







Sourdough 6	5
White / Wholemeal brown / Five grain seeded / Fruit	
Other Breads ©	
Turkish 4.5 / Brioche bun 5.5	
Add: Strawberry Conserve / Organic Honey / Peanut Butter / Vegemite / Marmalade	
Butter Croissant © Wood-toasted, with jam or butter.	6.5
Ham and Cheese Croissant <sup>(3)</sup> Wood-toasted, provolone, ham.	8.5
Sweet Croissant © N Almond / Plain Au Chocolat / Apple Crumble.	7.5
Today's Muffins © Wholemeal blueberry or chocolate.	6.5
Banana Bread © Ricotta, honey.	8.5
WRAPS	
Spinach Egg Wrap 6	12

HEALIHI DUWLS	
House Muesli 🕫	14
Granola, oats, nuts, organic yoghurt, seasonal fruit.	
Organic Oats 🛛 🛈	14
Hot skim porridge, cinnamon, banana, berries, granola, coconut, honey.	
Protein Stir Fry	17
Egg whites, quinoa, almonds, kale, capsicum, olives, onion, oregano, turmeric	
FROM THE KITCHEN	
Smashed Avocado ©	10
Tomato, rocket, Feta, chia, oregano, sourdough.	
Za'atar Plate	20

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Za'atar bread, eggs scrambled, sautéed mushroom, fresh tomato & cucumber, olives, labne.	
Za'atar & Cheese Manoush 6	11
Oregano, thyme, mozzarella.	
Vegetarian Woodfired Manoush ©	12
Za'atar, tomato, cucumber, red onion, mint, olives, feta.	
Pancakes Stack ©	15
Banana, Strawberry, Berry Compote or Nutella	
Breakfast Burger © P	18
Double Bacon, egg, tomato, spinach, aioli,	
caramalised onion, hashbrown.	



25

22

17

13

Grand Dreakfast
Two eggs cooked your way, trim bacon, avocado,
halloumi, hash brown, sautéed spinach, mushrooms,

organic b	eef sausage	e, tomato,	sourc	lough
Flamen	ca Shak	GS		

Baked eggs, ripened tomato, chorizo, pr	rawns
zucchini, charred Turkish bread.	

Mediterranean	G
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Eggs scrambled with feta, fresh tomatoes, za'atar, seeded sourdough.

### Eggs Benny ©

Two poached eggs, English muffin, hollandaise. Choose: spinach 14 / bacon or ham 16 / smoked salmon 19.

### 3 Eggs On Toast ©

Free range, cooked your way, sourdough.

#### Add: Hash Brown / Grilled Tomato / Halloumi / Beetroot Hummus \$4 each

Add: Trim Bacon / Organic Beef Sausage / Spanish Chorizo / Smoked Ham / Sautéed Mushrooms / Sautéed Spinach / Baked Beans / Avocado \$5 each

Add: Smoked Salmon \$6

Za'atar, feta, aioli.

Za'atar Halloumi Wrap 6

Tomato, cucumber, onion, capsicum.

12



### COFFEE & TEA

4
4
5
1
1
4.5

### **ICED DRINKS**

Iced Long Black	5.5
Iced Latte, Affogato	7.5
Iced Coffee, Iced Chocolate	8
Iced Mocha	9
Milkshake or Thickshake Chocolate / Vanilla / Strawberry / Caramel / Hazelnut	10/12



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# **SOFT DRINKS**

San Pellegrino Sparkling Water,	4.5 / 8
Acqua Panna Still Water	
Coke, Coke No Sugar, Fanta, Sprite, Lift, Ginger Beer	4.5
San Pellegrino Sparkling Juices	4.5
Chinotto, Aranciata Rossa, Limonata.	4.)

12

# **MYO JUICE**

Fresh Juice

Pick 3 ingredients and make your own juice.			
Green Apple	Strawberry	Spinach	
Watermelon	Celery	Cucumber	
Lemon	Ginger	Banana	
Carrot	Pineapple	Mango	
Orange	Mint		

### JUICE FAVES

Immunity. Orange, apple, ginger, mint, lemon.	10
Green. Apple, spinach, cucumber, celery.	10
Tropical. Mango, pineapple, orange, mint.	10
Booster. Orange, carrot, ginger, lemon.	10

#### OPEN FROM

5am Monday–Friday 8am Saturday–Sunday



# FOOTHIES & SMOOTHIES

15
15
15
17

### **MOCKTAILS**

Rising Sun. Pink grapefruit, sparkling water.	9
Orange Spritz. Orange extract, lemon, sparkling water.	9
Watermelon & Mint. Watermelon, mint, lime, sparkling water.	12
Peach Shrub. Peach nectar, lemon, apple, vanilla.	12
Lychee & Elderflower Slushee. Lychee, elderflower, mint, lemon.	15

#### **CONTACT US**

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