



MON – FRI
6:30AM – 2:00PM

SAT – SUN
6:30AM – 1:00PM

AÇAÍ BOWL • \$14.9

ICE COLD ACAI BOWL – HOUSE MADE GRANOLA WITH FRESH FRUIT

TOAST • \$5

YOUR CHOICE OF SOURDOUGH, MULTI-GRAIN, OLIVE & ROSEMARY OR GLUTEN FREE

DATE & APRICOT \$5.5 • BAGEL \$6

WITH: BUTTER, JAM, VEGEMITE OR CREAM CHEESE

BACON & EGG ROLL • \$12

SMOKED BACON, FREE RANGE EGG WITH TOMATO RELISH & SMOKED BBQ SAUCE

ADD: CHEESE \$1

EGGS ON TOAST • \$10.5

FREE RANGE EGGS ON TOAST:

SOURDOUGH, MULTI-GRAIN, OLIVE & ROSEMARY OR GLUTEN FREE BREAD

BACON & EGGS TOAST • \$14.5

FREE RANGE EGGS, SMOKED BACON & TOAST: SOURDOUGH, MULTI-GRAIN, OLIVE & ROSEMARY OR GLUTEN FREE BREAD

CADENCE BREKKY • \$15.5

AVOCADO, SESAME SEEDS, CHERRY TOMATO, GOATS CHEESE, BALSAMIC GLAZE, TRUFFLE OIL ON SOURDOUGH

BREKKY SUPER FOOD SALAD • \$18

ROASTED ASPARAGUS & PUMPKIN, AVOCADO, MIXED SALAD, QUINOA, CRISPY BACON, GOATS CHEESE & POACHED EGG

ADD : HALLOUMI \$5



@CADENCECAFE



BREAKFAST

EGGS BENNY

• **BACON \$17 • SALMON \$18 • TOMATO \$16**

HOUSE MADE HOLLANDAISE SAUCE, POACHED EGGS WITH WILTED SPINACH ON TOAST

BIG BREKKY • \$21.5

GRILLED CHORIZO, BACON, TOMATO, MUSHROOM, BAKED BEANS, HASH BROWN & YOUR CHOICE OF EGGS ON TOAST

SMOKED SALMON BAGEL • \$16

SMOKED SALMON, AVOCADO, DILL, CAPERS, CREAM CHEESE & ROCKET

RUSTIC AVOCADO & TRUFFLE BEETROOT • \$16.5

TOASTED SOURDOUGH, TRUFFLE BEETROOT, AVOCADO, GOAT CHEESE, WALNUTS, POACHED EGG, WILTED SPINACH, BALSAMIC GLAZE & MICRO HERBS

ADD: BACON \$5 | HASH BROWN \$3

MEATY MUSHROOM • \$18.5

SAUTÉED MUSHROOMS WITH SPINACH, KALE, ASPARAGUS & CHORIZO WITH CASHEW NUT CHEESE & TOPPED WITH A FRIED EGG

ADD: SMOKED SALMON \$7 | GOATS CHEESE \$3

STEAK & EGG • \$19.5

STEAK, HASH BROWN, SPINACH, MOZZARELLA, PESTO, POACHED EGG & BÉARNAISE

VEGGIE MONSTER BOWL • \$21.5

ROAST VEGETABLES, ANCIENT GRAINS, LEAFY GREENS, BEETROOT PUREE, PESTO MAYO & HOUSE MADE HARVEST SESAME CRACKER

ADD: POACHED EGG \$3 | HALLOUMI \$5

WAFFLES • \$15.5

BELGIUM WAFFLES WITH STRAWBERRY CREAM, GRANOLA, FRESH BERRIES, SHAVED ALMOND & MAPLE SYRUP

ADD: BACON \$5 • EGG \$3 • SCRAMBLED EGGS \$6 • CHORIZO \$5 • HAM \$4 • MUSHROOMS \$4 • SMOKED SALMON \$7 • CHEESE \$1 • HALLOUMI \$5 • GOATS CHEESE \$3 • HASH BROWN (2) \$3 • AVOCADO \$5

