

BREAKFAST | Served 8.00am to 11.30am

All our breakfast are cooked with free range eggs

TOAST | sourdough, ciabatta or six seed wholemeal with homemade preserves 7

BANANA BREAD (gf) | with vanilla mascarpone 5.5

HOME BAKED FRUIT & NUT BREAD | homemade preserves & butter 9

FRESH FRUIT SALAD | selection of seasonal fresh fruit served with yoghurt 14

ZAMIA'S ACAI BOWL (df) | served with house made granola, fresh fruit, chia seeds & coconut 15

HONEY TOASTED HAZELNUT & FRUIT GRANOLA | with seasonal fresh fruit & yoghurt - or - mixed berry compote, banana & Greek yoghurt 16.5

EGGS | free range eggs poached, fried or scrambled on toasted ciabatta 13.5
ADD Bacon extra 5

EGGS BENEDICT | poached eggs, double smoked thick cut ham, spinach, toasted sourdough, hollandaise 21
REPLACE ham with smoked salmon extra 3

HARVEST BOWL (gf, v, vo) | beetroot, avocado, spinach, edamame, pumpkin, brown rice, hommus, quinoa, nuts & seeds, lemon olive oil 19.5
ADD poached egg extra 3

BUTTERMILK PANCAKES | mixed berry compote, vanilla mascarpone, toasted pistachios 18.5

SMASHED AVOCADO | poached eggs, marinated feta, dukkah, rocket, toasted sourdough 21

VEGETARIAN BREAKFAST (gf, df, vo) | mushrooms, roma tomatoes, smashed avocado, steamed spinach, poached eggs, pumpkin, quinoa & chickpea fritters 24

ZAMIA CHALLENGE (FULL BREAKFAST) | eggs, bacon, mushrooms, roma tomatoes, hash browns, chipolatas & toasted ciabatta 26

CROISSANT | with homemade preserves 6.5
with ham & cheese 9.5
with ham, cheese & tomato 9.8

ADD TO ANY MEAL

Tomato	3.5	Hash browns (2)	3.5
Haloumi	5	Steamed spinach	3.5
Mushrooms	5	Bacon (two rashers)	5
Chipolatas	3.5	Smoked Salmon	6
Avocado (half)	5	Eggs (each)	3

LUNCH | Served 11.30am to 3.00pm

TODAY'S SPECIALS | see menu board

PUMPKIN, QUINOA, CHICKPEA FELAFEL (gf, v, vo) | grilled with rocket, beetroot, pistachio, marinated feta & orange salad, herb yoghurt 24

HARVEST BOWL (gf, v, vo) | beetroot, avocado, spinach, edamame, pumpkin, brown rice, hommus, quinoa, nuts & seeds, lemon olive oil 19.5

ADD Haloumi - 5 | Chicken - 6 | Smoked Salmon - 6

LEMON PEPPER SQUID | vermicelli noodle salad, chilli & ginger dressing, lime & dill mayonnaise 27

QUICHE OF THE DAY | served with salad (see menu board for today's special) 21

TOASTED FOCCACIAS served with salad: Foccacias not available on gluten free bread 19

Beef | shaved organic roast beef, dijon mustard, rocket, cheddar, tomato chutney & Spanish onion

Chicken | shaved free range chicken breast, avocado, cheddar, sun-dried tomato pesto

Vegetarian | roast sweet potato & capsicum, spinach, feta cheese, beetroot relish & hommus

CAESAR SALAD | baby cos lettuce, bacon, croutons, anchovies and shaved parmesan 21
- with grilled marinated chicken tenderloins 27
- with smoked salmon 27

NASI GORENG | Indonesian fried rice with chicken, prawns & vegetables topped with fried egg & crispy shallots 26.5

SLOW ROASTED LAMB | feta, rocket & pomegranate salad, tzatziki & toasted pita bread 29.5

FISH & CHIPS | battered Spanish mackerel with chips, salad, lime & dill mayonnaise 29

ZAMIA OPEN STEAK SANDWICH | sirloin steak, rocket, cheddar, bacon, tomato, our herb green sauce, toasted sourdough bread, wedges 28.5

