

### A FRESH START

Half Grapefruit	\$4
Coconut Chia Cup w. fresh fruit, coconut jelly and caramelised nuts	\$9
Almond, Chia and Bircher Muesli w. wholegrain oats, chia, almonds and seasonal fruit	\$14 Cup \$9
House-Made Granola w. gluten free coconut granola, nuts, seeds and fruit served with coconut yoghurt	\$15 Cup \$9
Two slices of Charcoal and Black Quinoa Loaf (GF) or Whole-Wheat Multigrain w. jam, vegemite or ricotta and honey w. avocado salsa + organic egg	\$8 \$12 +\$4
Fig and Almond Toast Stack w. grilled banana and coconut yoghurt	\$16
Eggs Benedict w. wilted greens and hollandaise + smoked salmon	\$14 +\$6
Breakfast Burrito w. bacon, fried eggs, pico de gallo, avocado and spicy salsa	\$13
Poached Egg on Whole-Wheat Bun w. avocado, coleslaw and roasted kale	\$13

### SOMETHING MORE

Club Sandwich Multigrain loaf, avocado, poached chicken, lettuce, coconut ranch, smoked wagyu, tomato, salsa verde and coleslaw	\$17
Tempeh Burger Whole-wheat bun, grilled tempeh, avocado, tomato, lettuce, dill pickled cucumber and romesco	\$16
Chickpea Fritters Pico de gallo, spicy salsa, sumac yoghurt, poached egg and nectarine	\$17
Californian Tofu Burrito Tofu, black beans, avocado, pico de gallo, smoked cheddar, pickled carrots, coriander salsa and fermented hot sauce	\$16

### SALADS

Slow-Roasted Pumpkin Salad with Ancient Grains Quinoa, buckwheat, pumpkin seeds, sunflower seeds and labne	\$17
Charred Broccoli Salad with Romesco and Ricotta Poached egg, cime di rapa, salsa verde and toasted almonds	\$16
Marinated Miso Prawn Salad Cos lettuce, mushroom, tofu, avocado yoghurt, cucumber and mint	\$19

### BOWLS

*Vegetables first, proteins as you please*

Hollywood Bowl w. seasonal organic market produce, served fresh, pickled and cooked	\$17
Rainbow Bowl w. roasted heirloom carrots and beetroots, avocado, carrot labne and poached egg	\$17
Kerala Bowl w. red lentil dahl, roasted broccolini, fried egg, cucumber raita and brown rice	\$17

### ADD A SIDE

Smoked Wagyu Beef	\$8
Nitrate-Free Smoked Bacon	\$7
Poached Free Range Chicken	\$6
Smoked Salmon	\$6
Organic Egg, Poached or Fried	\$4
Grilled Tempeh	\$5
Avocado Salsa	\$5
Charred Broccolini	\$4
Nonie's Charcoal Gluten-Free Bread by the Slice	\$3

### SEASONAL SPECIALS

Talia's Market Special Ask us for details	\$17
Daily Sandwich Freshly made sandwich on multigrain + coffee, juice or soda	\$12 \$15
Soup of the Day Ask us for details	\$14

### REFRESHMENTS

Fresh Orange Juice + grated ginger	\$6 .50c
Juice of the Day	\$7
Smoothie of the Day	\$8
Club Soda	\$7
Organic Kombucha	\$6
Fresh Coconut	\$MP
Sparkling Australian Water	\$3

### COFFEE

Black/White	
Small	\$4
Regular	\$4.50
Large	\$5.50
+ soy or almond milk	.50c
Hot Chocolate	\$5
Iced Coffee Cherry Brew	\$5

### ORGANIC TEA

Mayde Rooibos Turmeric Chai Rooibos, cinnamon, clove, ginger, cardamon, turmeric and black pepper	\$4.5
Mayde Energise Blend Lemongrass, papaya, ginger and cinnamon	\$4.5
Mayde Restore Blend Lemon myrtle, hibiscus, echinacea, marshmallow leaf and rosehip	\$4.5
English breakfast	\$4
Sencha Green	\$4
Chamomile	\$4
Peppermint	\$4

### Hours

Mon—Fri 7.00am to 3.00pm  
Sat—Sun 7.00am to 2.00pm

We cater  
Get in touch

### Phone

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### Social

@paramountrecclub

### Website

[www.paramountrecreation.club](http://www.paramountrecreation.club)

