

(V) vego

(VO) vego option available

(VG) vegan

(N) nuts

(GFO) gluten free option available

(GF) gluten free

(DF) dairy free

(RSF) refined sugar free

# All Day Menu

## house bakery toast

thick cut sourdough w your favourite – raspberry jam, honey, peanut butter, vegemite  
fruit toast - our fig, date, apricot and walnut loaf

## mean beanz

smoked spicy baked beans, Spanish chorizo, thick cut sourdough toast (GFO) (VO) (VGO)

## big fig breaky

eggs anyway on toast + bacon, roast tomato, roast mushrooms, pork + fennel sausage, hash brown (GFO)

## vitality oats

creamed vanilla bean porridge, black chia, stewed apple fig, oat crumble, super seeds, nuts (V) (N) (GFO)

## banoffee hotcakes

buttermilk hotcakes, caramel, maple syrup, banana brulee, nut praline, vanilla ice cream (V) (N)

## persian brekkie

smashed avocado, persian feta, dukkah, poached egg, roquette, heirloom tomatoes, sourdough toast + balsamic glaze (GFO) (V) (VGO) (N)

## double up

two eggs your way on thick cut sourdough toast

## Something Extra

capsicum relish, sourdough toast, tomato relish, hollandaise, tomato, extra egg

spinach, house baked beans, roast mushrooms, pork + fennel sausage

avocado, hash browns x2, bacon

smoked salmon

gluten free bread

bowl of chips

8 **bacon benny**  
two poached eggs on sourdough toast, grilled bacon, buttered spinach + hollandaise (GFO)

18 **sweet corn + coriander fritter**  
smashed avocado, smoked tasmanian salmon, capsicum relish, poached egg, charred corn + herb salad

23 **figs breaky roll**  
smokey bacon, 2 fried eggs, cheese, spinach, toasted turkish loaf + capsicum relish

15 **3 egg omelette**  
roast pumpkin, capsicums, mushies, cheese, spinach, herbs + capsicum relish (GFO) (V)

19 **shakshuka**  
two baked eggs w tomato, red peppers, spicy pork sausage, smoked paprika, crumbled fetta, chickpea hummus + thick cut sourdough

21 **frenchy**  
sweet egg custard fried brioche, cinnamon yoghurt, pure maple syrup, berries, banana + raspberry coulis

13 **acai bowl**  
pure amazon acai berry sorbet, strawberries, blueberries, banana, almond + fig granola, coconut, super seeds + nuts (DF) (RSF) (V)

3 ea **protein pancakes**  
stewed apple + figs, pure maple syrup, coconut, super seeds, nuts w coconut vanilla ice cream (GF) (DF) (RSF) (V)

**at four figs we do our best to cater for allergies, however due to disclaimers on products we cannot guarantee that nut gluten, shellfish or other allergens are not present in our food.**

21 **vegan medley**  
citrus roasted mushrooms, heirloom tomato, pumpkin, capsicum w grains, soft herbs, dukkah, balsamic glaze, chickpea hummus (VG) (N) (GF)

22 **szechuan calamari** (S) 19 (L) 27  
lightly fried w soft herb salad, nuoc cham (GFO)  
(add a side of chips - 5)

17 **arancini** (S) 17 (L) 25  
crumbed creamy pumpkin risotto balls w roquette, parmesan salad, aioli (V)  
(add a side of chips - 5)

18 **crispy buttermilk chicken** 19  
Japanese pancake, tonkatsu sweet sauce + siracha mayo

21 **grilled maple barramundi** 29  
w Cypriot grain salad, maple mayo + lemon (N) (GF)

21 **american cheese burger** 22  
wagyu beef pattie, double monterey jack cheese, tomato, chipotle mayo, pickles, roquette, brioche bun w chips + aioli

19 **spiced chicken salad** 23  
mixed leaves, roast pumpkin, capsicum, onion, heirloom tomatoes, quinoa, lentils + honey mustard mayo (N)

19 **T3** 19  
grilled chicken, roast tomato, cheese, onion jam, honey mayo, roquette on toasted Turkish loaf  
(add a side of chips - 5)

**due the nature of kitchen preparations and the fact we do not put all ingredients on menu you must advise us of any allergies.**

21 **12 hour lamb bowl** 29  
slow roasted spice rubbed lamb w Cypriot grain salad, blossom honey + cumin yoghurt (N) (GF)

