

HANGS ESPRESSO & KETO

BREAKFAST

8am - 2pm

HAM & CHEESE TOASTIE \$7.5

HAM & CHEESE CROSSANT \$9

PLAIN TOAST/
RAISIN TOAST \$6.5

With butter/jam/vegemite

BREAKIE WRAP \$13

Bacon, egg, tomato and cream
cheese

TOAST WITH SMASHED
AVO \$13.5

SMALL BREAKFAST \$11.5

Toast, bacon & egg (your way)

BIG BREAKFAST \$19

Toast, bacon, egg, wilted
spinach, hash brown, baked
beans & grilled tomato

EXTRAS

Avocado (half) \$3 Bacon \$2

Hash brown \$2 Egg \$2

LUNCH

PANINIS \$13

~ Chicken, cheese, sun-dried
tomato

~ Cheesy chicken avocado

BAGELS \$13

~ Reuben, beef, cheese, spinach,
sauerkraut & pickle

~ Smoked salmon, spinach,
onion & cream cheese

WRAPS \$13

~ Marinated lamb with coleslaw,
tomato & feta

~ Tandoori chicken, cucumber,
spinach, tomato & onion

~ Falafel, spinach, roast
capsicum, cucumber &
tomato,

MEXIACAN POCKET \$13

Beef mince, rice, beans, spinach,
capsicum & cheese

FILO PARCEL \$14.5

~ Rosemary Lamb

~ Pumpkin Spinach & Feta
Served with chips or salad

VIETNAMESE ROLL \$10

Pork or Chicken

DUMPLINGS \$10

Pork/Chicken & Vegetarian

HANGS ESPRESSO & KETO

CURRY	\$14.5	PASTA/RISOTTO	\$15.5
~ Chicken rogan josh with rice Butter chicken with rice		Bacon, mushroom Carbonara	
CHICKEN PARMIGIANA	\$16.5	~ Bacon, spinach & parmesan Fettuccine	
Crumbed chicken breast topped off with Neapolitan sauce, mozzarella cheese & coleslaw served with chips		~	
Add Ham	\$2	~ Pumpkin, spinach & feta cheese ~ Risotto	
FISH & CHIPS	\$13.5	TANDOORI CHICKEN	\$9
~ Deep fried flathead & tartare sauce served with chips		ARANCINI BALLS (4pcs)	
~			
PLAIN CAESAR SALAD	\$13.5		
~ Add Chicken	\$3.5		
Add smoked salmon	\$3.5		
CHEESE BURGER	\$13.5		
Grass fed beef mince, cheese, onion & spinach topped with tomato sauce, served with chips			
KATSU CHICKEN BURGER	\$13.5		
Crumbed chicken, coleslaw & tomato topped with mayo & BBQ sauce, served with chips			
FISH BURGER	\$13		
Deep fried flathead, cucumber & tomato topped with tartare sauce, served with chips			

SIDES

GREEK SALAD \$7.5

GARDEN SALAD \$7.5

SIDE CHIPS \$5

HOT CHIPS \$7.5

WEDGES \$7.5

HANGS ESPRESSO & KETO

KETO

KETO TOASTIE \$11

Bacon, egg & cheese on low carb bread

FRITTATA \$13

Roast vegies, egg, feta & cream

KARIBU WRAP \$12

Grass fed beef, bacon, egg & cheese

KETO BURGER \$14

Grass fed beef, bacon, tomato, spinach & relish on a 2g gluten free bun

JALAPENO POPPER \$9

Jalapeno, egg, tomato, spinach & cheese

HANGS ESPRESSO & KETO

DRINKS

	Cup	Mug	
	S	R	L
Espresso/double esp	3	4	
Long Black	4	4.7	5.2
Flat White			
Latte			
Cappuccino			
Hot Chocolate			
Mocha	4.5	5.1	5.6
Long Mac			
Chia/Green Latte	5	5.5	6
Dirty chai	5.5	6	
Alternative Milk	.7		

HOT AND HEALTHY

Turmeric Spice	5	6	7
<i>Turmeric, cinnamon, coconut oil</i>			
Red Velvet			
<i>Beetroot</i>			
Volcano Latte			
<i>Beetroot, cacao</i>			
Dark Spice			
<i>Ceylon cinnamon, cacao</i>			
Lava latte			
<i>Turmeric, cacao</i>			

KETO

Keto Coffee	7
<i>Double shot long black blended with The Honest Keto MCT and grass-fed butter</i>	
Keto on Ice	7
<i>Double shot long black blended with Honest Keto MCT and grass-fed butter poured over ice</i>	
Keto Mocha	8
<i>Our standard Keto Coffee above with added 100% Dutch roasted cacao</i>	
Magic Keto	8
<i>Magic coffee (the fusion of smooth coffee and medicinal mushrooms) with The Honest Keto MCT and grass-fed butter</i>	
Keto Hot Chocolate	8
<i>100% Dutch roasted cacao blended with The Honest Keto MCT and grass-fed butter</i>	

SMOOTHIES 8.5

Chocolate, Coffee, Vanilla
Banana, Mango & Mixed Berry

HANGS ESPRESSO & KETO

COLD DRINKS

ICED COFFEE R

Iced latte	\$6
Iced long black	\$6
Iced coffee-with ice cream	\$6.5

Add flavour

hazelnut, caramel or vanilla 50c

SOFT DRINKS

Coca cola 600ml	\$4.5
Coke zero 600ml	
Coke Vanilla 600ml	
Lemon, Lime & Bitters 330ml	\$3.5
Ginger Beer 330ml	

POWERADE \$5

Gold Rush
Berry Ice
Mt Blast

WATER

Mt Franklin 600ml	\$3.5
Pump 750ml	\$4.5
Pump Berry 750ml	
Mt Franklin Sparkling	\$3.5

FRESH JUICE \$7

Orange/Apple/Celery/Carrot

ICED TEA \$5

Lemon & Black Tea
Peach & Black Tea

ENERGY DRINKS

Monster Green	\$5
Monster Ultra	\$5
Red Bull	\$4

JUICE \$4

Apple
Orange