

GGRRRRRR...NEED COFFEE?

'SHADY LANE' BY WIDE OPEN ROAD

All drinks on full or skinny

Add an extra shot, soy, almond or oat 50c

Small 4.5, Large 5.5, Baby cino 1.5

Filter 3

Hot Chocolate 5.5

SPILL THE TEA....



Loose leaf Chai latte 5.5

English breakfast 4.5 Earl grey 4.5 Green 4.5

Moroccan mint 4.5 Peppermint 4.5

AYURVEDA TEAS 5

Pitta : cleansing tea (peppermint, licorice, shatarari, cardamon, ginger + rose petals)

Vata : calming tea (tulsi, licorice, cinnamon, ashwagandha, ginger, clove, sweet orange + fennel)

Kapha : invigorating tea (sencha green, ginger, tulsi, ginseng + clove)

FRESHLY SQUEEZED & SE-JUICED 8.5

Red.. beetroot, carrot, apple, celery, ginger

Yellow.. pineapple, orange, apple, passionfruit

Green.. spinach, kale, apple, ginger, celery, mint

SMOOTHIE OPERATOR 9.5

Pink.. berry smoothie w ice cream, honey, spices, mixed berries, milk

Yellow.. banana, cinnamon, nutmeg, almond milk + peanut butter, dates, topped w toasted coconut (vg)

Green.. kale, spinach, date, banana + almond milk topped w chia (vg)

Mango.. mango nectar, banana, passionfruit (vg)

DRINKS

CHILLY

Iced latte, sugar syrup optional 4.5

Iced coffee, chocolate, mocha 6.5

Shakes.. Chocolate, strawberry, carmael or vanilla 6.5

Peanut butter + choc brownie thickshake 10

FIZZ

Kombucha 6

Homemade lemonade 6

House passionfruit soda 5

Bundaberg ginger beer 5

Coke, Diet Coke, Coke Zero, Lemonade 4

Sparkling water 3

COCKTAILS

Bloody beary - tomato juice, spices, jalapenos w vodka or tequila 15

Gin 'n juice or Screwdriver 9

Mimosa - oj + bubbles 9

Margarita, Espresso Martini 15

BEERS 9

4 Pines pale ale

Tecate Mexican beer

Colonial south west sour

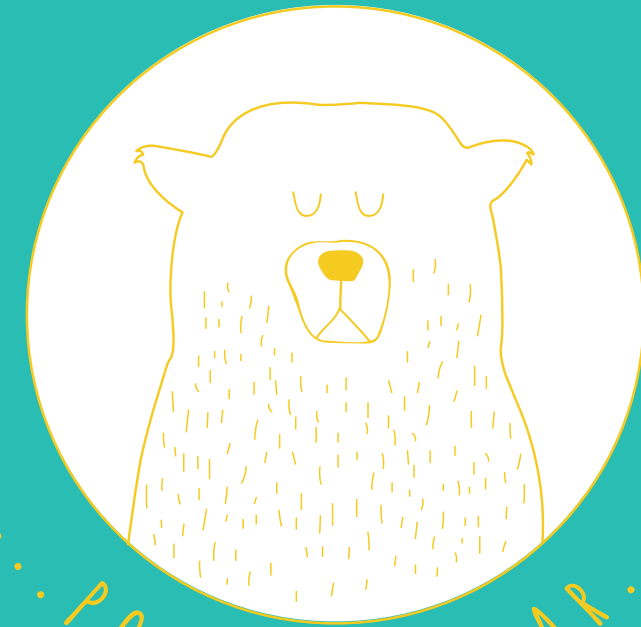
Moon dog fizzer piney limey selzer

Stomping ground passionfruit smash

WINES 9

House Pinot Noir (Australia)

House Pinot Grigio (Australia)



BREAKFAST/ LUNCH ALL DAY

BEAR MINIMUM (EGGS)

Two eggs poached, scrambled (df) or fried w kasundi on buttered sourdough multigrain, Turkish roll or gluten free toast 12.5



BEAR ESSENTIALS (SIDES)

