



BREAKFAST AVAILABLE ALL DAY FROM 6:30AM

LIGHT

TOAST & CONDIMENTS 6.5 (VEG)

Sourdough/multi-grain/rye, served with: butter and strawberry jam/Vegemite/peanut butter/honey.

EXTRA CONDIMENTS 1.5 | EXTRA BUTTER 0.5

CHANGE TO A GLUTEN FREE 1.5

CHANGE TO SESAME BAGEL 2

FRUIT TOAST & CONDIMENTS 7.9 (VEG)

Artesian fig, apricot & walnut bread, served with butter and your choice of honey or strawberry jam.

EXTRA CONDIMENTS 1.5 | EXTRA BUTTER 0.5

SESAME BAGEL 7.9 (VEG)

Toasted sesame bagel, cream cheese.

SMOKED SALMON 7 | AVOCADO 5

BLUEBERRY BAGEL 8.9 (VEG)

Toasted blueberry bagel, cream cheese, mixed berry coulis.

ADD: JAM, VEGEMITE, HONEY OR PEANUT BUTTER 1.5

EGGS

EGGS YOUR WAY 12.9 (VEG, GFO)

2 Eggs poached, fried or scrambled, Cadence homemade relish, toast and butter.

ADD: BACON 5 | HALLOUMI 5 | MUSHROOMS 4 |

KRANSKYS 5 | GLUTEN FREE 1.5

TRUFFLED SCRAMBLED EGGS 17.9 (VEG, GFO)

Artesian rye bread, soft scrambled eggs, charred asparagus, truffled oil, Parmesan snow.

ADD: MUSHROOMS 4 | HASH BROWNS 3 | HALLOUMI 5 | SMOKED

SALMON 7 | GLUTEN FREE 1.5

CLASSIC

CADENCE BREAKFAST BURGER 14.5 (GFO)

Smoked bacon rashers, fried egg, Swiss cheese, Cadence tomato relish, BBQ sauce, soft toasted milk bun.

DOUBLE YOUR TOPPINGS 6

ADD: HASH BROWNS 3 | HALLOUMI 5 | SMASHED AVO 3 | GLUTEN

FREE 1.5

EGGS BENEDICT 15.9 (VEG, GFO)

Soft poached eggs, artesian sourdough, baby spinach, Cadence hollandaise sauce.

BACON 17.9 | MUSHROOM 17.9 | SMOKED SALMON 18.9 | HALLOUMI

18.9 | GLUTEN FREE 1.5

HAVE IT ON A CROISSANT 1.5

CADENCE BIG BREAKFAST 22.9

Smoked bacon rashers, sautéed baby spinach, grilled tomato, roasted field mushroom, kransky sausages, hash browns, house made Boston beans, Cadence relish, 2 eggs your way, sourdough toast and butter.

HEALTHY

CADENCE RUSTIC BEETS 17.5 (VEG, VOA, GFO)

Truffled beetroot puree, smashed avocado, walnuts, Egyptian seed mix, pickled baby beets, sautéed spinach, poached egg, aged balsamic syrup.

(VEGAN OPTION: SWAP POACHED EGG FOR FIELD MUSHROOM)

ADD: BACON 5 | HASH BROWNS 3 | KRANSKY 5

GREEN POWER BREAKFAST BOWL 17.9 (VEG, VEGAN, GF, DF)

Charred asparagus, edamame beans, smashed avocado, broccolini, baby spinach, walnuts, Heirloom tomatoes, lemon dressing, ancient tri-coloured grains.

ADD: BACON 5 | HALLOUMI 5 | MUSHROOM 4 |

POACHED EGG 3

CADENCE SMASHED AVO 15.9 (VEG, VOA, GFO)

Rye bread, smashed avocado, Heirloom tomatoes, aged balsamic syrup, puffed grains, whipped ricotta, micro cress.

(VEGAN OPTION: SWAP WHIPPED RICOTTA FOR ANCIENT GRAINS)

ADD: BACON 5 | HALLOUMI 5 | HASH BROWNS 3

SWEET

AÇAÍ BOWL 15.9 (VEG, DF)

Iced cold açai, house-made almond and pepita granola, fresh cut tropical and seasonal fruit.

