



ALL DAY MENU KITCHEN OPEN TIL 3PM

TOAST + JAM 10.5

AG Bakehouse white sourdough, multigrain **or** Strada gluten free
w your choice of
HM berry jam, HM marmalade or vegemite

FRUIT LOAF / DR. MARTY'S CRUMPETS 14

AG Bakehouse spiced fruit loaf (no nuts) **or** crumpets served w/ maple butter

PORRIDGE 19

Ask your server for our latest porridge variety

DOCTOR'S ORDERS 23

Dr. Marty's crumpets topped w/ grilled banana, strawberries, caramel creme, berry compote + pecan praline

YOLKO ONO 14.5

Free range eggs served on sourdough toast
Add bacon +6.5

BIG ZEN 28.5

Poached eggs, Victorian bacon, HM potato hash, smashed avocado, roasted mushrooms + chorizo served on sourdough toast

BIG DEN 28.5

Poached eggs, haloumi, HM potato hash, smashed avocado, roasted mushrooms + tomato served on sourdough toast

HULK SMASH 21

Smashed avocado, golden labneh, EXTB seasoning, feta, pepitas, lemon, fresh mint, HM beetroot ginger relish served on multigrain toast

Add poached egg +3.5

BENEDICT HASH 26.9

HM potato hash w/ spinach, poached eggs, hollandaise + **pulled brisket or bacon**

(GF*)

MISO TOFU SCRAMBLE 23

Miso tofu, spinach, grilled eggplant + red pepper served on multigrain toast

CHILLI CRAB SCRAMBLED EGGS 24.9

Blue swimmer crab, free range eggs, fried shallot + chilli oil served on sourdough toast

SHAKSHUKAH 24.9

Roasted eggplant, chickpea + tomato sauce w/ baked eggs, goat cheese, coriander + Lebanese bread

ZUCCHINI FRITTERS 24

Zucchini, ricotta + leek fritters w/ beetroot tzatziki, spinach, herb oil w/ EXTB seasoning poached egg
Add haloumi +5

GRILLED CALAMARI SALAD 26

Calamari w/ rocket, lemon potato, heirloom tomato, pickled onion, cucumber + lemon dill aioli

ATLANTIC SALMON 29.9

Crispy salmon, warm lemon potato salad w/ tomato, spinach, muffuletta mix, parsley + red capsicum puree

TRIPPY TOFU 26

Miso tofu, mushrooms, marinated eggplant, avocado, carrot, crispy rice noodle, spinach, edamame + sesame soy dressing

MEXICAN BOWL 22

Spiced rice w/ black beans, avocado, jalapeno, sour cream, corn, pico de gallo, corn chips, fire roasted salsa + lime
Add chicken / pulled brisket / smoked salmon +7

ANCIENT GRAIN SALAD 22.9

Freekeh, lentil, avocado, almond, feta, pepitas, herbs, pomegranate, currants, onion, sunflower seeds

Add chicken / smoked salmon / pulled brisket +7

Add haloumi +5 / poached egg +3.5

(GF*,VG)

CURRIED VEGGIE BURGER 24

Curried lentil, pumpkin + pea patty w/ spicy kasundi relish, tomato, lettuce, zucchini relish, aioli served on charcoal bun w/ waffle fries

FLEETWOOD BIG MAC 24

Beef patty, Victorian bacon, tomato, red onion, cos lettuce, cheese, HM tomato relish, aioli served on brioche bun w/ waffle fries

Add fried egg +3.5 / double bacon +4

CHICKEN PARMA SANDWICH 24

Crumbed chicken w/ napoli, fior di latte, pesto, rocket, aioli served on Turkish bun w/ shoe string fries

EXTRAS

HM Beetroot Relish / HM Tomato Relish 2.5

Feta / HM Chilli Jam / HM Berry Jam 2.5

HM Dukkah / Everything except the bagel seasoning 2

Extra egg / Extra toast / Hollandaise 3.5

HM Potato hash / Crumpet 4.5

Avocado / Tomato / Haloumi / Mushrooms / Spinach 5

Victorian bacon / Miso tofu 6.5

Smoked salmon / Chorizo / Chicken / Pulled brisket 7

Waffle fries / Shoe string fries 12

Gluten free optional (GF*) +1.5

FOR THE LITTLE ONES

Egg on toast 9 Add bacon 13

Ham + cheese toastie / croissant 9.5

Kids waffle w/ chocolate sauce + icecream 15

Cheeseburger + waffle fries 17.5

FOR THE FURRY ONES #DOGGOSOFZENDEN

DOGS BACON BREAKFAST 6.5

ROO STICK FOR GOOD DOGGOS 5

PUPPERCINO 3

(GF) - Gluten friendly (GF*) - Gluten friendly optional HM Housemade (VG) - Vegan (VG*) - Vegan optional

