

The background of the entire page is a dense, repeating pattern of various tropical leaves. The leaves are rendered in shades of green, from light lime to dark forest green, with some leaves featuring bright yellow highlights. The leaves include large monstera leaves with characteristic holes, palm fronds, and other broad-leafed plants. The overall aesthetic is lush and vibrant.

— the —
greens

• NORTH SYDNEY •

FOOD MENU

ENTREE

- YOUNG ASPARAGUS | V** \$16
puff pastry amulet, parmesan crémeux,
black olive, lemon oil, watercress
- FRIED HALOUMI | V** \$16
pomegranate seeds, toasted seeds, tahini, herb oil,
confetti coriander
- BONELESS CHICKEN MID WINGS | GF** \$17
Stilton blue cheese, bosc pears, walnuts,
raspberry vinegar
- SEAFOOD EMPANADAS** \$17
green mole sauce, Granny Smith apple,
radish, chives
- YELLOW FIN TUNA CRUDO | DF** \$19
strawberry salsa, watermelon radish, bread wafers,
red chilli pickle
-

SALAD

- ROAST SWEET POTATO | V GF** \$17
semi dried tomatoes, black olives, rocket, goats curd dressing
- BABY COS SALAD | GF** \$18
avocado cream, bacon, grated egg, mint, toasted almonds
- SUMMER SALAD OF HERITAGE TOMATOES | V** \$19
melons, English cucumbers, cottage cheese, pita bread pieces
- SMOKED SALMON BOWL | DF** \$24
snow peas, carrots, pearl cous cous, kimchi
- ADD LEMON PEPPER POACHED CHICKEN** \$6
-

SIDES

- MIXED BABY LEAF SALAD | V GF DF V** \$8
radish, shaved fennel and lemon dressing
- SHREDDED CARROT | V GF** \$8
dried apple, mint, harissa yoghurt
- FRIES | V DF V** \$9.5
thyme salt and aioli
-

KIDS

- includes pop top, a kids activity pack
- KIDS CHEESE BURGER** \$13
salad and fries
- CRUMBED FISH FILLETS** \$13
salad, fries and tartare sauce
- BARBECUE CHICKEN SKEWERS** \$13
salad, fries and aioli

MAINS

BLACKENED MISO EGGPLANT V GF boconcini, sauce vierge, nasturtiums, toasted almonds	\$19
CLASSIC GREENS BURGER Angus beef patty, potato bun, iceberg lettuce, cheddar cheese, home made pickles, ketchup, American mustard	\$22
250G GRILLED NSW PORK CUTLET GF DF chard broccolini, pickled Jerusalem artichokes, sauce piperade	\$27
CRUMBED MIRROR DORY pea tendrils, green goddess dressing, lemon	\$28
300G PAN ROASTED SALMON TAIL GF chick peas, chorizo, fresh herbs, marinated feta	\$32
400G BONE IN GRAIN FED MBS2+ SIRLOIN RIVERINA NSW GF roast baby beetroots, barbecued onion puree, potato crisps, wild rocket	\$35
CRISP SKINNED SALTWATER FARMED SUSTAINABLE BARRAMUNDI GF pea puree, baby spring vegetables, white wine emulsion, herb oil	\$35

SHARE

BARMAN'S PLATE selection of charcuterie, pickled baby vegetables, marinated olives, brie cheese, grilled breads	\$57
ROAST BANNOCKBURN FREE RANGE WHOLE CHICKEN GF grilled Tuscan summer vegetables, harissa yoghurt	\$60
PASTURE FED BRAISED LAMB SHOULDER FROM SOVEREIGN HILL GF DF roast new potatoes, grilled speck, minted peas, garlic red wine jus	\$70
COLD SEAFOOD PLATTER GF DF yellow fin tuna, blue swimmer crab, Moreton Bay bug, cooked king prawns local Sydney rock oysters, harissa, lemon, mayonnaise	\$95

DESSERT

LIME POSSET peach sorbet, rose scented short bread	\$14
RED GRAPE UPSIDE DOWN CAKE Riesling sorbet, honey	\$14
DARK CHOCOLATE TART vanilla chantilly cream, citrus tuile	\$14
CHEESE BOARD 4 local Australian cheeses, poached pear, quince paste, whole wheat crackers, fruit bread	\$24

HOT BEVERAGES

GIANCARLO COFFEE freshly ground almond/soy milk	REG \$4 / LRG \$4.7 \$0.8
TEMPLE TEA CO. a selection of loose leaf teas	\$5
HOT CHOCOLATE	\$5

BREAKFAST

BREAKFAST YOUR WAY

1 slice toasted sourdough with pepe sayer butter V	\$3
grilled haloumi V	\$4
sautéed button mushrooms V	\$4
2 free range eggs soft boiled or fried	\$4
3 free range eggs scrambled	\$5
avocado smash V	\$5
potato gem's V	\$5
1 slice toasted brioche with pepe sayer butter V	\$5
grilled streaky bacon	\$6
chorizo sausage	\$6

BAKED GRANOLA | **V** \$15

European yoghurt, dried fruits, pomegranate molasses

BUTTERMILK WAFFLES | **V** \$16

summer berries, vanilla chantilly cream, maple syrup

BREAKFAST TACO \$17

corn tortilla, grilled speck, scrambled eggs, avocado, red bean salsa

BREAKFAST ROLL \$15

streaky bacon, fried egg, cheddar cheese, potato gem's

SMOKED SALMON \$22

toasted rye bread, sliced avocado, heirloom tomatoes, Bulgarian feta, nori, sesame

BREAKFAST BOARD FOR TWO \$42

grilled bacon, chorizo sausage, roast tomatoes, sautéed button mushrooms, avocado smash, 3 scrambled eggs, 2 toasted sourdough, pepe sayer butter

KIDS BREAKFAST

includes pop top and a kids activity pack

SCRAMBLED EGGS, WITH TOAST \$9

BACON & EGG ROLL \$9

GRANOLA, FRUIT COMPOTE \$9

BREAKFAST DRINKS

MILKSHAKES \$7

your choice of chocolate, strawberry, lime, caramel, maple

APPLE JUICE \$8

freshly juiced from Granny Smith apples

GREENS CLEANSE \$9

cucumber, kale, coriander, apple, ginger

GOING BANANAS \$12

banana, vanilla yoghurt, maple syrup, coconut water

BERRY BASH \$12

mixed berries, vanilla yoghurt, honey, coconut water

the
greens

• NORTH SYDNEY •

BREAKFAST IS SERVED SATURDAY AND SUNDAY 9AM - 11.30AM

IF YOU HAVE AN DIETARY REQUIREMENTS PLEASE ASK OUR STAFF ABOUT ADJUSTMENTS OR ALTERNATIVES.



VEGETARIAN



VEGAN



GLUTEN FREE



DAIRY FREE