### ALL DAY BREAKFAST LUNCH FROM 11:30

GRANOLA Poached Seasonal Fruit, Milk & Yoghurt 12 (GFF)

TOAST (GFF +3) (DFFO) | FRUIT TOAST (DFFO) | CROISSANT 11

BREAKY ROLL Milk Bun, Istra Bacon, Fried Egg, Swiss Cheese, Tomato Relish, Spinach & BBQ Sauce 16 (GFF +3) (DFFO)

**EGGS BENNIE** Poached Eggs, Hollandaise Sauce & Toasted Sour Dough 26 (GFF +3)

Choose One - Ham | Bacon | Smoked Salmon | Spinach

NONG KHAI EGGS Poached Eggs, Crispy Pork Belly, Potato Rosti, Tom Yum Hollandaise & Lotus Root Chips 28 (GFF)

EGGS YOUR WAY Served with Sour Dough 18 (GFF +3) (V | DFFO)

CHOCOLATE CARAMEL WAFFLE Belgium Waffle, Seasonal Berries, Crumble, Banana, Vanilla Ice Cream & Chocolate Caramel Sauce 25 (V)

CRAB SCRAMBLE Blue Swimmer Crab, Scrambled Eggs, Spring Onion, Coriander, Chilli, Fried Shallots, Sriracha Mayonnaise, Sriracha Dressing & Toasted Croissant 29

BANGKOK EGGS Poached Eggs, Roast Pumpkin Curry, Seasonal Greens, Crispy Kale, Chickpea, Parmesan & Sour Dough 26 (GFF +3) (V | VGO)

FORK N FLOWER BIG BREAKY Eggs Your Way, Istra Bacon, Otway Pork Sausage, Hash Browns, Grilled Tomato, Field Mushroom & Toasted Sour Dough 30 (GFF +3)(DFFO)

**SMASHED AVO** One Poached Egg, Smashed Avocado, Feta, Cherry Tomatoes, Radish, Pumpkin Seeds, Dukkah & Toasted Sour Dough 26 (GFF+3) (V | DFFO)

#### **EXTRAS 5 EACH**

Feta | Hollandaise | Avocado | Field Mushrooms | Pork Sausage (2) Baked Beans | +1 Poached Egg | +1 Fried Egg | Grilled Ham | Spinach Hash Browns (2) | Grilled Tomato

#### **EXTRAS 7.5 EACH**

English Black Pudding | Haloumi | Smoked Salmon | Istra Bacon +2 Scrambled Eggs

GFF - Gluten Free Friendly | GFFO - Gluten Free Friendly Option **DFF** - Dairy Free Friendly | **DFFO** - Dairy Free Friendly Option **V** - Vegetarian | **VO** - Vegetarian Option VG - Vegan | VGO - Vegan Option

CHOO CHEE BARAMUNDI Crispy Fried Barramundi, Mild Pumpkin Red Curry Sauce, Kaffir Lime Leaves, Seasonal Greens, Chilli, Crispy Lemon Grass & Jasmine Rice 29 (GFF | DFF)

VIETNAMESE PORK BELLY SALAD Asian Slaw. Rice Noodles. Spring Onion, Coriander, Fried Shallots, Cashews, Nuoc Cham Dressing & Crackers 28 (GFF | DFF)

CRISPY CHICKEN SALAD Crispy Shredded Chicken, Mixed Salad, Apple. Tomato, Red Onion, Coriander, Asian Herbs, Chilli, Cashew, Fried Shallots & Tamarind Sauce 28

WONTON SOUP BBQ Pork, Chinese broccoli, Wonton (Pork & Prawn), Fried Garlic, Coriander & Spring Onion 25

**SOUP OF THE DAY** Soup of the Day with Toasted Sourdough 20 (GFF + 3)

THAI GREEN CHICKEN CURRY Chicken, Coconut Cream, Broccoli, Beans, Carrots, Thai Herbs & Steamed Jasmine Rice 28 (VO | GFF)

BAO BUNS (3) Pickled Vegetable Salad, Sriracha Mayonnaise & Coriander 25

Choose One - Chicken | Pork Belly | Tofu (VO | VGO)

THAI CHICKEN BURGER Toasted Milk Bun, Marinated Crispy Fried Chicken, Pickled Vegetables, Tomato, Cheese, Tom Yum Mayo, Chips & Mixed Salad 25

FISH & CHIPS Beer Battered Flat Head Tails, Chips, Salad, Lemon & Tartare Sauce 28

THAI BEEF SALAD Pan-Seared Sliced Beef, Slaw, Apple, Red Onion, Cherry Tomato, Mint, Coriander, Spring Onion, Cashew Nut, Fried Shallots, Thai Chilli & Lime Dressing 28 (GFF)

