

Substance⁵¹

ESPRESSO

Acai Bowl

scooped acai | coconut & maple granola | seasonal fruit 22
(gf | v | ve)

Bacon and Egg Roll

bacon | fried egg | melted cheese | tomato relish 16 (gfo)

Amazonia Protein Bircher

coconut & apple bircher | amazonia vanilla protein | chia seeds | lemon curd | fresh berries | coconut & maple granola 19 (gf | v | veo)

B.L.A.T Bagel

bacon | cos lettuce | avocado | tomato | aioli 18 (gfo | vo)

Corn and Capsicum Phat Fritter

bacon | avocado | poached eggs | chilli jam 24 (vo)

The Benedict

poached eggs | wilted spinach | chives | housemade hollandaise | sourdough 16.5 (gfo | v)
+ bacon 7 | + salmon 8 | + avocado 4 | + mushrooms 5 | + crispy chicken 8

Chilli Cheese Bagel

sriracha & cheese scrambled egg | fresh chilli | poppyseed bagel | spring onion | fried onion 18.5 (v | gfo)

Loaded Hash

crispy hash bits | bacon | melted cheese | poached eggs | rocket | caramelized onion | housemade hollandaise 24 (vo)

Strawberry Cheesecake Pancakes

vanilla pancakes | vanilla bean ice cream | strawberry cheesecake | biscoff crumb | maple syrup | seasonal berries | strawberry gel | 20 (v)

Mushroom Omelette

wild mushrooms | spinach | tomato | cheese | toasted sourdough 22 (v | gfo | dfo)

Salmon Bagel

smoked salmon | cream cheese | lime cured onions | dill | macadamia dukkah 19.9 (gfo)

Smashed Avocado

smashed avocado | poached eggs | whipped feta | sun-dried tomatoes | macadamia dukkah | sourdough | balsamic glaze 21 (gfo | v | veo)

Chicken, Chorizo & Cheese Quesadilla

avo puree | lime cured onion | fried egg | turmeric cauliflower | chilli aioli 24 (vo)

Nourish Bowl

avocado | poached eggs | cherry tomatoes | haloumi | zucchini | roast capsicum | turmeric cauliflower | rocket | lime cured onion | macadamia dukkah 22 (gf | v | veo) + grilled chicken 7 | + salmon 8

Bahn Mi Salad

Vietnamese grilled chicken | baby spinach | pickled carrot & cucumber | coriander | spring onion | soy and lemongrass dressing | fresh chilli | pate spread croutons 25 (vo)

Steak Sandwich

Rib fillet | charred onion | rocket | haloumi | poached egg | roast capsicum pesto | turkish bread | housemade hollandaise 28 (gfo)

Bang Bang Chicken Burger

crispy fried chicken | asian slaw | bang bang sauce | pickled ginger | coriander 18 | + fries 4

Substance Burger

wagyu beef pattie | cheese | cos lettuce | tomato | dill pickle mayo | hashbrown | fried egg 22 | + fries 4

Korean Fried Chicken

crispy fried chicken | gochujang glaze | toasted sesame | pickled cucumber | dill 16 (make it a burger | 18)

Shoestring fries bowl + aioli 8 | side serve 4

Sweet potato fries + aioli 9 | side serve 5

Lighter Options

2 Eggs on sourdough toast

poached or fried sourdough 13 (scrambled +1)

Banana Bread 7

Sourdough Toast | butter + jam 7

Fruit & Nut Toast | butter + jam 8

Bagels | butter + spreads 7 (add cream cheese +1)
poppyseed | blueberry | gluten free

Toasted Croissant | butter + jam 7

Ham and Cheese Croissant | relish 12

Ham + Cheese Sourdough Toastie 12 (gfo)

Chicken + Cheese Sourdough Toastie w/ pesto | sun-dried tomatoes 15 (gfo)

Sides

egg 3 | whipped feta 3 | avocado 4

mushrooms 5 | grilled tomato 4 | wilted spinach 4

bacon 7 | haloumi 5 | housemade hashbrowns 6

chorizo 6 | crispy chicken 7 | smoked salmon 8

hollandaise 1 | relish 1 | aioli 1

kids egg (any way) on toast 6.5

kids waffle | banana | nutella | maple syrup 13

kids pancake | strawberries | maple syrup | ice cream 13

kids nuggets | shoestring fries | tomato sauce 10

kids platter | ham | cheese | fruit | sourdough | marshmallows 11.5