



ALL DAY MENU KITCHEN OPEN TIL 3PM

TOAST + JAM 8.5

AG Bakehouse white sourdough, multigrain or Strada gluten free
w your choice of
HM berry jam, HM marmalade or vegemite

FRUIT LOAF / DR. MARTY'S CRUMPETS 11

Spiced fruit loaf (no nuts) or crumpets served w/ maple butter

GRANOLA PANNA COTTA 19

Housemade granola w/ vanilla panna cotta, persian fairy floss, roasted rhubarb + strawberries

DOCTOR'S ORDERS 22

Dr. Marty's crumpets topped w/ grilled banana, strawberries, caramel creme, berry compote + pecan praline

YOLKO ONO 13

Free range eggs served on sourdough toast
Add bacon +6

MISO TOFU SCRAMBLE 21.5

Tofu, spinach, grilled eggplant + red pepper served on multigrain toast

HULK SMASH 19.5

Smashed avocado, golden labne, EXTB seasoning, feta, pepitas, lemon, fresh mint, HM beetroot ginger relish served on multigrain toast
Add poached egg +3

BENEDICT HASH 23.5

Housemade potato hash w/ sautéed spinach, poached eggs, hollandaise + pulled brisket or bacon

CHILLI CRAB SCRAMBLED EGGS 22

Blue swimmer crab, free range eggs, fried shallot + chilli oil served on sourdough toast

Check out our Zen Den retail fridge + pantry for a selection of take home meals, housemade jams + relishes

(GF*)

POKE BOWL 19.9

Chickpeas, edamame, quinoa, corn, grilled haloumi, spiced pumpkin, roasted peppers, sauerkraut + poached egg w/ side of sesame dressing
Add chicken / smoked salmon +6
Add tofu +6

SHAKSHUKAH 21

Baked eggs in a spicy tomato, roast capsicum + chickpea sauce w feta, HM dukkah + multigrain toast
Add chorizo +6
Please allow extra time when ordering

BIG ZEN 24.9

Poached eggs, Victorian bacon, housemade potato hash, smashed avocado, roasted mushrooms + chorizo served on sourdough toast

FRITTER KAHLO 23

Fried corn fritters on chipotle yoghurt w/ avocado, pickled onion + coriander guacamole, poached egg + crispy tortilla chips
Add bacon / Add pulled brisket +6

TRIPPY TOFU 23

Tofu, mushrooms, marinated eggplant, spinach, avocado, carrot, chilli mayo, sesame soy dressing, edamame + crispy rice noodles

SALMON FATTOUSH SALAD 25.9

Crispy skin salmon, tomato, crispy bread, spring onion, cucumber, mint, raddish, golden labne + pomegranate dressing

GRILLED CALAMARI SALAD 23

Calamari, crispy sumac potato, pickled onion, rocket, tomato + onion salsa w/ garlic aioli + house dressing

BOWL OF HEALTH 19.9

Citrus quinoa salad w baby kale, avocado, pistachio, grilled corn, coriander, pomegranate + a poached egg topped w/ chipotle yoghurt
Add chicken / smoked salmon +6
Add haloumi +5 / Add pulled brisket +6

(GF,VG*)

VEGAN MEXICAN BEANS 19.5

Kidney + black beans, smashed avocado, cashew sour cream, tomato + onion salsa w/ tortillas

FALAFEL PLATE 22

Housemade falafel + fattoush salad w/ tomato, crispy bread, spring onion, cucumber, mint, raddish, sumac + pomegranate dressing served w/ mixed picked veg, lemon tahini + chilli jam

FLEETWOOD BIG MAC 23

Beef burger patty, Victorian bacon, fresh tomato, red onion, cos lettuce, cheese, housemade tomato relish, aioli + brioche bun w/ waffle fries
Add fried egg +2.5

24 HOUR BBQ BRISKET BURGER 23

Pulled beef brisket, housemade bbq sauce, jalapeno aioli, house slaw, American cheese + charcoal bun w/ waffle fries

EXTRAS

HM Beetroot Relish / HM Tomato Relish 2.5
HM Dukkah / Everything except the bagel seasoning 2
Extra egg / Extra toast / Hollandaise 3
HM Chilli jam / Feta 2.5
HM Potato hash 3.5
Avocado / Tomato / Haloumi / Mushrooms / Spinach 5
Smoked salmon / Chorizo / Chicken 6
Victorian bacon / Pulled brisket / Miso tofu 6
Waffle fries / Sweet potato wedges 9
Gluten free optional (GF*) +1

