



## ALL DAY MENU KITCHEN OPEN TIL 3PM

### TOAST + JAM 10

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

(GF\*)

### FRUIT LOAF / DR. MARTY'S CRUMPETS 13

Spiced fruit loaf (no nuts) or crumpets served w/ maple butter

### CHOC GRANOLA PANNA COTTA 21

HM chocolate + hazelnut granola w/ sour cherry compote, coconut panna cotta + cherry hazelnut tuile

### 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

(GF\*)

### BIG ZEN 27.9

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

(GF\*)

### BIG DEN 27.9

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

(GF\*)

### HULK SMASH 20.5

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

(GF\*,VG\*)

Add poached egg +3

### BENEDICT HASH 25.9

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

(GF)

### MISO TOFU SCRAMBLE 23

Tofu, spinach, grilled eggplant + red pepper served on multigrain toast

(GF,VG)

### CHILLI CRAB SCRAMBLED EGGS 24.9

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

(GF\*)

### OKONOMIYAKI PANCAKE 25

Bacon + vegetable Japanese pancake w/ fried egg, Okonomiyaki sauce, Kewpie mayo, pickled ginger + crispy tempura bits  
Add salmon +7

### GRILLED CALAMARI SALAD 26

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

(GF)

### ATLANTIC SALMON 28.9

Pomegranate molasses glazed salmon w/ preserved lemon couscous salad, cranberry, pepitas, chickpeas + tahini

### ORECCHIETTE PASTA SALAD 26

Grilled marinated chicken w/ orecchiette pasta, pesto, heirloom + sundried tomato, pine nuts, spinach, parmesan + whipped feta

### POKE BOWL 22.9

Chickpeas, edamame, quinoa, corn, grilled haloumi, spiced pumpkin, roasted peppers, sauerkraut + poached egg w/ side of sesame dressing  
Add chicken / smoked salmon +7  
Add tofu +6

(GF,VG\*)

### MEXICAN BOWL 21

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

(GF,VG\*)

### TOFU SOBA NOODLES 26

Soba noodle salad w/ lemongrass marinated tofu, peanuts, edamame, chilli, carrot, pickled onion, cucumber, coriander, lime, sesame seeds and satay dressing

(VG)

### 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

(VG\*)

Ask us about weekly specials and daily fresh baked treats

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

### VEGGIE BURGER 24

Lentil, pumpkin + pea patty w/ spicy kasundi relish, tomato, lettuce, zucchini relish, aioli, charcoal bun w/ sweet potato wedges

(GF\*,VG\*)

### FLEETWOOD BIG MAC 24

Beef patty, Victorian bacon, tomato, red onion, cos lettuce, cheese, HM tomato relish, aioli + brioche bun w/ waffle fries  
Add fried egg +3 / double bacon +4

(GF\*)

### 24 HOUR BBQ BRISKET BURGER 25

Pulled beef brisket, HM BBQ sauce, jalapeno mayo, house slaw, American cheese + charcoal bun w/ waffle fries  
Add fried egg +3 / bacon +4

(GF\*)

### 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  
HM Potato hash / Crumpet 4  
Avocado / Tomato / Haloumi / Mushrooms / Spinach 5  
Victorian bacon / Miso tofu 6  
Smoked salmon / Chorizo / Chicken / Pulled brisket 7  
Waffle fries / Sweet potato wedges 12  
Gluten free optional (GF\*) +1.5

### FOR THE LITTLE ONES

Egg on toast 9 Add bacon 12  
Ham + cheese toastie / croissant 9  
Kids waffle w/ chocolate sauce + icecream 15  
Cheeseburger + waffle fries 17.5

### FOR THE FURRY ONES

DOGS BACON BREAKFAST 6  
ROO STICK FOR GOOD DOGGOS 5  
PUPPERCINO 3  
#DOGGOSOFZENDEN

(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



## COFFEE BY PROUD MARY

**HUMBLER 4.6 / 5.5**

**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 4.6 / 5.5**

**MATCHA MAIDEN 4.6 / 5.5 ICED MATCHA 9**

**HOT CHOCOLATE 4.6 / 5.5**

**ICED LATTE 5.2 / 5.7**

**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 / Banana 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

Bush tucker 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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