EXTB - Everthing Except the Bagel

Please advise wait-staff about any dietary requirements especially if you have a condition such as coeliac or nut allergy

We endeavor to accommodate but cannot guarantee allergy-free meals due to trace allergens in the working environment + supplied ingredients

We don't substitute ingredients

No variations / split bills on weekends / public holidays

1.65% surcharge on card transactions

10% surcharge on weekends

15% surcharge on public holidays

Ask us about weekly specials and daily fresh baked treats



INSTAGRAM @zendencoffeeandfood
we don't mind if you snap before you eat



COFFEE BY PROUD MARY

HUMBLER 4.7 / 5.7

Origins: Honduras/ Guatemala/ El Salvador

Notes: Chocolate fudge, caramel, date, with a big syrupy body
Humbler blend has been designed to cut through milk to generate a chocolate fudge latte and a rich, syrupy sweet espresso

EXTRA SHOT / DECAF +0.5

FILTER COFFEE 5

Bottomless batch brew -
check the board for this weeks single origin

COLD BREW 5

Single origin cold brew, served on ice

BONSOY

Soy milk +0.8

MILK LAB

Almond milk +0.8

Lactose free milk +0.8

Coconut milk +0.8

ALTERNATIVE DAIRY CO.

Oat milk +0.8

MONIN FLAVOURED SYRUP

Vanilla / Caramel / Hazelnut +0.5

GOLDEN LATTE 4.7 / 5.7

MATCHA MAIDEN 4.7 / 5.7 ICED MATCHA 9

HOT CHOCOLATE 4.7 / 5.7

ICED LATTE 5.3 / 5.9

ICED COFFEE / ICED CHOCOLATE 9

CALMER CHAI LATTE 5 / 6 ICED CHAI 9

Aromatic fusion of black tea, Indian spices,
Victorian honey + fresh ginger root

LOOSE LEAF TEA 5.5

English Breakfast Tea

French Earl Grey

China Sencha Green

Peppermint

Chai

Chamomile

Lemon Grass + Ginger

FRESHLY SQUEEZED JUICES

FRESH OJ 9

Freshly squeezed oranges

OPSM 10

Orange, pear, strawberries + mint

VERDE GOOD FOR YOU 10

Cucumber, apple, celery, lemon

WATERMELON QUENCHER 10

Watermelon, orange, strawberries + mint

COLD PRESSED JUICES

CARROT 10

Carrot, orange, pineapple, ginger

KALE 10

Kale, celery, apple, lemon, ginger

BEETROOT 10

Beetroot, carrot, orange, apple

SMOOTHIES

BERRY GARCIA 10.5

Mixed berries, banana, honey + soy milk

SMOOTHEST PINEAPPLE 10.5

Pineapple, mango, banana, coconut water

CACAO KICKER 10.5

Banana, date, peanut butter, cacao nibs + soy milk

shot of coffee + 0.5

add protein + 1

MILKSHAKES

Chocolate / Vanilla / Caramel 9

Strawberry / Blue Heaven 9

Kids milkshake 6.5

SOFT DRINKS

Coca Cola / Coke No Sugar / Lemonade 4

Coconut Water 5

Ginger Beer 5

Natural Sparkling Mineral Water S.Pellegrino 4 / 8

Sparkling water for table - bottomless 5

KOMBUCHA - GOOD BREW

Bushtucker bubblegum 7.5

Hibiscus, ginger + lemon grass 7.5

ALCOHOL

COCKTAILS

APEROL SPRITZ

15

MOSCOW MULE

15

GIN + TONIC

15

Four pillars gin, tonic w/ elder-flower + rosemary

BLOODY MARY

16

w your choice of

Four Pillars Rare Dry Gin or Belvedere Vodka

FIZZ

Bandini Prosecco - Veneta, Italy

11/48

ROSÉ

Head Rose Grenache - Barossa Valley, SA

10/45

RED

Mojo Shiraz - Barossa Valley, SA

9/35

Trellis Cabernet Merlot - Margaret River, WA

38

Fat Bastard Pinot Noir - Southern France

10/40

WHITE

Totara Sauv Blanc - Marlborough, NZ

10/45

Aquilani Pinot Grigio - Marlborough, NZ

40

Sticks Chardonnay - Yarra Valley, VIC

45

BEER - WATTS RIVER BREWING

RIVER SESSION - PALE ALE

11

Blend of fresh, fruity hops with pure malts.
A popular session ale full of character

WATTS RIVER - IPA

11

a celebration of big juicy hops w/ subtle malt.

CIDER

Somersby Apple Cider

11

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