

BREAKFAST | Served 8.00am to 11.30am

All our breakfast are cooked with free range eggs

TOAST sourdough or ciabatta with homemade preserves	9
BANANA BREAD (gf) with vanilla mascarpone	8.5
FRUIT & NUT BREAD with homemade preserves & butter	10
FRESH FRUIT SALAD selection of seasonal fresh fruit served with Greek yoghurt	16
ZAMIA'S ACAI BOWL (df,n) served with house made granola, fresh fruit, chia seeds & coconut	19
HONEY TOASTED HAZELNUT & FRUIT GRANOLA (n) with seasonal fresh fruit & yoghurt - or - mixed berry compote, banana & Greek yoghurt	18.5
EGGS free range eggs poached, fried or scrambled on toasted ciabatta	16
ADD Bacon extra	6
FETA SCRAMBLED EGGS (gfo,v,n) with spinach, dukkah and toasted Turkish bread	23
EGGS BENEDICT speck bacon, poached eggs, spinach, toasted sourdough, hollandaise	25
REPLACE speck bacon with smoked salmon extra	3
HARVEST BOWL (gf,v,vo,n) beetroot, avocado, spinach, edamame, pumpkin, brown rice, hommus, quinoa, nuts & seeds, lemon olive oil	23
ADD poached egg - 4 haloumi - 6	
BUTTERMILK PANCAKES mixed berry compote, vanilla mascarpone, toasted pistachios	23.5
POTATO LATKES with pastrami cured salmon, wilted spinach, horseradish sour cream, chives and poached eggs	26.5
SMASHED AVOCADO (gfo,n) poached eggs, marinated feta, dukkah, rocket, toasted sourdough	25
VEGETARIAN BREAKFAST (gfo) roast tomatoes, field mushrooms, haloumi, avocado, wilted spinach, poached eggs, toasted ciabatta	29
ZAMIA CHALLENGE (FULL BREAKFAST) eggs, bacon, mushrooms, roma tomatoes, hash browns, chipolatas, toasted ciabatta	30
CROISSANT with homemade preserves	7
with ham & cheese	11
with tomato & cheese	11
with ham, cheese & tomato	12

ADD TO ANY MEAL			
Tomato (grilled)	4	Hash browns (2)	4
Haloumi	6	Steamed spinach	4
Mushrooms	5	Bacon (two rashers)	6
Chipolatas (2)	4	Smoked Salmon	7
Avocado (half)	5	Eggs (each)	4
Gluten Free Toast	extra 1.5		

LUNCH | Served 11.30am to 3.00pm

TODAY'S SPECIALS | see menu board for today's selection

HARVEST BOWL (gf,v,vo,n) beetroot, avocado, spinach, edamame, pumpkin, brown rice, hommus, quinoa, nuts & seeds, lemon olive oil	23
ADD haloumi - 6 chicken - 7 smoked salmon - 7	
LEMON PEPPER SQUID vermicelli noodle salad, chilli & ginger dressing, lime & dill mayonnaise	29
QUICHE OF THE DAY served with salad (see menu board for today's special)	25
TOASTED FOCCACIAS served with salad: Foccacias not available on gluten free bread	23
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	23
- with grilled marinated chicken tenderloins	30
- with smoked salmon	30
SALMON & PRAWN KOFTES (gf) green tahini sauce, hommus, pickled red onion, za'atar, cucumber & parsley salad	28
NASI GORENG Indonesian fried rice with chicken, prawns & vegetables topped with fried egg & crispy shallots	31
FISH & CHIPS battered Spanish mackerel with chips, salad, lime & dill mayonnaise	33
POTATO GNOCCHI (gf,n) seasonal green vegetables, walnut pesto, goats cheese	30
BLACK ANGUS BURGER bacon, caramelised onion, swiss cheese, mixed leaves, tomato, bread & butter pickles, Zamia secret sauce, pretzel top bun and fries	29
SIDE ORDERS	
Bowl of chips	11
Bowl of wedges	11
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	23
QUICHE OF THE DAY served with salad See menu board for today's special	25
HAM & CHEESE CROISSANT	11
HAM, CHEESE & TOMATO CROISSANT	12
FRUIT & NUT BREAD with homemade preserves & butter	10
BANANA BREAD (gf) with vanilla mascarpone	8.5

KIDS BREAKFAST | Served 8.00am to 11.30am

FRESH FRUIT SALAD served with yoghurt	10
EGG ON TOAST poached, fried or scrambled	8
BACON & EGG ON TOAST poached, fried or scrambled	12
PANCAKES with maple syrup & ice cream	13

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

FRESH FRUIT SALAD served with yoghurt	10
TOASTED SANDWICH with ham & cheese	9
CROISSANT with ham and cheese	11
HOTDOG with tomato sauce & onions	7.5
HAMBURGER beef pattie, tomato, cheese, onion, lettuce & tomato sauce	13
GRILLED CHICKEN TENDERS (gf) on a quinoa, brown rice, roast pumpkin, cherry tomato & mixed green salad	16
CHICKEN NUGGETS with chips	11
FISH & CHIPS battered fish & chips, with tartare sauce	13

(gf) - Gluten free | (v) Vegetarian | (df) Dairy Free | (vo) Vegan option available
(gfo) gluten free option available | (n) contains nuts

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

DAILY LUNCH SPECIALS ON CAFE MENU BOARD

COFFEE

Flat white	5
Cappuccino	5
Latte	5
Long black	5
Hot Chocolate	5.2
Mocha	5.2
Long macchiato	5.5
Chai Latte	5.2
Espresso	3.8
Double espresso	4.3
Short macchiato	4
Affogato	6
Vienna (white, black, mocha)	6
Baby Chino	2
Mugs - extra	1
Extra Shot Decaf - extra	0.5
Soy Almond Oat Lactose Free Milk	0.5

TEA

English breakfast | Earl grey | Chamomile | Chai |
Spring Green | Peppermint | Lemongrass & ginger

POT for one	5
POT for two	9.5

FRESH JUICES

All juices are made fresh to order 9.5

Zamia Zest | apple, orange & watermelon
Kings Cocktail | carrot, celery, orange & apple
DNA D'ite | 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 9.5

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 8
Kids size milkshake 5

ICED

Coffee | Chocolate | Mocha | Chai 8
all served with cream & ice cream
Iced Latte | Iced Long Black 6

SPIDERS

Vanilla Icecream served with coke or lemonade 8

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