

phatMILK

COFFEE & WELLNESS LATTES

milk \$3.8 or black \$3.5

almond \$1 soy .50
decaf .50 mocha .50

TURMERIC LATTE

cinnamon, ginger & black pepper
ancient healing spice & anti inflammatory
\$4.50

BEETROOT LATTE

cacao, with hints of cinnamon, ginger & vanilla
anti-inflammation effects & detoxify the liver
\$4.5

MATCHA LATTE

whole green tea leaves ground down rich in
antioxidants & calming effects on the mind/body
\$4.5

CALMER CHAI LATTE

black tea, Indian spices, Victorian honey and
fresh ginger root
\$5

ORGANIC TEAS

EVERMORE

organic whole black tea leaves
\$5

LADY MELBA – EARL GREY

black tea leaves and bergamot oil
\$5

FLORAL FIELDS

chamomile flowers, lavender & rose petals
\$5

LEAFY GREEN

organic whole green tea leaves
\$5

SMOOTHIES

Avocado, banana, spinach, almond milk
\$12

Mixed Berry, medjool dates, coconut milk
\$12

Mango, dragon fruit, almond milk
\$12

MILKSHAKES

chocolate, strawberry, blue heaven \$7
kid's size shakes \$4

CHILLED DRINKS

Mineral water \$4
Jarritos range \$4.5
Healthy Humans range \$5
Healthy Humans pressed oranges \$5

*Any menu changes incur an extra charge.
No split bills on weekends and
public holidays.

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BREAKFAST

Sourdough white \$5 Multi-Grain \$5

Fruit loaf \$7

raspberry jam, honey, vegemite, peanut butter \$2 ea.

EGGS ON TOAST

poached, scrambled, fried

\$9.5

THE BREAKFAST BOARD

house made granola, smashed avo, poached egg,
beetroot hummus, avocado falafel fritter
& a dose of pressed greens

\$22

RASPBERRY CHIA BOWL

with COYO, buckwheat granola, passion fruit, kiwi,
fresh berries, paw paw jerky

\$17

AVOCADO FALAFEL FRITTER BALLS

house made labne, watercress & pickled turnip salad,
pomegranate molasses, poached egg, zaatar bread

\$20

FRENCH TOAST

vanilla bean mascarpone, sliced banana, chocolate
crumb, baked pecans, fresh berries, salted caramel
& maple syrup

\$21

WAFFLES

belgian waffles, anglaise sauce, raspberry jelly, dried
banana, fresh berries, meringue kisses with vanilla
ice cream, maple syrup & Persian fairy floss

\$22

THE BREAKFAST PANTRY

a poached egg, quinoa salad, roast cherry vine tomato,
smashed avo, halloumi cheese, beetroot hummus
& sourdough

\$21

BAKED EGG

sujuk, chickpeas, roasted capsicum in a house made
tomato relish topped with labne, roquette salad
& zaatar bread

\$22

BACON & EGG BURGER

fried egg with chives, crispy bacon, sliced avocado,
tomato, cheese and babaganoush

\$16

SIDES

Bacon \$4, Smoked Salmon \$4, Avo Gauc \$4

Extra egg \$3, Roasted Tomato \$3, Sujuk \$4

Mushroom \$3, Spinach \$3

Eggplant \$3, Goats Fetta \$4,

Halloumi \$3, Zaatar Bread \$3

Extra Sourdough \$1.5, GF Bread \$2

BRUNCH & LUNCH

AVOCADO & LABNE

poached eggs, grilled eggplant, cherry vine tomato,
multi-grain bread

\$20

+4 salmon +4 bacon

EGGS BENEDICT

poached eggs covered in hollandaise served with a
steamed char-grilled asparagus, served in a freshly
baked croissant

\$20

LAMB KOFTA BURGER

seeded mustard mayo, house pickles and baby coz,
vintage cheese, served with chips

\$20

A SALAD

avocado, kale, corn, red cabbage, edamame
cherry tomato, pepitas, Smoked labne,
halloumi, a sumac poached egg

\$18

BUTTERMILK CHICKEN BURGER

harrisa mayo, cabbage lime slaw, house picked, Micro
coriander served with chips

\$22

SPICED FRENCH FRIES

crumbed feta, zaatar and paprika seasoning

\$8