

# GREENFIELDS

## NOURISH THE SOUL

**Interstellar smoothie bowl** 16.50  
almond milk, greens, banana with blackberries, goji berries, spirulina & bee pollen (gf-veg)

**Sticky Situation** 16  
sticky black rice cooked in soy milk with raw maple and lemon scented cottage cheese  
(gf-veg)

**The Savoury Porridge** 16.50  
soft polenta with crisp lardons, fetta, bbq corn & burnt peanut oil (gf)  
optional poached egg + 2.5

**Cardamom Beef Bone Broth** 19  
bone marrow, heirloom dutch carrots, baby leeks, oven roasted cocktail baby onions,  
toasted farro & herbs (nut free)

**Green Omelette** 20  
w shaved zucchini, baby spinach & blistered tomato (v)  
& toasted life bread x 2

**Forrest Floor** 20  
toasted tinned sour dough with raw and cooked Autumn mushrooms and porcini soil  
(nut free)

**Broken Avocado on Toast** 18  
smashed avo with chargrilled rye, alfalfa sprout salad and poached eggs (v-nut free)

**Green Goreng** 20  
zucchini noodles with French beans, choy sum, shredded iceberg, thai basil, bean sprouts  
and fried egg (gf-v)

**Nourished Bowl** 20  
broccoli & cauliflower rice, pumpkin seeds, toasted flaxseed, warrigal greens, brussel  
sprouts & snow pea tendrils (veg-df-nut free)  
poached egg optional + 2.50  
avocado optional + \$5

**Roasted Barramundi** 28  
whole roasted baby barramundi with lemon grass, ginger, smoked activated almonds with  
puffed wild rice & baby kale (df)

**Matcha Brioche Bun (baked by sofia bakery)** 23.5  
matcha brioche bun (baked by sofia bakery) potato hash, avocado puree and broad bean  
Autumn salad served with roasted pumpkin chips and aioli (v-nut free)

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## FREE RANGE EGGS

**Sassy's Whole In One** 24  
eggs cooked to your liking with grilled sour dough, spinach, salted peppered pork sausages,  
fricassee Autumn mushrooms with blistered tomato and basil relish (nut free)

**Green Eggs on Toast** 15  
green eggs on toast with avocado puree & kale pesto (v-nut free)  
scramble/fried/poached/ boiled 5 min egg + \$5

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## LITTLE ONES

**nutella pancakes** 10  
**cheese toasty** 8  
**fish & chips** 12  
**mac & cheese** 10

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## SIDES

**bowl mustard greens** 6  
**pumpkin chips with ginger**  
**crème fraiche** 10  
**zucchini chips** 10

**extra egg** 2.5  
**fricassee mushrooms** 5  
**avocado** 5  
**spinach** 5

**streaky bacon** 5  
**smoked salmon** 6  
**cured pork sausage** 8

# GREENFIELDS

## COFFEE

### Coffee By Sensory Lab

black sml 3.5 / lrg 4  
white sml 4 / lrg 4.5  
hot chocolate 5

### Prana Chai 5

### Tea By Sensory Lab - Origin Tea 5

english breakfast tea  
earl grey tea

### Larsen & Thompson Tea Merchants 5

lemongrass & ginger  
australian sencha green  
peppermint  
chamomile

### Special Brews 5

matcha maiden latte  
heal'r tumeric latte

### Iced Iced Baby 6

iced coffee  
iced chocolate  
iced mocha

### Substitutions

bonsoy +0.5  
almond milk +0.7  
coconut milk +0.7

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## JUICE BY AYOMO

### Ayomo Cold Pressed Juice 7

#### Pineapple Pop

apple, pineapple, mint, lemon

#### Down To Earth

apple, spinach, beetroot, lemon, parsley

#### Citrus Squeeze

orange, carrot, grapefruit, mint

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## SMOOTHIE

### Golden Banana Smoothie 12

banana, heal'r turmeric, cinnamon, medjool  
dates, cacao nibs, almond milk, honey

### The Super Green 12

green apple, kiwi fruit, lime,  
spinach, celery, honey, mint

### Chocolate Cich 12

cocoa powder, cocoa nibs, peanut butter,  
banana, chica seeds & almond milk

### Berry Breakfast 12

blueberries, raspberries, banana,  
pineapple, chia seeds, cranberry

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## FIZZY

### Schweppes 4

soda, lemonade, tonic, dry ginger

### Remedy Kombucha 6

Raspberry lemonade  
Apple Crisp  
Ginger Lemon  
Hibiscus kiss

### Naked Life 6

pomegranate & ginger  
sparkling w cucumber  
lemon squash & citrus  
sparkling cola

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## SWEET TREATS

### Daily selection from the eatery cabinet

### Pana Chocolate Bars 7

coconut & goji, nuts, raw,  
sour cherry & vanilla

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## PUPPY PICNIC

### Puppy Treats of the Day 5

Puppucino 5

#### WIFI

greenfields guest | password: begrateful

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greenfieldsalbertpark.com.au

knowledge is power & community is strength.  
do you have feedback that we need to know about?  
talk to the head park ranger, contact  
parkranger@greenfieldsalbertpark.com.au

greenfields albert park is sensitive to the dietary  
requirements & concerns of our customers.  
public holidays are subject to a 10% surcharge