

OPENING HOURS

MON-FRI: 6AM - 3:30PM

SAT: 7AM - 4PM

SUN: 8AM - 4PM

KITCHEN CLOSSES AT 3PM

FB/IG: @JACKTHEMILKMAN

55 KANGAROO ROAD MURRUMBEENA 3163

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MENU

(SURCHARGES: WEEKENDS 5% AND PUBLIC HOLIDAY 10%)

TWO TOASTS WITH SPREAD 8.0

Sourdough / Multigrain / Rye / Fruit toast / GF Precint Quinoa

EGGS YOUR WAY WITH TOASTS 11

ADD SIDES:

smashed or fresh avocado / bacon / pork & fennel sausage / polenta prisms / sautéed mushrooms / grilled tomato / baked beans / sautéed spinach / potato fritter / haloumi	4 . 5
hash brown	3 . 0
smoked salmon / Meredith's goat feta / chorizo	5 . 5

EGGS BENEDICT 18.5

poached eggs, sautéed mushrooms and spinach, saffron hollandaise and slow cooked pulled pork with Sourdough toast

SMASHED AVOCADO (VEO) 18.5

smashed avo, fennel, asparagus, pomegranates, mixed fresh herbs, pepitas, mixed seeds, Meredith's goat feta and poached egg with a sourdough toast

POTATO FRITTERS (GF/VEO) 18. 5

with poached eggs, short cut bacons, smashed avocado, beetroot béarnaise, chives and sour cream

POLENTA PRISMS (GF/VEO) 18.5

with charred corns, pork and fennel sausage, poached egg, roasted cherry tomatoes, feta, rockets and shaved parmesan cheese

GRANOLA BOWL 16.5

granola, COYO coconut yoghurt, chia seed, mixed seed, goji berry, baked rhubarb and seasonal fruits

FRENCH TOAST (VEO) 18.5

Noisette brioche loaf with mixed berries, bacon, vanilla mascarpone and maple syrup

MIDDLE EASTERN (VEO) 18.5

traditional falafels, roasted pine nuts, hummus, heirloom tomato, cucumber, olives, sumac dukkha, poached egg with rosemary & basil dressing served with panini bread

SPICED BAKED BEANS 18.5

chorizo & slow braised beans, poached egg and pistachio, pomegranate and avocado salsa served with a toast

MIX BERRIES PANCAKE (VE) 18.5

buttermilk hot cake topped with mixed berries, almond flake, crushed pistachio, served with lemon curd and ice cream

WAGYU BEEF BURGER 21.5

with bacon, onion jam, Swiss cheese, pickles, and saffron aioli and chips

BUTTERMILK CHICKEN BURGER 20.5

cornmeal crumbed chicken breast, homemade spiced BBQ peach relish, pickled cucumber, Swiss cheese, cos and tomato with chips

VEGETARIAN BURGER (VE) 20.5

grilled haloumi, lettuce, mushroom, jalapeno, Swiss cheese, tomato and siracha aioli with chips

MILKMAN'S TOFU (VG) 18.5

tofu, char grilled zucchini and cauliflower, crispy kale, green bean, and sesame seed with homemade sweet and sour dressing

CALAMARI SALAD (GF/DF) 18.5

fried lemon pepper calamari served with Asian salad and lime aioli

GRAINS SALAD (VEO) 18.5

mixed grains and rice, Meredith's goat feta, mixed herbs, spinach, smashed avocado and house dressing

Add: Chicken 4.5 or Salmon 5

PORRIDGE (VG/VE) 17

rolled oats, coconut milk/water, compote mixed berry, baked rhubarb, chia seeds and seasonal fruits with rice malt syrup

MILKMAN'S KID:

Egg your way on a toast	10
(UNDER 12YS) Ham and cheese toast on sandwiches bread	7
Buttermilk pancakes with maple and ice-cream	12
Chicken Nuggets with chips	12
Regular chips	7.5
Bowl of chips	11

COFFEES

4.0/REG(6OZ) 4.5/MED/MUG(12OZ) 5.5/LARGE(16OZ)

Espresso	3.0
Double Espresso	3.8
Coffee + Milk	4.0
Iced Latte	4.0 [with ice]
Iced Coffee	7.0 [One size 500ml w\ Ice cream]
Cold Brew	5.0 [Sml-360ml] 6.0 [Big-500ml]
Dirty Chai Latte	6.0 [One size 12oz]

NON-COFFEES

Hot Chocolate	4.0
Hot Chocolate [VG DF]	5.0
Matcha Latte	4.5
Turmeric Latte	4.5
Iced Chocolate	7.0 [500ml w\ Ice cream]
Calmer Sutra Chai Latte	5.5 [One size 12oz]

* Soy / Almond / Oat / Coconut / Extra shot / Strong 0.5

T2 TEA 4.5 (MED/POT-12OZ)

English Breakfast	Earl Grey	Chamomile	Chai Tea
Lemongrass Ginger	Peppermint	Green	

MILK SHAKES 6.0(BIG-500ML) / 5.0 (SML-360ML)

Strawberry	Vanilla	Banana	Caramel	* Extra Strong 0.5
Blue Heaven	Chocolate	Coffee	Cookies and Cream	* Thick 0.5
				* Soy/Almond/Oat/Coconut 0.7

COLD DRINKS

Bottled Still Water	3.0	Spider (any flavour)	6.5	Orange/Passionfruit	4.5
San Pellerino 500ml	4.0	Kid's Juices	3.0	Ginger Beer	4.5
Pump / Ice-Tea	4.5	Coke Ranges	4.0	Lemon Lime Bitter	4.5
Kombucha	6.0	Energy drink	4.5	Blood Orange	4.5
				Lemonade	4.5

TOASTIES (AS PER DISPLAY CABINET)

Ham and Cheese Croissant	7.5	Egg, Bacon and Cheese Roll	9.5
Ham and Cheese Toast	7.5	Panini Roll w\ pumpkin, pesto, spinach, roasted red pepper & cheese	11.5
Egg, Bacon and Cheese Muffin	8.5	Chicken Avo Toast w\ spinach, avo, cheese & aioli	11.5

SMOOTHIES

9.5 (BIG-500ML) / 7.0 (SMALL-360ML)

Tropical

Mango / Banana / Orange / Pineapple / Coconut Water

Greenie

Kale / spinach / avo / cucumber / coconut water / lemon / mint / apple

Bulldozer

Peanut Butter / Banana / Almond Milk / Cinnamon / Ice

Oreo Shake

Oreo Cookie / Caramel Syrup / Full Cream Milk / Ice / Ice-cream

Goddess Berry

Banana / Mixed Berries / Coconut Milk / Coconut Water / Honey / Chia Seed

COLD PRESS JUICES

8.0 (BIG-500ML) / 6.0 (SMALL-360ML)

Orange or Apple Juice [\$7.0-500ml / \$5.0-360ml]

Orange / carrot / ginger

Watermelon / pineapple / lemon / coconut water

Cucumber / Kale / Apple / Ginger / Lemon / Celery