

BROWN COW

— HAMPTON —

BREAKFAST (7am - 12pm)

TOAST W. PRESERVES - SOURDOUGH, SEEDED, FRUIT OR GLUTEN FREE	8
HONEY & VANILLA GRANOLA W. SUMMER FRUITS, CHIA SEEDS, BANANA & BLUE BERRY SMOOTHIE (v)	16.5
BREAKFAST BUN W. BACON, FRIED EGG, SPINACH, CARAMELISED ONION & TOMATO RELISH	14
SMASHED AVOCADO W. SLOW ROASTED TOMATOES, CRISPY BASIL, FETA & EGYPTIAN DUKKAH ON GRAIN TOAST (v) (vga) (gfa)	19.5
BREAKFAST SALAD W. QUINOA, SAUTÉED KALE, ROAST BABY CARROTS, BEETROOT PUREE, CHARRED BROCCOLI & SALTED RICOTTA (v) (vga) (gf)	21
OPEN FREE-RANGE OMELETTE W. MUSHROOMS, SPINACH & FETA ON SOURDOUGH (v) (gfa)	19
ZUCCHINI, CORN & MANCHEGO FRITTERS W. PICKLED GREEN TOMATOES, AVOCADO MOUSSE & POACHED EGGS (v)	17
CRISPY PANISSE W. ROASTED BABY CARROTS, ROMESCO SAUCE, SALSA VERDE & SMOKED ALMOND CRUMBLE (vg) (v) (gf)	17
BRIOCHE FRENCH TOAST W. SUMMER BERRIES, RASPBERRY COULIS & TOASTED MERINGUE (v)	18
BALSAMIC GLAZED MUSHROOMS W. POTATO ROSTI, SPINACH GAZPACHO, WHIPPED GOATS CHEESE & POACHED EGGS (v) (gf)	19
FREE RANGE EGGS ON TOAST (v) (POACHED, SCRAMBLED OR FRIED)	12

EXTRAS

EGG / TOMATO / TOAST	3
MUSHROOMS / POTATO ROSTI / SPINACH	4
SMASHED AVO / BACON / FETA	5

KIDS

EGG ON TOAST	8
FRENCH TOAST W. ICE CREAM & MAPLE CHEESE & VEGEMITE TOASTIE	10

COFFEE

REGULAR	4	LARGE	4.5
HOT CHOCOLATE	4.5	MOCHA	4.5
PRANA CHAI	5		

SOY | ALMOND | LACTOSE FREE | COCONUT | OAT | EXTRA SHOT +0.5

ORGANIC TEAS 4.5

ENGLISH BREAKFAST	GREEN
EARL GREY	CALMING
PEPPERMINT	LIQUORICE
GINGER ZING	CHAI

COLD PRESSED JUICES 7

IMMUNITY

- CARROT, ORANGE, PINEAPPLE, CELERY, LEMON, TURMERIC, GINGER

ANTIOX

- APPLE, RASPBERRY, PASSIONFRUIT, RHUBARB

BOTANICAL

- APPLE, SPINACH, KALE, CELERY, CUCUMBER, LETTUCE, PARSLEY,
LEMON, GINGER

ROOTS

- BEETROOT, APPLE, LEMON, GINGER

BROWN COW

- HAMPTON -



To comply with the current COVID hospitality regulations, please ensure you sign into our guestbook scanning this QR code using the camera on your mobile phone. Thank you.