

The background of the entire page is a dense, repeating pattern of various tropical leaves. The leaves are in shades of green, ranging from a deep forest green to a bright, almost yellow-green, suggesting sunlight filtering through the foliage. The leaves include large, deeply lobed monstera leaves and long, slender palm fronds. In the center of the page is a large, dark grey circle with a thin white border. Inside this circle, the text 'the greens' is written in a white, elegant serif font. The word 'the' is smaller and positioned above 'greens', which is flanked by two horizontal white lines. Below the circle, the words 'FOOD MENU' are written in a white, bold, sans-serif font.

the greens

• NORTH SYDNEY •

FOOD MENU

ENTREE

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

SALAD

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

SIDES

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

KIDS

includes pop top, a kids activity pack

KIDS CHEESE BURGER salad and fries	\$13
CRUMBED FISH FILLETS salad, fries and tartare sauce	\$13
BARBECUE CHICKEN SKEWERS salad, fries and aioli	\$13

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

V VEGETARIAN **V** VEGAN **GF** GLUTEN FREE **DF** DAIRY FREE

MAINS

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

SHARE

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

DESSERT

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







HOT BEVERAGES

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



BREAKFAST

BREAKFAST YOUR WAY

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

BAKED GRANOLA |

\$15

European yoghurt, dried fruits, pomegranate molasses

BUTTERMILK WAFFLES |

\$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

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VEGETARIAN



VEGAN



GLUTEN FREE



DAIRY FREE