CASHEW VEGAN CHEESE \$4

THICK CUT CHIPS SMALL \$4, LARGE \$7

SWEET POTATO CHIPS SMALL \$5, LARGE \$8

SANDWICH

PULLED PORK SANDWICH • \$15

BRAISED PULLED PORK SERVED WITH KALE SLAW, RELISH & SMOKED BBQ SAUCE

ADD: SWEET POTATO CHIPS \$3

BEEF BURGER • \$16

GRAIN FED BEEF PATTY, BACON, CHEESE, BEETROOT, CARAMELISED ONION, TOMATO, LETTUCE & SMOKED BBQ SAUCE

ADD: CHIPS \$3

CHICKEN SANDWICH • \$15.5

CHICKEN BREAST, BASIL PESTO, CHEESE, CARAMELISED ONION, TOMATO, LETTUCE, AVOCADO & HOUSE MADE AIOLI

ADD: SWEET POTATO CHIPS \$3

STEAK SANDWICH • \$15.5

RIB FILLET, CARAMELISED ONION, GRILLED CHEESE, TOMATO, ROCKET & HOUSE MADE AIOLI

ADD: CHIPS \$3

SALADS / BOWLS

ASIAN PORK • \$16

SLOW COOKED PORK, ROASTED PEANUTS, CHERRY TOMATOES, CUCUMBER, ONION, AIOLI, MIXED LEAVES IN AN ASIAN DRESSING

ROASTED PUMPKIN • \$15

ROASTED PUMPKIN & CAPSICUM, BLACK OLIVES, GOAT CHEESE, PINE NUTS, SPINACH, SEMI-DRIED TOMATOES & HOUSE DRESSING

ADD: CHICKEN \$5

OCEANS AND GRAIN BOWL • \$23.5

CRISPY SKIN ATLANTIC SALMON WITH WILD RICE, EDAMAME, JAPANESE PICKLES, AVOCADO, SESAME NORI, WASABI MAYO

CRISPY SQUID • \$15.5

FRIED CALAMARI, WASABI MAYO, PICKLED FENNEL ROCKET SALAD & LEMON

SOFT TACOS • 2 TACOS: \$15 4 TACOS: \$28

YOUR CHOICE OF STEAK, PORK, CHICKEN OR VEGGIE SERVED WITH GUACAMOLE, TOMATO SALSA, BURNT CORN SALSA & SLAW

KIDS MENU

UNDER 12 YEARS

BREAKFAST

KIDS BREKKY • \$7.5

KRANSKY SAUSAGE, BACON, HASH BROWN & YOUR CHOICE OF EGG ON TOAST

WAFFLES • \$7.5

STRAWBERRY CREAM, BERRIES AND MAPLE SYRUP

KIDS MILKSHAKE • \$3.5

STRAWBERRY • CHOCOLATE • VANILLA • CARAMEL

LUNCH

CALAMARI & CHIPS • \$9

DEEP FRIED CALAMARI, CHIPS & SALAD

CHICKEN & CHIPS • \$9

TEMPURA NUGGETS, CHIPS & SALAD

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COLD DRINKS & JUICES

AFTER RIDE REVIVER • \$7

FRESHLY JUICED WATERMELON, ORANGE, APPLE & ICE

ENERGY START • \$7

FRESHLY JUICED APPLE, CELERY, PINEAPPLE & ICE

MAKE YOUR OWN • \$7 (CHOOSE UP TO 4)

APPLE • ORANGE • PINEAPPLE • CELERY • BEETROOT
• GINGER • CARROT • WATERMELON • SPINACH

MANGO SMOOTHIE • \$7.9

MANGO, MANGO NECTAR, MILK, YOGHURT & HONEY

BERRY SMOOTHIE • \$7.9

BERRIES, MILK, YOGHURT & HONEY

BANANA SMOOTHIE • \$7.9

BANANA, MILK, YOGHURT & HONEY

ACAI SMOOTHIE • \$9

ACAI & COCONUT WATER

MILKSHAKE • \$6

STRAWBERRY • CHOCOLATE • VANILLA • CARAMEL

THICKSHAKE • \$7

STRAWBERRY • CHOCOLATE • VANILLA • CARAMEL

ICED COFFEE (ICE CREAM) • \$7

ICED LATTE (ICE) • \$5.5

ADD: PROTEIN \$2.00 CHOCOLATE or VANILLA

COFFEE & TEA

	SMALL	LARGE
LATTE	• \$4.30	• \$4.80
FLAT WHITE	• \$4.30	• \$4.80
CAPPUCCINO	• \$4.30	• \$4.80
MOCHA	• \$4.50	• \$5.00
HOT CHOCOLATE	• \$4.50	• \$5.00
CHAI LATTE	• \$4.30	• \$4.80
TUMERIC LATTE	• \$4.70	• \$5.50
ESPRESSO	• \$3.90	
PICCOLO	• \$3.90	
LONG BLACK	• \$3.90	
BABYCCINO	• \$1.00	

TEA • \$3.8

ENGLISH BREAKFAST • CHINA GREEN SENCHA •
PUNJABI CHAI • EARL GREY • PEPPERMINT

MILKS + \$0.6

SOY • ALMOND • COCONUT • LACTOSE FREE

SYRUPS + \$0.5

VANILLA • CARAMEL • HAZELNUT

EXTRA SHOT + \$0.5

CREAM + \$0.5