ADD: PEANUT BUTTER 2.5 | DOUBLE GRANOLA 2.5 | NUTELLA 2.5 |

EXTRA FRUIT 4.5 | GLUTEN FREE 1.5

BREAKFAST PANNA COTTA 17.9 (VEG)

Honeyed Greek yoghurt panna cotta, raspberry sorbet, pistachio crumb, rose floss, fresh berries.

WAFFLES 17.5

2 Toasted Belgian waffles, caramelised banana, maple bacon, whipped cream, mixed berry compote.

ADD: ICE CREAM 3

KIDS MENU UNDER 12 / NO ADULTS

TOAST & CONDIMENTS 5.5

Choice of sourdough or rye toast with butter and jam, honey or Vegemite.

KIDS BREAKFAST 11

Grilled bacon, hash brown, kransky, egg your way, sourdough toast and butter.

KIDS WAFFLE 10

Toasted waffle, whipped cream, fresh berries, Maple syrup.

KIDS AVO ON TOAST 9

Smashed avocado on sourdough toast.

FISH & CHIPS 11

Battered flathead, fries, garden salad, tomato sauce, lemon wedge.

CHICKEN NUGGETS & CHIPS 11

Golden fried chicken nuggets served with chips & tomato sauce.

CHEESEBURGER & CHIPS 11

Grain fed beef patty with American cheese, served with chips & tomato sauce.

ADD A BIT MORE

BACON 5 | EGG 3 | SCRAMBLED EGGS 6 | KRANSKYS 5 | HAM 4 | SMOKED SALMON 7 | HALLOUMI 5 | HOLLANDAISE 2.5 | HASH BROWNS 3 | SMASHED AVOCADO 5 | GRILLED CHERRY TOMATOES 3 | CADENCE RELISH 2 | GRILLED FIELD MUSHROOMS 4 | BOSTON BEANS 4 | WILTED BABY SPINACH 4 | SLICE

SOURDOUGH/RYE 2.5



LUNCH

ALL DAY MENU MON-FRI
10:30AM - 1:00PM WEEKENDS

FRIES

THIN CUT FRIES SM 5.5 | LG 9 (VEG, DF)

Thin cut potato fries, Cadence spice, house aioli.

SWEET POTATO FRIES SM 6.5 | LG 10 (VEG, DF)

Sweet potato fries, Cadence spice, house aioli.

TRUFFLED PARMESAN FRIES 12.9

Crispy potato fries, truffle oil, Parmesan snow, Cadence salt flakes, house aioli.

SANDWICH

ROYALE BEEF BURGER 19.9

Grilled beef patty, bacon, Swiss cheese, butter lettuce, dill pickles, yellow mustard, ketchup, milk bun, battered onion rings, Cadence spiced fries.

DOUBLE BURGER, BACON & CHEESE 8

SWEET POTATO FRIES 1

MISO EGGPLANT BURGER 17.9

Caramelised miso eggplant, butter lettuce, sliced tomato, Kewpie mayonnaise, pickled onion, fried shallots, toasted milk bun, Cadence spiced fries.

CHANGE TO SWEET POTATO 1 | GLUTEN FREE 1.5

CHICKEN SANDWICH 17.9 (GFO)

Sous vide chicken breast, middle bacon, Swiss cheese, butter lettuce, sliced tomato, avocado, Cadence relish, aioli, artesian bread, Cadence spiced fries.

CHANGE TO SWEET POTATO 1 | GLUTEN FREE 1.5

OPEN STEAK SANDWICH 17.9 (GFO)

Seared rib eye fillet, pickled onions, Swiss cheese, butter lettuce, sliced tomato, creamed horseradish, Cadence relish, house spiced fries.

