

MENU

A FEW HOUSE RULES

NO BYO Treats, meals or beverages.

Thankyou for respectfully honouring our venue, staff, menu and service times.

If you encounter any issues or have concerns, please inform us immediately so we can assist you during your stay. We're here to ensure you have a smooth and enjoyable experience.

Allergies need to be mentioned at time of service so that we can better serve you.

Please remember your table number when ordering at the counter..found on the cutlery caddy.

(all the above keeps service running smoothly)

See our daily specials board

THE KITCHEN IS OPEN

8:00am to 2:00pm

Pimp my toast - open grills -\$19.50

- Smoked Ham off the bone, fresh pineapple and our signature cheese blend
- Smoked Ham off the bone, tomato and our signature cheese blend
- Salami, kalamatta olives, sundried tomatoes, & pickled spanish onion with cheese

GOURMET Toastery -\$17.50

- Smoked off the bone Ham, our signature cheese blend, and pickle
- Herbed chicken, sprouts, in house ranch & our signature cheese blend
- The Ruben - pastrami, sauerkraut, mustard pickle, & our signature cheese blend.
- Bacon, tomato, lettuce, in house made garlic aioli, our signature cheese blend - add chicken breast \$4
- Smoked Ham off the bone, tomato and our signature cheese blend

Unless stated bread is white - G/F available for \$1 extra

10% Weekend surcharges apply

Smashed Avo Goddess Two slices of sourdough layered with mashed avocado, garlic, fresh organic lime juice, sea salt and cracked black pepper covered with crumbled Greek feta, cherry tomatoes, in-house made pickled radish and dukkha, beetroot relish with a wedge of lime sprinkled with black and white toasted sesame. - \$23.50. 1/2 serve \$17.50

Sweet Potato Fritters - Two sweet potato fritters in-house made with almond meal, served with baby spinach, avocado, tomato relish and roast pumpkin hummus. -\$21.50. 1/2 serve- \$15.50. (GF)

Egg on Toast - Two free range eggs - fried or poached on white or sourdough- (\$1 extra) -\$14.50.

Muffins - savory cheese and vegetable muffins served with side tomato relish - \$9.90

Vegan Brekkie - smashed avo, cherry tomato, baby spinach, balsamic glazed mushrooms on toasted sourdough with in house pickled raddish, dukkah and lime - \$23.50. 1/2 serve \$17.50

Add on to above

- Bacon - two rashes -\$6
- Avocado. -\$4
- Mushrooms. -\$6
- Two Eggs* -\$4
- One Egg* -\$2
- Halloumi - two slices - \$7
- Sweet Potato Fritter.- \$8
- Feta - \$4
- Sliced Swiss Cheese - \$2
- Grated Cheese - \$3
- Wilted Spinach - \$4
- Grilled Cherry Tomatoes - \$5



www.absolutecravings.com.au

Fill'er up sandwiches - \$14.00

- Egg, lettuce and Mayo
- Chicken, lettuce and Mayo
- Smoked Ham, cheese and tomato
- Smoked ham, Swiss cheese and mustard pickles

Salads - \$19.50

Caesar Salad ** - Lettuce, free range boiled egg, crispy bacon, shaved parmesan cheese, roasted pine nuts and caesar dressing. GF

In Training Salad** - Lettuce, boiled free-range egg, roasted turmeric sweet potato, roasted pine nuts and in-house made honey mustard dressing. GF

Greek Salad** - Lettuce, tomatoes, cucumber, kalamata olives, onion, feta and in-house greek salad dressing. GF

** Add grilled chicken \$6

** Add avocado \$4

Steak Or Grilled Chicken on Herbed Turkish roll Lettuce, tomato, beetroot, gherkin, swiss cheese, onion relish & garlic aioli - served with sweet potato wedges with choice of side sauces ****. -\$36.00

****Sauces;-In-house made Garlic Aoili, In-house made Honey Mustard, Sour Cream & Sweet Chilli Sauce, Vegan Aioli, Tomato or BBQ Sauce

Brekkie Burger - Bacon, fried eggs, tomato relish and cheese -\$19.50.

