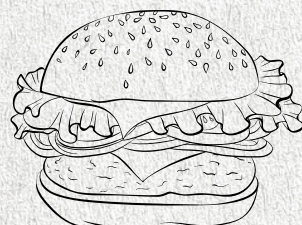


ALL DAY BREAKFAST		
MIGHTY BREAKFAST 	22.90	
EGGS YOUR WAY, CHORIZO, MUSHIES, SPINACH, HASH BROWN, BACON & ROASTED TOMATO SERVED WITH SOURDOUGH TOAST		
SMASHED AVO	17.90	
ON TOASTED SOURDOUGH WITH CRUMBLED FETA, ROAST PUMPKIN, SWEET & SALTY PEPITA SEEDS AND SOFT POACHED EGGS		
EGGS BENEDICT BACON OR HAM OR MUSHROOM	16.90	
SOFT POACHED EGGS, SPINACH & HOLLANDAISE		
BACON & EGG ROLL	10.90	
WITH CHEESE & BBQ SAUCE		
MEAT LOVERS OMELETTE	16.90	
BACON, SAUSAGE HAM & CHEESE WITH TOASTED SOURDOUGH		
VEGETARIAN OMELETTE	16.90	
SPINACH, TOMATO, MUSHIES & CHEESE WITH TOASTED SOURDOUGH		
BUTTERMILK PANCAKES	12.90	
SERVED WITH MAPLE & ICECREAM		
BREKKY BURGER		
BACON, EGG, AVO, HALOUMI, SPINACH HASH BROWN & BBQ		
	17.90	
GREENHOUSE STACK		
TOASTED SOURDOUGH TOPPED WITH BEETROOT HUMMUS, ROASTED CHICKPEAS, AVOCADO POACHED EGGS & TAHINI DRESSING.		
	18	
EGGS ON TOAST	10.90	
EGGS YOUR WAY ON TOASTED SOURDOUGH		
CHORIZO SCRAM	16.90	
SCRAMBLED EGGS, CHORIZO, SPANISH ONION, MUSHROOMS, SPINACH & CHILLI TOPPED WITH FETA		

BURGERS		
STEAK SANDWICH	18.90	
RUMP STEAK, CHEESE, TOMATO, ONION JAM, LETTUCE & MAYO ON TOASTED SOURDOUGH		
BEEF BURGER	17.90	
BEEF, CHEESE, LETTUCE, TOMATO, ONION, PICKLES & MAYO WITH SMOKEY BBQ SAUCE		
B.L.A.T	16.90	
CRISPY BACON, LETTUCE, AVO, TOMATO & CHEESE WITH MAYO ON TOASTED SOURDOUGH		
DELUXE CHICKEN BURGER	20	
GRILLED CHICKEN BREAST, CRISPY BACON, LETTUCE, CHEESE, TOMATO & ONION WITH MAYO		
		
VEGGIE BURGER	16.90	
VEGGIE PATTY, CHEESE, LETTUCE, TOMATO & ONION WITH SMOKEY BBQ SAUCE & MAYO		
BACON HALOUMI	5	
AVOCADO	4	
EGG	2	
SANDWICHES		
CHICKEN & AVOCADO	15	
CHICKEN, AVO, MAYO & ROCKET		
HAM, SUNDRIED TOMATO & AVOCADO	16	
DOUBLE-SMOKED HAM, SDT, AVO, MAYO, PESTO & ROCKET		

<div>SPECIALTY COFFEE HUB</div> <div>The</div> <div>GREENHOUSE</div> <div>TUGGERAH</div>		
SALADS & BOWLS		
ROCKET CAESAR	18	
GRILLED CHICKEN BREAST WITH CRISPY BACON, SOFT POACHED FREE-RANGE EGG, SHAVED PARMESAN & COS MIXED WITH CRUNCHY HERBED CROUTONS		
PUMPKIN & FETA SALAD	17	
ROCKET, ROASTED PUMPKIN, PEPITA SEEDS, FETA, POACHED EGG & AVOCADO WITH HONEY MUSTARD DRESSING		
BRUNCH BOWL	16	
AVO, CUCUMBER, BROWN RICE, PUMPKIN, SPINACH, HALLOUMI & SOFT POACHED EGG WITH VINAIGRETTE		
GREEN BOWL	16	
KALE, SPINACH, CUCUMBER, BROWN RICE, AVO, PEAS, POACHED EGG & MIXED SEEDS WITH TAHINI DRESSING		
OPEN GRILLS		
W/CHIPS OR SALAD		
BACON	16.90	
AVO, TOMATOES, CHEESE & BBQ SAUCE		
MARINATED CHICKEN	16.90	
AVO, TOMATOES, CHEESE & BBQ SAUCE		
EXTRAS		
CHORIZO BACON SAUSAGE HALOUMI	5	
AVOCADO ROAST TOMATO	4	
SPINACH MUSHIES HASH BROWN SIDE FRIES	3	

