

Lady Bower

Brunch

Sourdough toast, butter & homemade jams	8	GFO
Fruit toast with house made cultured butter	8	
House made vegan banana & date bread, cinnamon & maple spread	8.5	VG
Almond, chia & oat porridge, cacao nibs, nut butter, berries & coconut yoghurt	13	VG GF
Mandarin, raspberry compote, orange yoghurt & almond praline chia bowl	13.5	GF
Organic cacao & coconut granola, rhubarb compote & coconut yoghurt	14.5	VG
Brioche french toast, blackberry sauce, yoghurt & anise sugar	16	
Free range eggs on sourdough toast - poached, scrambled or fried	13	GFO
Chilli & feta scrambled eggs on sourdough toast	17.5	GFO
Baked eggs - Sri Lankan spiced lentils, free range eggs & roasted eggplant	18.5	GFO
Avocado, haloumi, kale & poached egg on toast, sesame dressing	19	GFO
Slow roasted pumpkin pancake, house honey roast ham, prune syrup, double cream	17.5	
Soy glazed tofu bowl - soba noodles, fresh greens, roasted sweet potato & dashi dressing	17.5	VG
Salmon bowl - hot smoked salmon, poached egg, rice, avocado, sweet potato, hummus & greens	19.5	GFO
Eggs benney - slow cooked ham hock, poached eggs & horseradish hollandaise on a bagel	22.5	GFO
The Bower - bacon, poached eggs, pork sausage terrine, confit greens & mushroom	24.5	GFO

Sides

Extra slice of sourdough toast	2.5
Egg poached or fried	3.5
Mushrooms / Roast Tomato / Feta / Chilli Jam / Brown Sauce / Hollandaise	4
Avocado / Smoked Salmon / Hash / Thin Bacon / Sausage Terrine / Haloumi / Scrambled Egg	5.5

Sandwiches

Sanga - bacon, scrambled egg, aioli & Sri Lankan chilli jam roll	14.5	GFO
Brioche - avocado, aioli, chilli corn salsa & fried haloumi	14.5	GFO
Chicken - free range chicken, avocado, mayo, mixed leaves on sourdough	15.5	GFO
Brisket roll - swiss cheese, braised beef, house made brown sauce, kraut & pickles	15.5	GFO

Toasties **done your way**

Ham / Cheese / Tomato / Onion / Pineapple / Beetroot / Spinach / Kraut / Hummus	10.5	GFO
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Toasties extras

Avo / Scrambled Egg / Chicken / Feta / Hot Smoked Salmon / Bacon / Mushrooms	4.5
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Little Humans

Fruit salad (seasonal)	6.5	GF VG
Kids toasted sandwich	6.5	GFO
Kids eggs on toast	7	GFO
Soft boiled egg & soldiers	7	GFO
LB Yogo - banana, raw cacao & yoghurt 'custard', choc chip 'sprinkle'	8.5	GFO
Chicken nuggets - free range chicken, corn flake crumbs & ketchup	9.5	GFO

GFO: Gluten Free Option * GF: Gluten Free * VG: Vegan

(03) 9469 5851

Mon-Fri 7.30-4pm * Sat-Sun 8-4pm * Kitchen closes at 3pm

Drinks

Juice

Orange / Apple / Pineapple / Mango (+\$1)

House Made Soda

Passionfruit Soda

Homemade Rosewater Lemonade

Lychee Spritzer - pink grapefruit, soda, lychees & mint

Fruit Punch - pineapple, ginger beer, mint & fruit

BOD Kombucha

Watermelon & Mint

Berries & Ginger

Lemon & Ginger

Milkshakes

Chocolate / Peanut Butter & Jam

Strawberry / Vanilla

Add malt

Add extra icecream

Smoothies

Dairy Free

Acai, beetroot, orange & apple

Greens, lemon, pineapple & ginger

Dairy

Banana, cinnamon, honey, yoghurt & milk

Mango, banana, yoghurt & milk

Add agave

Add coconut yoghurt

Add protein powder

Iced Drinks

Iced Chai / Iced Chocolate / Iced Coffee / Iced Mocha / Salted Caramel

Mork Hot Chocolate

Junior Dark (50%)