Sweet Potato Wedges (GF) -1/2

- Serves available
- Sea Salt...\$17.50
- In-house made Garlic Aioli...\$20.50
- In-house made Honey Mustard...\$20.50
- Sour Cream & Sweet Chilli Sauce...\$20.50

Granola Bowl - Toasted maple granola, vanilla coconut yoghurt, season berries and fruit - \$19.50

Build your Own Pancakes - \$16.90 - two pancakes/serve comes with ice cream. Pick any three options.

- Banana
- Strawberry
- Blue Berries
- Lemon & Sugar
- Maple syrup
- Roasted macadamia nuts
- Salted caramel sauce
- Mixed berry coulis
- Toasted coconut flake
- Chocolate Sauce
- Strawberry Sauce

ACAI Bowls - \$15.90 pick any three options

- Cacao nibs
- Chia
- Banana
- Sliced green apple
- Kiwi fruit
- Passionfruit
- Strawberries
- Blueberries
- Peanut butter
- Granola

KIDS

12 Years & under

- Rice Crackers - choice of avocado, peanut butter, jam or cream cheese...\$5.00
- Cheese Toastie...\$8.50
- Ham & Cheese Toastie..\$12.50
- Chicken & Cheese Toastie...\$12.50
- Sweet potato wedges with sauce... \$10.90
- Kids Platter - Celery and carrot sticks, cream cheese, Rice crackers, green apple & strawberries...\$9.90
- Pancake with strawberry or chocolate sauce, ice cream and sprinkles...\$9.90

COFFEE

Coffee. - Cup: \$5.50 Mug: \$6.50

Cappuccino, Flat White Reg, Mocha, Latte, Piccolo Latte, Long Black.

Baby Chino -\$2.50

Chai Latte, Hot Chocolate - Cup: \$5.50 Mug: \$6.50

Iced Latte (Iced or Blended) - \$7.90 - add cream & ice cream - extra \$4 or \$2 each

Iced Long black- \$5.50

Other milks: Oat, Soy, Macadamia, Almond & Coconut -\$1 Extra

Bullet proof coffee - long black with ghee & MCT oil in a cup- \$8.90

Tea Pot - \$5.00

Choice off; Green Tea, Chamomile, T2 Just Peppermint, Earl Grey, Threemint, Supreme Matcha Green, Revitalise, Ginseng Matcha Green, Lemon Ginger & Manuka Honey, Love, Womankind

SHAKES

Milk Shakes - \$10.90 - your choice of Chocolate, Strawberry, Vanilla, Caramel, Malt or Banana . Kids sizes available \$6.90 (extra for other milks)

JUICE

In House Cold Press Juices -\$12.00

G's FAV - Orange, Apple & Pineapple
GREEN MACHINE - Apple, Organic powdered greens & Pineapple
MINTY FRESH- Watermelon, Apple, Pineapple, Mint
Orange Juice Apple Juice
Pineapple Juice Watermelon Juice

SMOOTHIES

BERRY BLAST - \$14.40
Raspberry's, blueberries, strawberries, lemon sorbet and apple juice

ENDLESS SUMMER - \$15.50
Banana, mango, passionfruit, mango sorbet, and apple juice

MANGO TANGO - \$15.50
Mango, mango sorbet, banana and mango nectar

TROPICAL TOWNSVILLE - \$15.50
Pineapple, Strawberries, lemon sorbet, apple juice

MILKY SMOOTHIES

MILKS AVAILABLE
full cream, lactose free, skim, almond, coconut, oat and Soy, Vanilla Greek or Coconut Yogurt

OH HEY HONEY - \$15.50
Banana, honey, nutmeg, yogurt, dates and milk

NUTS ABOUT YOU - \$15.50
Peanut butter, raw cacao chocolate, honey and yogurt

Special Smoothies -\$16.50
(extra for alternative milks)

HOLLABACK GIRL
Banana, dates, coconut yogurt, maple syrup and almond milk

CHOCO LOCO
Banana, Raw Cacao, Dates and almond milk

SOMETHING SWEET
options on display at counter