

THE ASTRA
Complex

GOOD MORNING
It's Breakfast Time

But First

COFFEE ~ TEA ~ JUICE ~ SMOOTHIES
SEE OVER PAGE

BANANA BREAD / RAISIN BREAD / SOURDOUGH (2)✓ 10
Toasted with butter and served with your choice of jam, honey, peanut butter or vegemite

TOASTED MUESLI✓ 16
Freshfruit, vanilla greek yoghurt

APPLE & RASPBERRY CRUMBLE, VANILLA GREEK YOGHURT✓ 16

EGGS YOUR WAY ON TOASTED SOURDOUGH✓ 16
Poached, fried or scrambled

FRENCH TOAST MAPLE SYRUP, CARAMELISED PEARS, CREAM✓ 20

BANANA BUTTERSCOTCH PANCAKES✓ 20
Banana, warm butterscotch sauce, cream

SMASHED AVO✓ 22
Toasted sourdough, seasoned avocado smash, feta,
poached eggs, spinach oil (VOP)

EGGS BENE 22
Poached eggs, bacon, spinach, hollandaise, on toasted brioche, spinach oil

BAKED SPANISH EGGS 24
Warm tomato Napoli, smokey baked beans, eggs, chorizo, sourdough (VO/VOP)

ZUCCHINI & POTATO FRITTER*✓ 24
Spinach, seasoned avocado, grilled tomato, poached eggs, feta,
spinach oil/ sriracha (VOP)

BIG BREAKFAST 24
Eggs, Bacon, Sausage, hash brown, grilled tomato, soughdough

Dietary Requests

**PLEASE INFORM THE WAIT TEAM OF
ANY ALLERGIES OR DIETARY REQUESTS.**

* GLUTEN FREE
✓ VEGETARIAN
VO = VEGETARIAN OPTION
VOP = VEGAN OPTION

-GLUTEN FREE BREAD AVAILABLE-

Espresso Bar



Smoothie Bar

DAILY GRIND

B3 local adelaide roasters

- ESPRESSO 4.5
- PICCOLO 4.5
- SHORT MAC 4.5
- LONG MAC 4.5 / 5.5
- CAP 4.5 / 5.5
- LATTE 4.5 / 5.5
- FLAT WHITE 4.5 / 5.5
- BLACK 4.5 / 5.5
- VIENNA 4.5 / 5.5
- MOCHA 5 / 6
- DIRTY CHAI 5 / 6
- CHAI 4.5 / 5.5
- CHOCOLATE 4.5 / 5.5

TAKEAWAY - R: 4.5 / M: 5.5 / L: 7

TEA

BLACK - ENGLISH BREAKFAST
EARL GREY - DILMAR BLACK
Served with Milk 4.5

GINGER LEMON - CAMOMILE
GREEN LEAF - PEPPERMINT
Pure Organic Herbal 4.5

ICED TEA 6.5

LEMON CITRUS - PEACH - MANGO

CHILLED

ICED TRADITIONAL 8.5
*Your choice of flavour served over ice, with
vanilla ice cream & topped with whipped cream*
COFFEE - CHOCOLATE

DESIGNER ICED 10
*House ganache
Chocolate/White Chocolate/ Salted Caramel/Chai/
Nutella/Mars/Snickers/Mocha + Whipped Cream*
COFFEE ~ CHOCOLATE

ICE CREAM SPIDER 8
Topped with your choice of soft drink

COFFEE EXTRA'S

Oat / Soy / Almond / Lactose Free 90c
Espresso shot 50c
Vanilla, Caramel or Hazelnut 90c

FRUIT SMOOTHIE 12

Your choice of fruit, milk, ice cream, honey

MANGO ~ BANANA ~
STRAWBERRY OR MIXED BERRY

GYM JUNKIE RECOVERY 12.90

*Your choice of fruit, almond milk, slow release
whey protein, honey, greek yoghurt*

CHOC ~ BANANA ~ MANGO OR MIXED BERRY

CLEAN SUPER SMOOTHIES 12.90

~GREEN CLEANSE

*Kiwi fruit, avocado, mango, banana,
baby spinach, hemp seed, coconut water,
pineapple juice,*

~ACAI

*Acai, mixed berries, banana, spinach, coconut
water, pineapple juice, coconut crumb.*

~TROPICANA DELIGHT

*Mango, banana, pineapple,
coconut juice, tropical juice.*

SMOOTHIE EXTRA'S

30G scoop whey protein 3.0

GET JUICY 6.90

NOAH'S *bottled range*

~Apple, beetroot, orange, carrot, ginger

~ Apple, coconut, guanabana, mango,
passionfruit, dragonfruit

~Apple, nectarine, coconut, pineapple, lime

~Carrot, apple, ginger

~Valencia orange

MOUNTAIN FRESH *bottled range*

Apple - Apple & Mango - Tropical

Apple & Guava - Orange - Pineapple

SHAKE IT

MILKSHAKE 8 / THICKSHAKE 10

choc - vanilla, lime, coffee, banana

caramel - spearmint, blue heaven - cherry ripe

SUPER ICE CREAM SHAKES 12

~Choc Mint: peppermint crisp, spearmint

~Golden Gaytime

rich salted caramel ganache, malt, choc chips

~Cookies & Cream: choc ganache, oreo cookies

~BananaRama

banana, ganache, peanut butter, honey