



...POKE THE BEAR...

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...

GRRRRRR...NEED COFFEE?

BY WIDE OPEN ROAD

white coffee : shady lane blend 3.8

black : single origin 4

filter 3

hot chocolate 4.8

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



dragon fruit, mango, passionfruit
almond and macadamia butter +
milk topped w goji berry, chia seeds



banana, cinnamon, nutmeg, tumeric,
coconut milk + nut butter topped w
toasted coconut



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

MILK MAID...

all drinks on full or skinny

add bon soy, almond, coconut, lactose free 1

SPILL THE TEA....



english breakfast 4 earl grey 4 green 4

fresh mint 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 3.8

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, lemonade 4

sparkling water 3

HAIR OF THE DOG?

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

gin 'n juice - fresh oj + four pillars gin 11

mimosa - fresh oj + bubbles 10

POKE THE BEAR



BREAKFAST ALL DAY

BREAKFAST - SMALLER.....

- Little Ted.. house made granola or natural museli w St David's yoghurt and seasonal fruits.. 12
- Grizzly Bowl.. acai, banana + coconut water topped w chia seed, goji berry, toasted coconut + fresh banana 12 (gf)
- Koala Puddin'.. chia + coconut pudding topped w fresh seasonal fruit + coconut crunch 12 (gf) (vg)
- Goldie Locks.. porridge 12
- #1 cinnamon, buckwheat, brazil nut crunch + fresh banana, maple syrup (vg)
- #2 freeze dried raspberry, almond butter, toasted cocunut
- Bear Bones.. sourdough multigrain, ciabatta or gluten free + a condiment - choose from jam, vegemite, peanut butter, almond nut butter 7
- Gummy Bear.. fruit toast 3 (per slice) add nut butter 1
- Bear Hands.. breaky taco w scrambled eggs, kasundi, avocado + pico de gallo 9 (gf)
- Humphrey.. egg, bacon, tomato relish + rocket on toasted ciabatta 13
- Paddington.. bacon, cos lettuce, avocado and tomato on toasted ciabatta 13
- Winnie.. ham, cheese, tomato and dijon on toasted ciabatta 10
- Care Bear.. field mushrooms, goats curd, beetroot relish, pea and spinach pesto and rocket on ciabatta 13

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 (for our veggie and vegan friends)



BEAR ESSENTIALS (SIDES)

- | | | |
|------------------|-------------------------------|---------------------------------|
| Egg 3 | Avocado 5 (vg) | Grilled asparagus 4 (vg) |
| Istra bacon 5 | Potato and cheese hash 5 (gf) | Yarra Valley Persian fetta 5 |
| Mushrooms 4 (vg) | Smoked salmon 5 | Oven roasted roma tomato 3 (vg) |
| Spinach 3 (vg) | Grilled halloumi 5 | |

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, rocket on ciabatta 16 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

Mama Bear.. croissant french toast w Istra bacon and maple syrup 17

Yogi Bear.. grilled asparagus, goats curd, avocado, poached eggs and toasted seeds 18.5

POKE THE BEAR

LUNCH ALL DAY

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

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)

Piglet.. 10 hour slow cooked pulled pork, ranch slaw + tasty cheese on ciabatta 15 add side fries 3.5 (gfo)

Care Bear.. field mushrooms, goats cheese, rocket, beetroot relish, pea + spinach pesto on ciabatta 13

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

SALAD OF THE DAY

Check the specials board for seasonal salads

CHIPS

Seasoned chippies for the table 7

NACHOS

Ptb red sauce, sour cream, cheese
+ avocado 14 (gf)

Load 'em up..



- add roasted field mushroom 4

- add 10 hour pulled pork 5

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

BEERS

Doss Blockos Pale Lager	8
Bintang	8
Temple Brewing Bicycle beer	8
Balter XPA	10



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 - fresh oj + four pillars gin 11
- 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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...

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