

BREAKFAST



Pistachio and Maple Granola | v o 16
with a honey Greek yoghurt panna cotta and fresh berries

Acai Bowl | v 15
with seasonal fresh fruits and berries, shaved coconut, banana, granola and cacao nibs

* **Smashed Avocado** | v o 16
on multigrain, micro herb salad, Danish feta, lemon segments, black sesame and maple dukkha

Eggs Benedict 15
on grilled Turkish and spinach with hollandaise sauce
Add mushroom or ham or bacon +5
Add avocado +6
Add brisket or baked Tassie salmon +7

* **Eggs Your Way** 11
scrambled, fried or poached, toasted white sourdough
Add bacon 15

The Flying Horse Hash Browns 20
with bacon, poached eggs, avocado and capsicum jam

Red Velvet Pancakes 18
with a mocha parfait, honey comb and raspberries

Beetroot, Carrot & Chickpea Fritters | v 18
with macadamia cream, spinach and chilli caramel

Sautéed Mushrooms & Spinach | v o 18
on potato hash, halloumi and relish

Add On

Spinach	4	Tassie Salmon	7
Egg	2	Avocado	6
Bacon	5	Brisket	7
Grilled Tomato	3	Mushroom	5
Hash Brown	4	Scrambled Egg	5



V = Vegan VO = Vegetarian Option



THE FLYING HORSE

LUNCH

SALADS

Salmon Salad 19

oven baked salmon fillet, with broccoli, sesame, cucumber and lettuce with a teriyaki dressing

The Flying Horse House Caesar Salad 18

with crispy bacon, croutons, gem lettuce, parmesan cheese, poached egg with a creamy Caesar dressing
Add chicken +6

Vege Salad | vo 18

beetroot, carrot and chickpea fritters with a roasted mushroom and halloumi salad finished with a macadamia cream

BURGERS | Gluten free buns available

Brisket Burger 15

slow cooked beef brisket, lettuce, slaw, cheese, pickle and caramelized onion on a milk bun

Crispy Eggplant Burger gf | v 15

lightly battered eggplant, pickled slaw, lettuce, macadamia cream and chilli caramel

Teriyaki Chicken Burger 15

teriyaki chicken on crisp lettuce with pickle, slaw and Japanese mayo

Add Fries +4

BOWLS

Pork Bowl 19

slow braised pork belly with brown rice, slaw, spinach and an onsen egg

Vegan Bowl | v 19

crispy eggplant, sweet potato, brown rice, spinach, slaw, pickled carrot and cabbage, chilli caramel

Karaage Bowl 19

Japanese fried chicken with spinach, slaw, julienne vegetables on brown rice with a kewpie mayo

Miso Salmon Bowl 20

salmon fillet, brown rice, slaw, spinach and a mustard miso sauce

BREAKFAST FOR LUNCH

Bacon & Eggs 15

poached, scrambled, fried on sourdough

Eggs Benedict 15

with spinach & Turkish

Acai Bowl | v 15

granola, banana, coconut, fruits and chocolate

Avocado | vo 16

on multigrain toast, with herbs



V = Vegan VO = Vegetarian Option



DRINKS

Take Away

Sml 6oz **4.3** Med 12oz **5.7** Lge 16oz **7.2**

Coffee

	Cup	Mug
Espresso	3.7	
Long Black	4.3	5.7
Flat White	4.3	5.7
Cappuccino	4.3	5.7
Latte	4.3	5.7
Piccolo	4.3	5.7
Chai Latte	4.3	5.7
Mocha	4.5	5.9
Tumeric Latte	4.5	5.9
Matcha Latte	4.5	5.9

Extra shot **50c** | Syrups **70c** | Lactose Free **50c**
Soy, Almond, Oat, Coconut Milk **1.0**

Iced Coffee	7.5
Iced Mocha	7.5
Iced Chocolate	7.5
Iced Latte	5.7
Iced Long Black	5.7
Mocha on Ice	5.9
Iced Matcha Latte	5.9
Babyccino	2.0
Puppyccino	2.0

Tea

English Breakfast, Earl Grey, Peppermint, Sencha Green, Chai **4.7**

Smoothies

Banana Chai Smoothie (Banana, chai powder, honey, almond)	8.7
Matcha Smoothie (Banana, brown sugar, matcha, soy milk)	8.7
Acai Smoothie (Acai, mixed berries, coconut milk)	8.7
Add a scoop of protein	+ 0.5

Milk Shakes

Vanilla, Chocolate, Banana, Strawberry, Salted Caramel
(Kids) **5.5**
Add a scoop of protein **+ 0.5**

Emma & Tom's Juices

Straight Orange, Cloudy Apple, Green Power, Extreme C	4.9
Coke, Coke Zero, Lemonade	3.5
Still Water	3.7
Sparkling Water 250ml	4.0
Sparkling Water 750ml	7.0
Heineken Zero Alcohol	6.0
James Squires Zero Alcohol	6.0

