



# Carnaby's

— CAFE, BAR & RESTAURANT —

## Breakfast Menu

PLEASE ORDER AT THE COUNTER

### Breakfast Menu (Until 11am)

**SOURDOUGH TOAST** 8  
Butter & preserves

**ACAI BOWL** 18  
Acai, fresh fruit, & granola Add- peanut butter, almond spread, biscoff \$3 each

**EGGS YOUR WAY** 12  
Poached, scrambled or fried, toasted sourdough, house-made chutney **(V, GFOA)**

**BREAKFAST BAGEL** 14  
Toasted bagel, grilled bacon, fried eggs, cheese, smokey BBQ sauce **(GFOA)**

**SMASHED AVO** 22  
Toasted sourdough, avocado, crumbled feta, roasted cherry tomatoes, dukkha, poached eggs **(V, GFOA)**

**APPLE CRUMBLE PANCAKES** 20  
Buttermilk pancakes, apple compote, Simmo's roasted macadamia salted caramel ice cream, shortbread crumble, syrup **(V)**

**KIDS PANCAKES** 12  
Seasonal fruit, syrup, vanilla ice cream

**EXTRAS**  
Bacon +\$6, Eggs +\$6, Avocado +\$6, Hash browns +\$5, Roasted cherry tomatoes +\$5, Sourdough +\$4

**Smoothies** (Protein: P, Carbs: C, Fats: F, Cals: kcal) 500ml  
All smoothies are made with coconut water

**SUNRISE FUEL** (~4.6g P | ~80g C | ~1.8g F | 330 kcal) 11  
Banana, honey, oat, cinnamon

**TROPICAL HYDRATION** (~2.7g P | ~47g C | ~0.6g F | 198 kcal) 11  
Mango, pineapple

**BERRY BLISS** (~3.1g P | ~32.2g C | ~5.8g F | 191 kcal) 11  
Acai, mixed berries

**GREEN GODDESS** (~3.5g P | ~39.8g C | ~0.6g F | 163 kcal) 11  
Matcha, spinach, celery, apple, ginger, lemon

**EXTRAS** (~30.1g P | ~6.1g C | ~2.6g F | 170 kcal)  
Protein shot +\$3

**Milkshakes** Reg Lrg  
**VANILLA, CARAMEL, CHOCOLATE OR STRAWBERRY** 6.5 9.5  
All made with vanilla bean ice cream

**Hot drinks** Reg Lrg

**FLAT WHITE, LATTE, CAPPUCCINO, MOCHACINO** 4.8 5.8

**LONG BLACK** 4.3 5.3

**SHORT BLACK** 4.3 -

**SHORT MACCHIATO** 4.3 -

**LONG MACCHIATO** 4.8 -

**PICCOLO** 4.3 -

**CHAI LATTE, MATCHA LATTE** 4.8 5.5

**HOT CHOCOLATE** 4.8 5.5

**BABYCINO** 2.8 -

**TEA** 4.5 6  
Chamomile, Lemongrass & Ginger, Earl Grey, Peppermint, English Breakfast, Green Tea

**EXTRAS**  
Soy milk +\$1, Oat milk +\$1, Almond milk +\$1

**Cold drinks** Reg Lrg

**ICED LATTE** 6 7.5

**ICED COFFEE** 7.5 9.5

**ICED LONG BLACK** 5 6.5

**ICED CHOCOLATE** 6 7.5

**ICED CHAI** 6 7.5

### SEE OUR CAFÉ FOR DELICIOUS & HEALTHY DAILY CREATIONS

Sandwiches, Wraps, Raw Slices, Cakes, Muffins, Cookies and more!

We take your dietary needs seriously & strive to accommodate various allergies & intolerances. However, please be aware that our kitchen handles a wide array of ingredients, including common allergens such as nuts, dairy, gluten, shellfish, & soy. While we make every effort to prevent cross-contamination, we cannot guarantee that any dish will be completely free of allergens. If you have a severe allergy, please inform your server before placing your order, & we will do our utmost to provide you with a safe dining experience.

**V** = Vegetarian **VG** = Vegan **VGOA** = Vegan Option Available **GF** = Gluten Friendly **GFOA** = Gluten Friendly Option Available **DF** = Dairy Free