



## Lunch

### Daily Specials

we have a selection of daily hot specials  
see the board for today's choices

### The Mealup

choice of bacon, ham or smoked salmon, eggs your way, grilled tomatoes, mushrooms, fresh baby spinach  
toasted sourdough, Mealup chutney 28

### The Mealup Veggie

eggs your way, grilled tomatoes, mushrooms, fresh baby spinach, smashed avocado, housemade dukkah\*, toasted sourdough, Mealup chutney 28

### Bruschetta Smash (GFO, V, VO)

smashed avocado, cherry tomato medley, crumbled feta, lemon dressing, olive and balsamic on garlic bread, with garden salad 23

### Nasi Goreng

Indonesian fried rice with fried egg, chicken, seasonal vegetables, crispy shallots, fresh chilli, sambal (mildly spiced) 24

### Mealup Burger (GFO)

Ground beef, Swiss cheese, house coleslaw, aioli & special sauce on a sesame seed brioche bun served with rosti, side salad 22

### Veggie Burger (GFO, V)

Same as the Mealup Burger but made with a Beyond Meat patty 22

## From the Deli

### Toastie

any combo of ham | cheese | tomato, with aioli 12

### Toasted Croissant

ham | cheese | Dijon mustard 10

### Brekky Panini

bacon, egg, cheese, relish on a toasted Yallingup wood fired panini 14

### Haloumi & Pesto Panini

grilled haloumi, housemade basil and rocket pesto, kalamata olives & aioli on a toasted Yallingup wood fired panini 14

*We serve Yallingup woodfired sourdough bread and Rise & Co rustic white loaf.*

*Gluten-free bread can be substituted on request.*

*Allergen info and options available – please ask.*

*\*Housemade dukkah contains sesame seeds and nuts.*

*Please be aware we are not a nut-free kitchen*

### Smoked Salmon Bagel

smoked salmon, whipped feta, cream cheese, capers, shallots 12

### Chorizo & Jalapeno Bagel

grilled Spanish chorizo, whipped feta, cream cheese, jalapenos, shallots 12

### Chia Cup

maple almond coconut chia pudding, Mealup granola, coconut yoghurt, passionfruit & berries 10

### Granola Cup

Mealup granola, Greek yoghurt, passionfruit & berries 10

GF gluten free | GFO gluten free option | V vegetarian | VO vegan option

*See over for drinks*



## Drinks

### SMOOTHIES

9.5

**Mango** – mango, milk, coconut water

**Berry** – mixed berries, banana, milk

**Banana** – banana, milk, honey

*can add choc or espresso*

**Greenie** – spinach, spirulina, pineapple, banana, mango, coconut water (*dairy free*)

*all available in smaller kid's size 6*

*All our smoothies are available dairy-free using coconut water, almond, oat, or soy milk.*

*Choc may contain traces of dairy.*

### ICED

**Coffee | Chocolate | Mocha | Chai** 7

*includes ice cream*

**Latte** 6

**Long Black** 6 cream +1

### COFFEE

**Espresso | Piccolo | Macchiato** 4

**Flat white | Long Black | Latte | Cappuccino**

Cup 4.3

Mug 5.0

Extra shot 0.5

**Long macchiato**

Regular 4.8

Mug 5.5

**Mocha** with marshmallows

Cup 5.0

Mug 6.0

**Batch Brew** 4.3

### FRESHLY SQUEEZED JUICES 8.5

*all our juices are squeezed to order*

**Orange | Apple**

**Sunrise** orange, carrot, ginger

**Revitaliser** apple, cucumber, lime, mint

*all available in smaller kid's size 6*

### HOT

**Hot Chocolate with marshmallows** 5 | 6

**Chai Latte with spiced powder** 5 | 6

**Chai Latte brewed with leaves** 6

**Turmeric Latte** 5 | 6

**Babyccino** with marshmallows 2.5

### TEA

**Pot of Tea for One** 4.5

English breakfast | Earl Grey | mint | green | Bombay chai

### ALTERNATIVE MILKS

Almond | Soy | Oat | Lactose-free +1

*Please see the chiller cabinet for a selection of bottled sodas and water*

*15% surcharge on public holidays*