Our menu contains allergens and is prepared in a kitchen that handles nuts and gluten.
Whilst all reasonable efforts are taken to accommodate guest dietary requirements, we cannot guarantee that our food will be allergen free.
10% surcharge on public holidays.

SPECIALTY COFFEE HUB

The GREENHOUSE

TUGGERAH

MILKSHAKES



6.9

BANANA
STRAWBERRY
CARAMEL
LIME
CHOCOLATE
VANILLA
COCONUT
BUBBLEGUM

KIDS 5

SMOOTHIES



7.9

CLASSIC BANANA SMOOTHIE
BANANA, OATS, MILK, HONEY,
CINNAMON & ICE CREAM

MANGO SMOOTHIE
MANGO, MILK, SYRUP & ICE
CREAM

BERRY COCONUT BASH
BLUEBERRIES, MILK, COCONUT
SYRUP & ICE CREAM

ICED DRINKS



6.9

ICED COFFEE
ICED MOCHA
ICED CHOCOLATE
ICED CHAI
MOCHA FRAPPE
COFFEE FRAPPE
CHAI FRAPPE
CARAMEL FRAPPE

SUPER SHAKES



7.9

COOKIES & CREAM - OREO
BLENDED WITH CHOCOLATE,
MILK & ICECREAM

NUT SENSATION - SNICKERS
BLENDED WITH CHOCOLATE,
MILK & ICECREAM

FUN TIME - MALTESERS
BLENDED WITH CHOCOLATE,
MILK & ICECREAM

WAFFER CRUNCH - KIT KAT
BLENDED WITH CHOCOLATE,
MILK & ICECREAM

FRESH JUICE



7

GREEN DREAM
KALE, CUCUMBER, SPINACH &
APPLE

ENERGISER
ORANGE, APPLE, CARROT &
GINGER

TROPFEST
ORANGE, PINEAPPLE &
WATERMELON

GREMLIN
APPLE, WATERMELON,
STRAWBERRY, & MINT

CHOICE OF 4
ORANGE | APPLE | WATERMELON
MINT | CUCUMBER | KALE | BEET
CARROT | GINGER | SPINACH
PINEAPPLE

SOFT DRINKS



SOFT DRINKS 4
COKE | NO SUGAR | DIET | FANTA | SPRITE

LEMON LIME BITTERS 5.9

WATER 4
STILL | SPARKLING

GINGER BEER | GINGER ALE 5

SWEET ICED TEA



7.5

PUNCHY MANGO
BREWED SWEET MANGO TEA MIXED
WITH MANGO PIECES & TOPPED WITH
MINT

PEACHY TEA
BREWED SWEET PEACH TEA MIXED
WITH PEACHES & TOPPED WITH MINT

LYCHEE LIFE
BREWED SWEET LYCHEE TEA MIXED
WITH LYCHEES & TOPPED WITH MINT

TEA



4

ENGLISH BREAKFAST
EARL GREY
CHAMOMILE
GREEN
PEPPERMINT
LEMONGRASS & GINGER
SPICED CHAI 5

COFFEE



ESPRESSO 3.5
PICCOLO | MACCHIATO 3.9
LONG BLACK | LATTE | CAP | FLAT W 4 4.8
CHAI LATTE | MOCHA | HOT CHOC 4.2 5
MATCHA | BEET | TURMERIC 5.2 6

DONT FORGET TO TAG US

 @THEGREENHOUSECAFE

 @THEGREENHOUSETUGGERAH

DONT FORGET TO TAG US

KIDS



10

MINI BREKKI
ONE EGG, RASHER OF BACON AND TOAST

PANCAKES
SINGLE PANCAKE TOPPED WITH NUTELLA
FRUIT, AND ICE-CREAM

WAFFLES
ONE TOASTED WAFFLE SERVED WITH MAPLE
AND ICE-CREAM.



SOY | COCONUT | LACTOSE .80
ALMOND | OAT .80
SYRUPS .70
STRONG .80