**chilli jam pork belly** 25  
Vietnamese herb salad, nuoc cham dressing, roasted cashews (N) (GF)

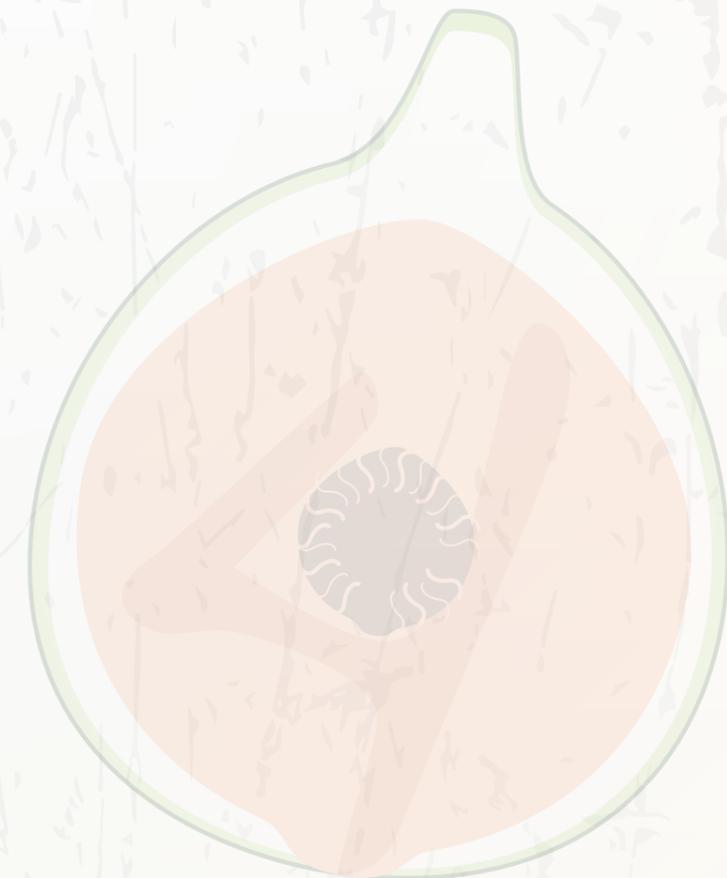
**tagliatelle pasta** 25  
spicy nduja pork sausage, chorizo, roasted capsicum, garlic, chilli, olives, tomato passata + ribbon pasta

## The Young Ones (Under 12 only)

one egg anyway, bacon + toast 10

Banana pancake, maple syrup + ice cream 10

Cheese toastie + chips, honey mayo 10



# Drinks

## Hot Drinks

### Coffee - House Roast

4  
5

### Syrups

Hazelnut, Vanilla, Caramel, Irish Cream

50c

### Alternative Milk

Almond, Soy, Coconut, Oat, Macadamia, Lactose Free

50c

### Wet-Chai Latte

Black Tea, Cardamon, Cloves, Cinnamon, Ginger + honey

5  
6

### Tea

English Breakfast, Earl Grey, Peppermint, Green, Chai, Lemongrass Ginger

5

## Speciality Hot Drinks

### Tree Hugging BOB Hot Chocolate

A unique blend of organic Dutch Cacao and organic Coconut Blossom Sugar.

4.5

### Intense BOB Hot Chocolate

70% organic West African Cacao, organic Coconut Blossom Sugar, Madagascan Cacao Liquor.

4.5  
5.5

### Serious BOB Hot Chocolate

A European style seriously rich chocolate. Extra thick, creamy and very, very decadent.

5  
6

### DLux White Hot Chocolate

With real Cocoa Butter for a rich and decadent creamy white chocolate.

4.5  
5.5

### Golden Turmeric Latte

Premium Indian Turmeric blended w/ Cinnamon, Ginger and Honey

4  
5

### Green Tea Matcha Latte

100% pure shade grown Japanese Matcha Green Tea Latte.

4  
5

### Red Velvet Beetroot Latte

Organic West African Cacao, ground Beetroot and Bourbon Vanilla bean.

4  
5

## Cold Drinks

### Iced Coffee

7

### Iced Chocolate

8

### Iced White Chocolate

8

### Milk Shakes

Chocolate, Vanilla, Caramel, Strawberry, Banana, Blue Heaven

7

### Thick Shakes

8

### Smoothies

*Mixed Berry* - ice cream, yoghurt, milk, vanilla, raspberries, strawberries, blackberries, blueberries

7

*Banana* - ice cream, yoghurt, milk, honey, cinnamon, bananas

*Mango* - Ice cream, yoghurt, milk, mango nectar, mango cheeks

4.5

5.5 *Cacao* - Raw Cacao, Raw Almonds, Maple Syrup, Banana + Almond Milk **(DF) (GF) (RSF) (VG)**

4.5 *Peanut Butter* - Banana, 100% Organic Peanut Butter, Dates & Soy Milk **(DF) (GF) (RSF) (VG)**

5.5

### Juices

Orange, Apple, Pineapple, Mango, Cranberry, Tomato

5

### Cold Press Juices

*Summer Greens* - Spinach, Pineapple, Kale, Apple, Cucumber, Mint

7.5

*Ginger Ninja* - Carrot, Apple, Ginger, Turmeric

*Jack Rose* - Apple, Lemon, Strawberry, Mint

### Kombucha

Please ask staff for flavours

6.5

### Soft Drinks

Coke, Diet Coke, Lemon Squash,

Sprite, Raspberry

4.5

### San Pellegrino Mineral Water (500ml)

6

## Bottled Beer & Cider

### Furphy Refreshing Ale

8

### Coopers Light Malt Ale

6

### Corona

8

### Napoleon & Co Cider

Apple or Pear

8

**A full range of spirits and Liquors available with your favourite mixer**

## Sparkling Wine

### Moore's Creek Sparkling

Hunter Valley NSW

(G) 8 (B) 32

## White Wine

### Echo Sauvignon Blanc

Marborough NZ

(G) 9 (B) 38

### Ingram Rd Pinot Grigio

Yarra Valley VIC

(G) 10 (B) 40

### Innocent Bystander Moscato

Yarra Valley VIC  
Piccolo 250ml Bottle

19

## Red Wine

### Zilzie Shiraz

Murray Darling VIC 2016

(G) 8 (B) 32

### Bullant Cabernet Merlot

Longhorne Creek SA 2015

(G) 8 (B) 32

## Cocktails

### Bloody Mary

A common "Hair of the Dog" drink w/ a vegetable base, tabasco and vodka

12

### Espresso Martini

A restaurant staple for lovers of coffee

17

### Strawberry Daiquiri

The go-to Summertime drink. Rum and strawberries have never tasted this good

17

### Cuddles on the Sand

A spin on the classic "Sex on the Beach" with vodka, peach schnapps and fruit juice

17

