapeños</i>	<b>15.00</b>
<b>Lemon Pepper Seasoned Calamari</b>	<b>12.00</b>

## Bagels

<b>Smoked Salmon Bagel</b> <i>Smoked Salmon, Cream Cheese, Spinach, Capers, Spanish Onion</i>	<b>14.50</b>
<b>Haloumi Bagel</b> <i>Grilled Haloumi, Spinach, Roasted Peppers, Spanish Onion, Salsa Verde, Tomato Relish, Burger Sauce</i>	<b>14.50</b>

## Toasties

(SERVED ON SOURDOUGH)

<b>Cheese &amp; Tomato</b>	<b>8.50</b>
<b>Ham &amp; Cheese</b>	<b>9.50</b>
<b>Ham, Cheese &amp; Tomato</b>	<b>10.00</b>
<b>Chicken, Avocado, Cheese &amp; Mayo</b>	<b>13.00</b>

## Kids Menu

<b>Avocado on Toast with Poached Egg</b>	<b>11.00</b>
<b>Pancakes with Maple Syrup &amp; Ice Cream</b>	<b>11.00</b>
<b>Bacon &amp; Egg your way on Toast</b> Poached / Scrambled / Fried Grain / Sourdough / Gluten Free +1	<b>11.00</b>
<b>Chicken Nuggets &amp; Chips</b>	<b>11.00</b>
<b>Calamari &amp; Chips</b>	<b>11.00</b>
<b>Chicken Burger &amp; Chips</b> <i>Crumbed Chicken Breast, Lettuce, Tomato &amp; Tomato Sauce</i>	<b>12.00</b>

*Kids Menu Is For Kids Only (UNDER 18)*