



...POKE THE BEAR...

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GRRRRRR...NEED COFFEE?

BY WIDE OPEN ROAD

white coffee : shady lane blend 4

black : single origin 4

filter 3

hot chocolate 5

baby chino 1

SE-JUICED, FRESHLY SQUEEZED 8



beetroot, carrot, apple,
celery, ginger



pineapple, orange, apple,
passionfruit



spinach, kale, apple, ginger,
celery, mint

SMOOTHIE OPERATOR 9



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



banana, cinnamon, nutmeg, almond
milk + peanut butter, dates, topped
w toasted coconut



kale, spinach, date, banana +
coconut milk topped w chia

MILK MAID...

all drinks on full or skinny

add bon soy 50c, almond, coconut, lactose free 1

SPILL THE TEA....



english breakfast 4 earl grey 4 green 4
fresh mint 4 peppermint 4 chai by prana 5

AYURVEDA TEAS 4.5

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)

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CHILLY

iced latte w sugar syrup 4

iced coffee, chocolate, mocha 6

chocolate, vanilla or strawberry shake 6

peanut butter, choc brownie thickshake



FIZZ

homemade lemonade 6

house sodas - passionfruit, cherry, blueberry,
blood orange 5

bundaberg ginger beer 4

coke, diet coke, coke zero, lemonade 4

bottomless sparkling water 3

HAIR OF THE DOG?

bloody beary - tomato juice, spices
w vodka or tequila 15 or plain jane 10

gin 'n juice 10

mimosa - fresh oj + bubbles 10

POKE THE BEAR



BREAKFAST ALL DAY

BREAKFAST - SMALLER.....

Grizzly bowl... acai, banana + coconut water topped w chia seed, goji berry, toasted coconut

+ fresh banana 14 (gf) add granola 2

Koala Puddin'.. chia + coconut pudding topped w fresh seasonal fruit + coconut crunch 14 (gf) (vg)

Goldie Locks.. porridge w cinnamon, buckwheat, brazil nut crunch + fresh banana, maple syrup 14 (vg)

Bear Bones.. sourdough multigrain, ciabatta or gluten free + a condiment - choose from jam, vegemite, peanut butter 7

Gummy Bear.. fruit toast 3.5 (per slice)

Humphrey.. egg, bacon, tomato relish + rocket on toasted ciabatta 15

Paddington.. bacon, cos lettuce, avocado and tomato on toasted ciabatta 15

Winnie.. ham, cheese, tomato and dijon on toasted ciabatta 12 on croissant 10

Care Bear.. field mushrooms, goats curd, beetroot relish, pea and spinach pesto and rocket on ciabatta 15

BEAR MINIMUM (EGGS)

Two eggs poached, scrambled or fried w kasundi on buttered sourdough multigrain, ciabatta or gluten free toast 10.5



Spiced scrambled tofu (vg)
(for our veggie and vegan friends)



BEAR ESSENTIALS (SIDES)

Egg 3

Istra bacon 5

Mushrooms 4 (vg)

Spinach 3 (vg)

Avocado 5 (vg)

Potato and cheese hash 5 (gf)

Smoked salmon 5

Grilled halloumi 5

Grilled asparagus 5 (vg)

Yarra Valley Persian fetta 5

Oven roasted roma tomato 3 (vg)

Papa Bear.. potato and cheese hash w poached eggs, apple cider hollandaise, rocket and pickled fennel salad with your choice from spinach, bacon, smoked salmon, pulled pork, mushroom, halloumi or ham 18.5

Bearable.. avocado, Yarra Valley fetta, tomato on ciabatta 17 add a poached egg 3

Grin and Bear.. chilli scrambled eggs on sourdough multigrain w onion jam, goats curd + rocket 17

Bear Arms.. slow roasted field mushrooms on house made pumpkin loaf w grilled halloumi + pea + spinach pesto 17 add poached egg 3

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LUNCH ALL DAY

Hibernation.. chargrilled chicken burger - w ranch slaw, avocado + house mayo on toasted ciabatta 15
add side fries 3.5 (gfo add 1)

Bear Grylls.. big beef burger w bacon, tomato, cos lettuce, tasty cheese, onion + special burger sauce on ciabatta 16
add side fries 3.5 (gfo add 1)

Piglet.. 10 hour slow cooked pulled pork, ranch slaw + tasty cheese on ciabatta 16 add side fries 3.5 (gfo add 1)

Care Bear.. field mushrooms, goats cheese, rocket, beetroot relish, pea + spinach pesto on ciabatta 15

POKE BOWLS – AVAILABLE ALL DAY

#1 - red + white quinoa, sweet potato, broccoli, charred corn, pickled cabbage, hummus, pea + spinach pesto + roasted pepitas 17 (gf)

#2 - green rice, avocado, charred asparagus, kale, peas, cucumber, pickled fennel, kewpie mayo + toasted seeds 17 (gf)

#3 - brown rice, avocado, edamame, crispy soy beans, grilled asparagus, pickled ginger, kewpie mayo + nori 17 (gf)
load up your bowl with one side for 20

Choose from roasted field mushroom, grilled chicken breast, hallumi, smoked salmon, spicy tuna, pulled pork

SEASONAL SALAD, SOUP OR...

Check the board for seasonal specials

CHIPS

Seasoned chippies for the table 7

FUNCTIONS @ POKE - for function or event enquiries have a chat to the staff or say hello at info@ptbnorthcote.com

Talk to us about vegan options or anything else we could help you with



@pokethebearnorthcote



POKE THE BEAR

BOOZE

BEARS

Fancy a frosty one, or two? A local fave or something from far far away? Ask us what's in the fridge this month or check out the display shelf...



NOT BEERS

Lick Pier Ginger Beer	9
Fog City Apple Cider	11

WINE

We like to mix it up. Prosecco, sparkling, reds and whites on rotation. Ask your waiter for the latest and greatest.

THE USUAL SUSPECTS.. gin, vodka, tequila, whiskey, rum.. tell us your poison and we'll mix it up!

HAIR OF THE DOG?

Bloody beary - tomato juice, spices, pickled celery w vodka or tequila 15 or plain jane 10

gin 'n juice 10

mimosa - fresh oj + bubbles 10

COCKTAILS

CLASSIC MARGARITA Tequila, agave + lemon 17

SPICY MARGARITA Tequila, agave, cucumber and jalapenos + lime 18

DARK & STORMY Goslings black rum, ginger syrup, lime juice + ginger beer 17

PTB ESPRESSO MARTINI Vodka, Kahlua, fresh espresso, vanilla + dark chocolate 17



@pokethebearnorthcote





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