SIDE ORDERS

Bowl of chips 9
Bowl of wedges 9
Extra Sour Cream | Sweet Chilli Sauce (each) 1

PLEASE PLACE YOUR ORDERS AT THE COUNTER

ALL DAY DINING | Served 8.00am to 4.00pm

TOASTED FOCCACIAS | as per lunch menu 19

QUICHE OF THE DAY | served with salad 21
See menu board for today's special

HAM & CHEESE CROISSANT 9.5

HOME BAKED FRUIT & NUT BREAD | with homemade preserves & butter 9

BANANA BREAD (gf) | with vanilla mascarpone 5.5

KIDS BREAKFAST | Served 8.00am to 11.30am

FRESH FRUIT SALAD | served with yoghurt 9

EGG ON TOAST | poached, fried or scrambled 7.5

BACON & EGG ON TOAST | poached, fried or scrambled 11

PANCAKES | with maple syrup & ice cream 12

KIDS LUNCH | Served from 11:30am to 3.00pm

FRESH FRUIT SALAD | served with yoghurt 9

TOASTED SANDWICH | with ham & cheese 7.5

CROISSANT | with ham and cheese 9.5

HOTDOG | with tomato sauce & onions 5.5

HAMBURGER | beef pattie, tomato, cheese, onion, lettuce & tomato sauce 11

GRILLED CHICKEN TENDERS (gf) | on a quinoa, roast pumpkin, cherry tomato & mixed green salad 14

CHICKEN NUGGETS | with chips 9

FISH & CHIPS | battered fish & chips, with tartare sauce 11

(gf) - Gluten free | (v) Vegetarian | (df) Dairy Free | (vo) Vegan option available

We cannot guarantee 100% exclusion of nuts, gluten, dairy and seafood

DAILY LUNCH SPECIALS ON CAFE MENU BOARD

COFFEE

Flat white	4.6
Cappuccino	4.6
Latte	4.6
Long black	4.6
Hot Chocolate	4.8
Mocha	4.8
Long macchiato	4.9
Chai Latte	4.8
Espresso	3.5
Double espresso	4
Short macchiato	3.8
Affogato	5.5
Vienna (white, black, mocha)	5
Baby Chino	2
Mugs - extra	1
Extra Shot Decaf - extra	0.5
Soy Milk Almond Milk	0.5

TEA

See board for today's tea special

English breakfast | Earl grey | Chamomile | Chai |
Gunpowder | Peppermint | Lemongrass & ginger

POT for one	4.5
POT for two	8.8

FRESH JUICES

All juices are made fresh to order 8

Zamia Zest | apple, orange & watermelon
Kings Cocktail | carrot, celery, orange & apple
DNA D'lite | orange, watermelon, pineapple & pear
Crissy Juice | carrot, celery, apple, orange & beetroot
Tropical | a mix of the season's best fruit
Ginger Zinger | mix of fruit with ginger & mint

Or make your own combo from something in the display

COLD DRINKS

SMOOTHIES 8.5

Banana | yoghurt, honey, ice cream & low fat milk
Mango & Passionfruit | yoghurt, honey, ice cream & low fat milk
Mixed Berry | assorted berries, pineapple, coconut water (dairy free)
Green Smoothie | cucumber, mint, spinach, banana, apple,
coconut water (dairy free)

MILKSHAKES

Chocolate | Caramel | Strawberry |
Vanilla | Banana | Spearmint | Coffee 6.5
Kids size milkshake 4.5

ICED

Coffee | Chocolate | Mocha | Chai 7
all served with cream & ice cream

SPIDERS

Vanilla Icecream served with coke or lemonade 7

SWEETS

HOUSE BAKED CAKES

Our home made range of cakes, slices & muffins are baked on site daily by our team of talented pastry chefs. See today's selection on display. Order a cake for your next group booking or to take home for any occasion.

FUNCTIONS & CATERING

Zamia Cafe is available for functions and catering. We can help with catering for your next event in the park, home or office. We are available for your next breakfast, lunch or sundowner event. Ask one of our friendly staff about our catering functions & platter menus. Set Menus available for large breakfast or lunch bookings

OPEN 7 DAYS FOR BREAKFAST & LUNCH

Reservations: Monday to Saturday

Sundays & Public Holidays: tables are organised on arrival on a walk in basis

Reservations accepted Mothers Day & Fathers Day

Please note a 15% surcharge applies on public holidays



zamia
cafe