

THE FITZ CAFE

/ BREAKFAST TILL 4 /



/ OLD SCHOOL

TOAST 8.5

sourdough rye, english muffin, turkish bread or fruit loaf served with butter, raspberry jam, honey or vegemite V

EGGS ON TOAST 9

eggs served your way on sourdough rye V

CLASSIC BLT 9

bacon, lettuce & tomato toastie with seeded mayo
add fried egg 2

/ HEALTH BAR

BIRCHER MUESLI 16

organic steel cut oats & chia seeds served with apple, berries, coconut, buckinis, pepitas, passionfruit, nuts, honey yoghurt & a shot of oj V

COCONUT PANNA COTTA 17

set & served with fresh blueberries, raspberries, passionfruit coulis & edible blooms topped with brandy snaps VG

FITZ FRITTERS 18

kale, corn & zucchini fritters served with crispy bacon, avocado, tzatziki, chilli jam & fresh herbs
add poached egg 2

SMASH AND GRAB 19

zesty avocado smash on toasted sourdough with danish feta, asparagus, edamame & poached eggs finished with olive oil, herbs & dukkah V

/ THE REAL DEAL

PESTO EGGS BENEDICT 18

poached eggs, smoked ham, wilted spinach & house-made pesto served on english muffins dressed in hollandaise & topped with dukkah

FITZ FRENCH TOAST 18

fresh sourdough rye topped with bananas, mascarpone, berries, maple syrup & toasted pistachio nuts V
add bacon 4

NUTELLA PANCAKES 18

fluffy buttermilk pancakes covered in salted caramel, mascarpone, nutella & raspberries with your choice of ice-cream or cream V

FLAMINGO BAKE 19

oven baked eggs in spicy tomato with chorizo, asparagus & feta served with sourdough rye

KICK ASS SCRAMBLE 19

scrambled eggs with sambal, spring onion, cherry tomatoes, capers & feta on sourdough rye topped with your choice of bacon or salmon (V) mushroom 17

FITZ BREKKIE BOARD 22

poached eggs, smokey beans, chorizo sausage, sourdough rye with avocado & beetroot relish, coconut panna cotta & a mini croissant with your choice of apple or orange juice

FITZ BIG BREAKFAST 21

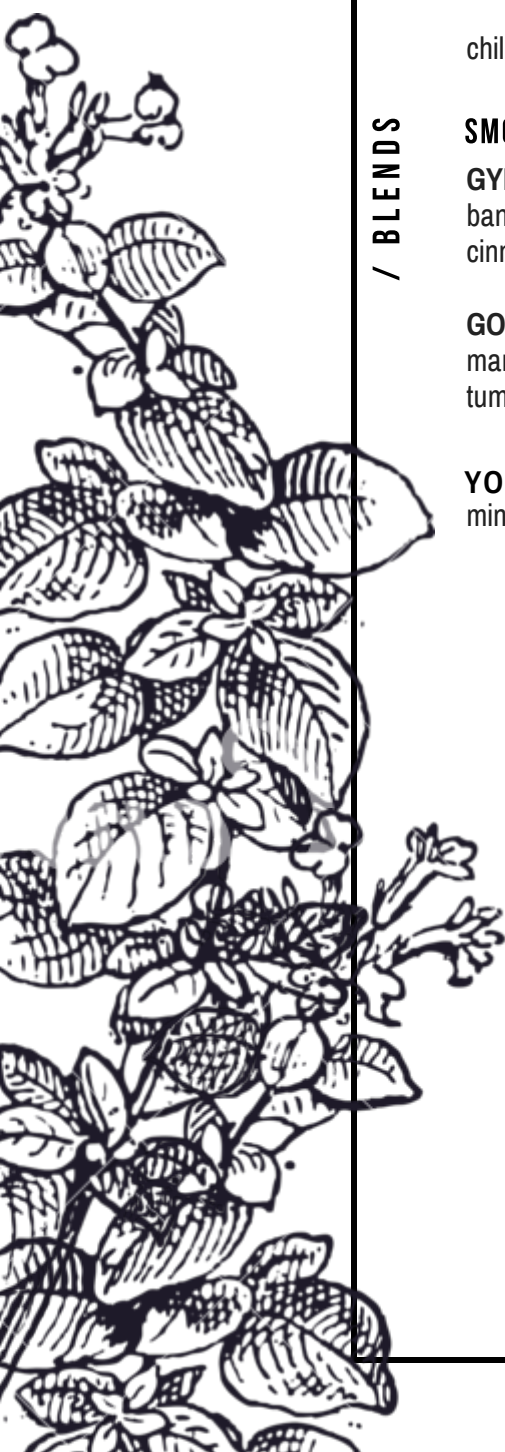
poached eggs on sourdough rye with crispy bacon, sausage, hash brown & spinach served with hollandaise or chilli jam

OUR MAYO IS VEGAN AND CONTAINS SOY - PLEASE SPEAK TO OUR STAFF IF YOU HAVE AN ALLERGY

V = VEGETARIAN VG = VEGAN GF = GLUTEN FREE

THE FITZ CAFE

/ BREAKFAST TILL 4 /



/ EXTRAS

smoked salmon, ham hock	5
avocado, corn fritters, bacon, sausage, hash browns, smokey mexican beans	4
egg, feta, cheese, kimchi, GF bread, mushroom, tomato, spinach, onion	2
chilli jam or hollandaise	1.5

/ BLENDS

SMOOTHIES	8
GYM JUNKIE banana, medjool dates, peanut butter cinnamon & soy milk	
GOLDEN FIX mango, pineapple, almond milk, tumeric, honey & coconut yoghurt	
YOU'VE GOT A MATCHA mint, matcha, ice cream, ice, milk	

/ THE FITZ SIGNATURES

GREEN DETOX (V)	8
apple, celery, kale, cucumber, lemon and ginger	
ELIXIR OF LIFE (V)	8
orange, lemon, pineapple, ginger and tumeric	
HANGOVER CURE (V)	8
beetroot, pear, carrot, orange, celery and ginger	
BERRYLICIOUS CRUSH	8
strawberry, watermelon, mint, apple and lime with blended ice	
FRESHLY SQUEEZED OJ	7
MILKSHAKES	8
caramel, chocolate, strawberry or vanilla	
MAKE YOUR OWN BLEND	8
CHOOSE YOUR FRUIT banana, blueberry or strawberry	
CHOOSE YOUR MILK soy, almond, coconut, full cream or skinny	

SEE OUR SPECIALS BOARD FOR OUR
DRINKS OF THE MONTH