Egg 3	Avocado 5 (vg)	Grilled halloumi 5
Free range bacon 5	Potato and cheese hash 5 (gf) (vgo 6)	Fetta 5
Chorizo 5	Rocket + fennel salad 5 (gf)	Roasted tomato 5 (vg)
Smoked salmon 6	Mushrooms 5 (vg)	Spinach 3 (vg)

Gummy Bear.. fruit toast 3.5 (per slice) (vgo)

Bear Bones.. sourdough multigrain, Turkish bread or gluten free + a condiment - choose from jam, vegemite, peanut butter 7 (vgo)

Mama Bear.. revolving pancakes - see special board

Little Ted.. house made granola w natural yoghurt and seasonal fresh fruits 13 (vgo)

Grizzly Bowl.. acai, banana + coconut water topped w chia seed, goji berry, toasted coconut + fresh banana 16 (gf) (vg) add granola 3

Goldie Locks.. porridge w cinnamon, buckwheat, brazil nut crunch + fresh banana, maple syrup or ask for mixed berry compote and toasted coconut 16 (vgo)

Paddington.. bacon, cos lettuce, avocado, tomato and mayo in toasted Turkish roll or ask for halloumi instead of bacon 16 (vgo)

Humphrey.. egg, bacon, tomato relish, mayo + rocket in toasted Turkish bread or ask for halloumi instead of bacon 16 (vgo)

Care Bear.. slow roasted field mushrooms, pea and spinach pesto, beetroot relish, whipped fetta, rocket on sourdough multigrain 18.5 add egg 3 (gfo) (vgo)

Papa Bear.. potato and cheese hash w poached eggs, apple cider hollandaise, rocket and pickled fennel salad with your choice from spinach, bacon, chorizo, smoked salmon, pulled pork, mushrooms, halloumi or ham 22.5 (gf) (vgo)

BREAKFAST/ LUNCH ALL DAY

Bearable.. avocado, fetta, cherry tomato, fresh herbs on sourdough multigrain 18.5 add poached egg 3 (vgo) (gfo)

Grin and Bear.. chilli scrambled eggs on sourdough multigrain w caramelised onion, whipped fetta + rocket 18.5 add chorizo 5

Bear Arms.. slow roasted mushrooms on potato and cheese hash w grilled halloumi, roast tomato, rocket, poached egg + pea + spinach pesto 21.5 (gf)

Pandamonium.. corn tortilla, roast pumpkin, black beans, crispy potatoes, avocado, pico de gallo (3pc) 19.5 (gf) (vg) add egg 3, add chorizo 5

Hibernation.. crispy chicken tenders burgrrrr (gf) (ask for grilled) - w ranch slaw, avocado + house mayo in toasted Turkish roll 18 add house cut potato skins 3.5 (gfo add 3)

Bear Grylls.. big beef bur-grrr w bacon, tomato, cos lettuce, tasty cheese, caramelised onion + mayo in Turkish roll 18 add house cut potato skins 3.5 (gfo)

House cut potato skins.. Seasoned potato skins w/ mayo 9 (vgo) (gf)

Fish Tacos.. Fried market fish (gf) (ask for grilled), chipotle, corn mayo, cos, pickled cabbage, and pickled chillies (3pc) 19.5 (gf)

Roast Mushroom Tacos..Roasted mushrooms, pickled cabbage, black beans, pico de gallo and avocado (3pc) 19.5 (vg) (gf)

Red Poke Bowl.. Red + white quinoa, sweet potato, broccoli, charred corn, pickled cabbage, hummus, pea + spinach pesto + roasted pepitas (gf) (vg) 18.5

Brown Rice Poke Bowl - Brown rice, avocado, chilli edamame, crispy soy beans, charred asparagus, pickled ginger, mayo + seaweed salad (gf) (vgo) 18.5

Load up your bowl:

Egg 3	Grilled chicken tenders 6	Pulled pork 6
Mushrooms 5	Smoked salmon 6	Grilled market fish 6
Halloumi 5		

LITTLE BEARS (KIDS)

Egg on Toast.. single egg (poached, scrambled or fried) 6 (gfo)

Little Goldie Locks.. porridge with banana and maple syrup 8

Smashed Avo.. Fresh avocado on a piece of toast 6 (gfo)

Ham + Cheese Toastie.. 8 (gfo)