FOR THE LITTLE ONES

Egg on toast 7 Add bacon 10
Ham + cheese toastie / croissant 8.5
Kids waffle w/ chocolate sauce + icecream 13
Cheeseburger + waffle fries 16.5
DOG'S BREAKFAST 6
#DOGGOSOFZENDEN

(GF) - Gluten free (GF*) - Gluten free optional
(VG) - Vegan (VG*) - Vegan optional HM Housemade
Please advise wait-staff about any dietary requirements especially if you have a condition such as coeliac or nut allergy
We endeavor to accommodate but cannot guarantee allergy-free meals due to trace allergens in the working environment + supplied ingredients
Ask us about weekly specials and daily fresh baked treats
We don't substitute ingredients
No variations / split bills on weekends + public holidays
1.5% surcharge on card transactions
15% surcharge on public holidays



COFFEE BY PROUD MARY



HUMBLER 4.5 / 5.3

Origins: Honduras/ Guatemala/ El Salvador

Notes: Chocolate fudge, caramel, date, with a big syrupy body

The Humbler blend has been designed universally to cut through milk to generate a chocolate fudge latte and a rich, syrupy sweet espresso

FILTER COFFEE 5

Bottomless batch brew -
check the board for this weeks single origin

COLD BREW 5

Single origin cold brew, served on ice

BONSOY

Soy milk +0.5

MILK LAB

Almond milk +0.5

Lactose free milk +0.5

Coconut milk +0.5

MINOR FIGURES

Oat milk +0.5

GOLDEN LATTE 4.5 / 5.3

MATCHA MAIDEN 4.5 / 5.3

HOT CHOCOLATE 4.5 / 5.3

ICED LATTE 5 / 5.5

ICED COFFEE / ICED CHOCOLATE 8

CALMER CHAI LATTE 5 / 6

Aromatic fusion of black tea, Indian spices,
Victorian honey + fresh ginger root

With soy, lactose free, coconut or almond milk + 0.5

LOOSE LEAF TEA 5

English Breakfast Tea

French Earl Grey

China Sencha Green

Peppermint

Chai

Chamomile

Lemon Grass + Ginger

FRESHLY SQUEEZED JUICES

FRESH OJ 9

Freshly squeezed oranges

OPSM 9.5

Orange, pear, strawberries + mint

BEETS BY DRE 9.5

Beetroot, celery, apple, carrot + ginger

VERDE GOOD FOR YOU 9.5

Celery, cucumber, apple + lemon

WATERMELON QUENCHER 9.5

Watermelon, orange, strawberries + mint

COOL AS A CUCUMBER 9.5

Cucumber, pineapple, apple + ginger

TURMERIC GLOW 9.5

Orange, turmeric, ginger, carrot, celery + lemon

SMOOTHIES

BERRY GARCIA 10.5

Mixed berries, banana, honey + soy milk

CACAO KICKER 10.5

Banana, date, peanut butter, cacao nibs + soy milk

shot of coffee + 0.5

SUPER GREEN 10.5

Mango, kale, spinach, pear + coconut water

MAIDEN MATCHA SMOOTHIE 10.5

Matcha, banana, spinach, honey, chia + almond milk

MILKSHAKES

Chocolate / Vanilla / Caramel 8.5

Strawberry / Blue Heaven / Banana 8.5

Kids milkshake 6

SOFT DRINKS

Coca Cola / Diet Coke / Lemonade 4

Natural Sparkling Mineral Water S.Pellegrino 4 / 8

Coconut Water 5

Ginger Beer 4.5

ALCOHOL

COCKTAILS

APEROL SPRITZ

13

MOSCOW MULE

13

GIN + TONIC

13

Four pillars gin, tonic w elderflower + rosemary

BLOODY MARY

15

w your choice of

Four Pillars Rare Dry Gin or Belvedere Vodka

FIZZ

Bandini Prosecco - Veneta, Italy

11/48

ROSÉ

Rockbare Rosé - McLaren Vale, SA

10/45

RED

Mojo Shiraz - Barossa Valley, SA

9/35

Grant Burge Batch 29 Cab Sauvignon - Krondorf, SA

38

Fat Bastard Pinot Noir - Southern France

9/40

WHITE

Totara Sauv Blanc - Marlborough, NZ

9/45

Aquilani Pinot Grigio - Marlborough, NZ

40

Sticks Chardonnay - Yarra Valley, VIC

45

BEER

Stone & Wood Pacific Ale

9

Golden Hills Draught

9

Golden Hills Pale Ale

9

Bertie Apple Cider

9



INSTAGRAM @zendencoffeeandfood
we don't mind if you snap before you eat
#zendencoffeeandfood

1.5% surcharge on card transactions

15% surcharge on public holidays