

# FOOD

Toasted sourdough or multigrain with butter and your choice of preserves	7
Toasted fruit loaf with butter and your choice of preserves	8
Pair of eggs cooked your way with a side of toast	11
Smoothie Pink bowl with a frozen blend of banana, coconut, berries and rosewater topped with buckwheat granola and fresh seasonal fruit (GF) (VEGAN)	17
Add protein powder	3
Smashed minted avocado, pomegranates, poached egg, mixed micro herbs, fennel, cherry tomatoes, dill and shanglish with option with option (GF) (VEGAN) (VEGETARIAN)	21
Add halloumi	4
Add salmon	5
Slow cooked brisket, slab of hash, spicy hollandaise with apple chips and micro herbs (GF)	22
Chilli Scramble with homemade chilli sauce, fresh chilli, scrambled eggs, shallots, goat cheese with option (GF) (VEGAN) (VEGETARIAN)	19
Add sujuk	5
Add halloumi	4
Big breakfast - eggs your way roasted field mushrooms, sautéed long beans, blistered tomatoes, sujuk, haloumi, on a zaatar flat bread with option (GF) (VEGETARIAN) (VEGAN)	24
Phats Knefeh - Vanilla ice cream, cheesecake moose, blueberries, raspberries, blackberries, micro mint, pistachio, vanilla touli (VEGETARIAN)	24
What the Phats burger - double crumbed chicken, slaw, pickles, and a homemade spiced sauce between a milk bun and with fries	23
Add cheese	2
Beef burger - Double beef patty, aged cheddar, fresh tomato, purple coral, pickles, spicy sauce between a bun, fries	23
Add fried egg	2
Halloumi Tacos - Herb & fatuous salad, spiced feta cream, blistered haloumi, charred corn, fresh chilli, smoked chipotle (GF) (VEGETARIAN) VEGAN OPTION	20
Add avocado	5
Organic Falafel bowl - Carrot hummus, pickled greens, chilli, zaatar chickpea chips, pomegranate molasses, garden and grain salad with whipped fetta (VEGETARIAN) (VEGAN) with option (GF)	21
Add haloumi	4
Add sujuk	5
Phats salad - Maple roasted pumpkin, Chickpea and quinoa salad, kale chips, pomegranate, feta ricotta whip with a herb and sumac dressing (GF) (VEGETARIAN) option VEGAN	19
Add Chicken	5
Add Salmon	5
Add Egg	2
Granola Bowl - Homemade Granola, coconut rosewater yogurt, mixed seasonal fruits and berries with rockmelon jerky, orange chips and mango coulis (GF) (VEGAN)	19
Zucchini corn fritters - Mediterranean herb salad, creamed fetta, sweet potato zaatar chips, poached egg, blistered halloumi, topped with seasoned micro herbs (VEGETARIAN)	22
Add Sujuk	5
Add Avocado	5

# phatMILK

## FOR THE LITTLE HUMANS

Strictly for children only

Egg on toast	6
Ham and cheese toastie	7
Cheese toastie	5
Waffle with ice cream and sprinkles	10
Chicken and Chips	12

## EXTRA SIDES

Spinach	Mushroom	4
Tomato	Feta	
Kale	Haloumi	
Falafel	Zaatar bread	
Hashbrown	Avocado	5
Salmon	Sujuk	
Hollandaise	Bread	2
Egg	Gluten Free Bread	
Cheese		
Bowl of fries		7
Sweet potato chips with rosemary		9

All vegan options will be with a substitute choice of falafel or tofu cooked your way

FOR CATERING, FUNCTIONS AND LARGE GROUP BOOKINGS  
ENQUIRE AT THE COUNTER

## SMOOTHIES

Going Green Banana, spinach, Avocado Blueberries, Flax and Chia Seeds, Coconut Water	10
Acai Antioxidant Banana, Blueberries, Strawberry, Peanut Butter, Almond Milk	10
Mango Pash Mango, Banana, Passion Fruit Pulp, Coconut Yoghurt, Coconut Milk	10
Peanut Butter Banana, Dates, Rice Malt Syrup, Almond Milk Add Vanilla Protein	10 3

## FRESH JUICES

Phat's Way Watermelon, Strawberries, Orange and Mint	7.5
Phat's Citrus Orange, Ginger, Lemon, Carrot	7.5
Phat's Greens Apple, Celery, Cucumber and Mint	7.5
Phat's Veg Beetroot, Celery, Cucumber, Lemon, Orange	7.5
Phat's Choice Apple, Orange and Mint	7.5
Phat's Orange	7.5

## CHILLED DRINKS

Parker's Organic Soda	
Lemonade	4.9
Orange	4.9
Ginger Beer	4.9
Lemon Lime Bitters	4.9
Raspberry	4.9
Parker's Organic Kombucha Carrot, Ginger, Turmeric	5.5
Parker's Organic Kombucha Raspberry	5.5
Coke, Diet Coke, Coke Zero	4.2
Still Water	3.9
Mineral Water	3.9

## COFFEE – CODE BLACK

Code Black Coffee	3.8 / 4.8
Iced Latte	5
Iced coffee   Iced Chocolate	6
Cocoa Jackson Hot Chocolate	4.2
Anushka Chai	5

## TEADROP – SINGLE ORIGIN

Green	4.5
Peppermint	4.5
Earl Grey	4.5
English Breakfast	4.5
Camomile	4.5
Lemongrass and ginger	4.5

## MILKSHAKES

Chocolate	6.5
Blue Heaven	6.5
Strawberry	6.5
Vanilla	6.5
Kids	4

WE ARE OPEN  
Monday – Friday  
7 am – 4 pm  
Saturday – Sunday  
8 am – 3 pm

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