Fish and Chips.. battered fish with house cut chips 10 (gf)

Crispy Chicken Tenders.. served with house cut chips 10 (gf)

Nachos.. corn chips with red sauce and grilled cheese 10 (gf)

Pancakes.. served with ice cream and maple 10

VEGAN MENU

... Please let staff know when ordering vegan items

BEAR BONES (TOAST)

Sourdough multigrain, Turkish bread or gluten free, served with dairy free butter and your choice of vegemite, jam or peanut butter 7

BEAR ESSENTIALS (SIDES)

Mushrooms 5

Roasted tomato 5

Rocquette + Fennel Salad 5

Spinach 3

Avocado 5

Potato + cheese hash (GF) 6

Spinach + pea pesto 3

Hommus 3

Caramelised onion 3

Beetroot relish 3

Gummy Bear.. fruit toast served with dairy free butter 3.5 (per slice)

Little Ted.. house made granola w coyo yoghurt and seasonal fresh fruits 13

Grizzly Bowl.. acai, banana + coconut water topped w chia seed, goji berry, toasted coconut + fresh banana 16 (gf) add granola 3

Goldie Locks.. oat milk porridge w cinnamon, buckwheat, brazil nut crunch + fresh banana, maple syrup or ask for mixed berry compote and toasted coconut 16

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Care Bear.. slow roasted field mushrooms, pea and spinach pesto, beetroot relish, hummus, rocket on sourdough multigrain 18.5 (gfo) add potato and cheese hash 6

Bear Gryls.. big V2 'Plant based' beef burgrrr, tomato, caramelised onion, cos lettuce, cheese and mayo 19 add house cut potato skins 3.5

Bearable.. avocado, spinach and pea pesto, cherry tomato, fresh herbs on sourdough multigrain 18.5 (gfo)

Pandamonium.. corn tortilla, roast pumpkin, black beans, crispy potatoes, avocado, pico de gallo (3pc) 19.5 (gf)

Roast Mushroom Tacos..Roasted mushrooms, pickled cabbage, black beans, pico de gallo and avocado (3pc) 19.5 (gf)

House cut potato skins.. Seasoned potato skins w/ mayo 9

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Red Poke Bowl.. Red + white quinoa, sweet potato, broccoli, charred corn, pickled cabbage, hummus, pea + spinach pesto + toasted pepitas (gf) 18.5

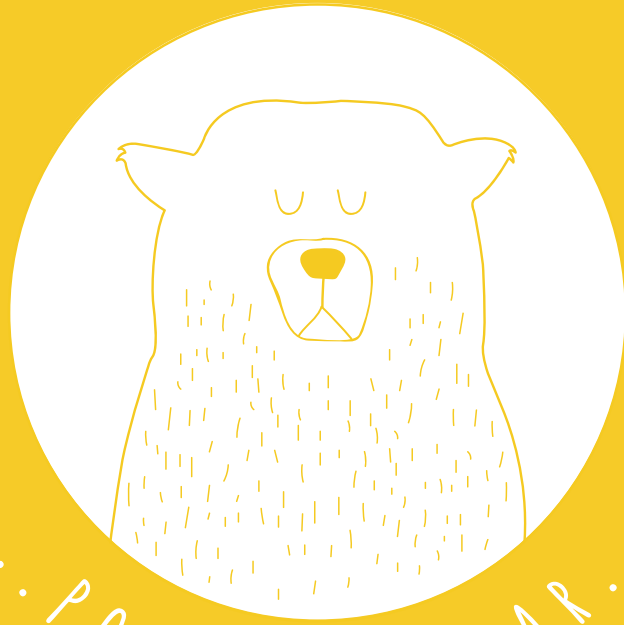
Brown Rice Poke Bowl - Brown rice, avocado, chilli edamame, crispy soy beans, charred asparagus, pickled ginger, hommus + seaweed salad (gf) 18.5

Load up your bowl.. roasted mushrooms 5, roasted tomato 5, avocado 5

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See our **SPECIALS BOARD & CABINET** for **TOASTIES, SWEETS & TREATS**



A surcharge of 10% applies on Saturday / Sunday and 15% on public holidays



... POKE THE BEAR ...