DOUBLE YOUR MEAT 8

SWEET POTATO CHIPS 1 | GLUTEN FREE 1.5

SALAD

BEETROOT, HALLOUMI & WALNUT SALAD 17.9 (VEG, GF, VOA)

Roasted beetroots, walnuts, crispy halloumi, baby spinach, Heirloom tomatoes, tender stem broccolini, lemon dressing, balsamic reduction. (VEGAN OPTION: SWAP CRISPY HALOUMI FOR GRILLED FIELD MUSHROOMS)

ADD: CHICKEN 6 | STEAK 6 | SMOKED SALMON 7

BAJA FISH BURRITO BOWL 17 (VEG, GF)

Battered flathead fillets, butter lettuce, black beans, Heirloom tomatoes, smashed avocado, pickled onion, coriander, sweet corn, lime, sour cream, tortilla strips.

(VEGAN OPTION: SWAP BATTERED FLATHEAD FOR GRILLED FIELD MUSHROOMS)

ADD A BIT MORE

BACON 5 | EGG 3 | SCRAMBLED EGGS 6 | KRANSKYS 5 | HAM 4 |
SMOKED SALMON 7 | HALLOUMI 5 | HOLLANDAISE 2.5 | HASH BROWNS 3
| SMASHED AVOCADO 5 | GRILLED CHERRY TOMATOES 3 | CADENCE
RELISH 2 | GRILLED FIELD MUSHROOMS 4 | BOSTON BEANS 4 | WILTED
BABY SPINACH 4 | SLICE SOURDOUGH/RYE 2.5

SMOOTHIES & SHAKES

AÇAÍ SMOOTHIE 9

Açaí and coconut water

MANGO PASSION 8.9 (DF, V)

Mango, passion fruit, coconut water, mango nectar and ice

WATERMELON REVIVER 8.9 (DF, V)

Watermelon, berries, coconut water, tropical juice and ice

ENERGY START 8.9

Banana, mixed berries, oats, chia seeds, milk and ice

GREENS SMOOTHIE 8.9

Banana, spinach, almond milk and ice

MILKSHAKE 6 | MAKE IT THICK 8

Choose: Chocolate, caramel, vanilla or strawberry

ADD WHIPPED CREAM 0.7

MILKS:

ALMOND, LACTOSE
FREE, SOY 0.7
OAT 0.8

ADD:

CHOCOLATE OR
VANILLA PROTEIN 2

COFFEE & TEA

FLAT WHITE / LATTE / CAPPUCCINO S: 4.4 L: 4.9 XL: 5.6

MOCHA S: 4.6 L: 5.1 XL: 5.7

LONG BLACK / ESPRESSO S: 4 L: 4 XL: 4

PICCOLO 4.2

AFFOGATO 4.6

SHORT MACCIATO 4.1

LONG MACCIATO 4.5

DIRTY CHAI S: 4.6 L: 5.2 XL: 5.7

CHAI LATTE S: 4.3 L: 4.9 XL: 5.6

TURMERIC LATTE (ALMOND) S: 4.7 L: 5.2 XL: 5.8

HOT CHOCOLATE S: 4.5 L: 5 XL: 6.2

BABYCCINO 1

EXTRA SHOT 0.5

DECAF 0.6

CREAM 0.5

MARSHMALLOWS 0.5

TEA S: 3.9 TEA FOR 2: 6.1

Chai, China Green Sencha, Earl Grey, English Breakfast, Peppermint

ICED COFFEE (ICE CREAM) 6.5

ADD: WHIPPED CREAM 0.7

ICED LATTE (ICE) 5.5

ADD: WHIPPED CREAM 0.7

ICED MOCHA (ICE CREAM) 7

ADD: WHIPPED CREAM 0.7

ICED CHAI 6.5

ADD: ESPRESSO SHOT 0.5 |

VANILLA SYRUP 0.5

ICED CHOCOLATE 5.5

ADD: WHIPPED CREAM 0.7

ICED LONG BLACK 5

ICE TURMERIC LATTE (ALMOND) 6

MILKS:

ALMOND, LACTOSE
FREE, SOY 0.7
OAT 0.8

SYRUPS:

CARAMEL, CHAI,
HAZELNUT,
VANILLA: 0.5