BUDDHA BOWL Brown Rice, Avocado, Pumpkin, Pickled Carrot, Egg. Haloumi, Spinach Leaves, Beetroot, Corn & Honey Mustard 25 (GFF | V | VGO | DFFO)

Add on +5 Bacon | Ham | Chicken | Tofu Add on +7.5 Smoked Salmon

## EXTRAS

SWEET POTATO FRIES & Smoked Mayo 12 (V | DFF) CHIPPIES & Tomato Sauce 12 (V | DFF) SAUCE Tomato | Relish | BBQ | Mayo | Smokey Mayo 1

**KID'S COLOURING PACK 2** 

## SWEETS & SAVOURY

Please see our display cabinet for our full selection of cakes, slices, savoury and other treats to finish your meal or take away with you!



### OPEN 7 DAYS

**BREAKFAST | LUNCH | DINNER** COFFEE | TEA | CAKES | SAVOURIES HIGH TEA | HEAT AT HOME MEALS PRIVATE FUNCTIONS | CATERING



Credit Card Surcharge applies on all transactions. 20% Public Holiday surcharge applies.

Sorry, no menu substitutions.

Some menu items are unable to be changed. Bookings of 10+ may be required to sit over multiple tables.

#### **FOOD ALLERGIES**

Please be aware that our kitchen is a working kitchen with gluten, dairy, eggs, fish, molluscs, lupins, peanuts, tree nuts, sesame, soy, & wheat etc.

Please discuss your food allergies or intolerances with our friendly staff.

> 392-400 Bellarine Hwy, Moolap VIC 3224 Phone: 03 5250 6757 Email: forkcafe@mcrestgroup.com Website: forknflower.com.au

# WINES

# WINES BY THE GLASS 150ML 12 | 250ML 20

Oakdene Sauvignon Blanc
Oakdene Pinot Grigio
Oakdene Rose
Oakdene Shiraz
Oakdene N.V Sparkling Brut
Scotchman's Hill "Hill" Moscato

### WINES BY THE BOTTLE | 49

Oakdene N.V Sparkling Brut
Oakdene Sauvignon Blanc
Oakdene Pinot Grigio
Oakdene Chardonnay
Oakdene Rose
Oakdene Pinot Noir
Oakdene Shiraz

# BEER AND CIDER

#### **BEER**

Barwon Heads Brewing Pale Ale **10**Carlton Draught **10**Prickly Moses Otway Light **10** 

#### **CIDER**

Flying Brick Original Cider 10

#### **NON ALCOHOLIC**

Mornington Peninsula Non Alc. Pale Ale 10

## SOFT DRINK

#### **SOFT DRINK**

Coke | Coke Zero | Lemonade | Solo **5** Lemon, Lime & Bitters | Ginger Beer **5.5** 

### **SAN PELLEGRINO MINERAL WATER | 6**

# JUICE

FRESHLY SQUEEZED ORANGE JUICE 350ML 6.50 | 500ML 8.50

### **ALLIE'S COLD PRESSED JUICES | 300ML 8**

Gingered Apple (Green Apple, Lemon, Ginger)
Love Beets (Beetroot, Green Apple, Carrot, Ginger, Lime)
Daily Greens (Green Apple, Celery, Pear, Silverbeet, Lemon, Ginger)

**Watermelon**+ (Watermelon, Green Apple, Strawberry, Lime)

**Sublime Pine** (Pineapple, Pear, Green Apple, Lemon, Mint)

# MILK SHAKES

### MILKSHAKES | REGULAR 9 | KID'S 6

Chocolate | Caramel | Strawberry | Vanilla | Banana

#### **ICED DRINKS**

Iced Latte | Iced Chai Latte **7.5**Iced Coffee | Iced Chocolate | Iced Mocha **8.5** 

# **SMOOTHIES**

SMOOTHIES | VEGAN (Made with Coconut Water) 12

**SUMMER MANGO** Mango, Pineapple, Banana & Passionfruit **WILD BERRY** Mixed Berries, Banana & Medjool Dates **BANANA CACAO** Banana, Medjool Dates, Cacao, Coconut & Chia

**GREEN DELIGHT** Mango, Banana, Pineapple, Spinach, Chia & Flax Seeds

# COFFEE & TEA

### **TEA TONIC TEA | 5.5**

English Breakfast | Earl Grey | Green | Peppermint Lemongrass & Ginger | Chai

### **DIMATTINA ROASTER COFFEE | 5.5**

#### ADD ON

Large +1
Extra shot +1
Decaf +1
Almond | Soy | Oat | Lactose Free +1
Caramel | Vanilla | Hazelnut +0.5

#### **PUPPUCINO 2.5**

Frothed Warm Milk & Bacon Crumb



Follow us on our socials and tag us in your photos

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