Original Dark (70%)

Spiced Hot Chocolate

Add peanut butter

Add shot of booze

6

7

5

8

0.5

1

8

0.5

1

1

7

4.7/5.2

0.5

6.5

Yarra Valley Organic Tea

Earl Grey / English Breakfast / Peppermint / Uncle Vic Green / African Red Rooibos / Chamomile / Lemongrass & Ginger

5 Senses 24/7 Blend

Black

Milk

Extra shot / Decaf / Cream

Soy / Coconut / Almond milk / Lactose free

House made Chai latte

Mocha

Affogato

4.5

3.7/4.2

4.2/4.7

0.5

0.5

4.2/4.7

4.7/5.2

6

Little Human Drinks

Juice

Orange / Apple / Pineapple

Cold Chocolate / Hot Chocolate

Rebel Kitchen Organic dairy free mylk

Banana / Chocolate

3.5

4

4.5

Furry Friends

Laila & Me healthy dog treats

Donuts / Carob bones

Doggie paws

Pizza / Tennis balls

* Check regularly for new flavours

2.5

3

4.0

Don't forget to...

TAKE A LITTLE LBK HOME WITH YOU.

CHECK OUT OUR EXTENSIVE RANGE OF DELICIOUS GOODIES & ITEMS AT THE FRONT. YOU NEVER KNOW WHAT TASTY MORSELS YOU MIGHT FIND...

During busy periods we may not be able to accommodate changes to the menu
Public holiday surcharge 10%



FUNCTIONS/CATERING

Did you know that we can cater your upcoming function or event?

Contact us for more information: info@ladybower.com.au



facebook.com/ladybower



instagram.com/ladybowerkitchen



ladybower.com.au

Lady Bower

Alcohol

Sparkling

Prosecco Vignarosa Extra Dry Brut NV, Italy 9.5/40

Kellybrook Sparkling Cider, Wonga Park 40

White

Carlei Barrel Selection Chardonnay, Beaconsfield 10/40

2016 Bellvale Pinot Grigio, Gippsland 40

2017 Mt Vernon Sauvignon Blanc, Marlborough 40

Red

2015 Tappo Shiraz, Barossa 10/40

2014 Il Morino Super Tuscanino, Sangiovese 40

Digestive

Alvear Pedro Ximenez 11

Affogato - espresso, icecream, shot of liqueur & nuts 12

Beers

Melbourne Bitter 7.5

Coburg Lager Tinnie 8.5

Hawkers IPA / Hawkets XPA Tinnie 9

Pentridge Pale Ale 9

St Ronan's Cider 9

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Mon-Fri 7.30-4pm * Sat - Sun 8-4pm * Kitchen closes at 3pm

Cocktails

Bower Spritzer - Bacardi, lychee, pink grapefruit, soda & mint	12
Bower Punch - Vodka, pineapple, ginger beer, fruit & mint	12
Tequila Sunrise - Tequila, orange juice, grenadine.	12
Dark & Stormy - Dark rum, ginger beer and lime	12
Campari Spritz - Campari, prosecco and soda	14
Negroni - Gin, vermouth rosso & campari	14
No Name - Vodka, apple juice, mint, dry ginger ale, lime	14
Cosmo - Vodka, cointreau, cranberry and lime	14
Hot Toddy - Whisky, maple, lemon and cinnamon	14
Old Fashioned - Bourbon, bitters, sugar syrup, soda and cherry	14
Mojito - White rum, soda, mint and sugar syrup	14
Bloody Mary - House infused chilli vodka, tomato juice, vegan worcestershire, horseradish and seasoning	16
Espresso Martini - Vodka, kahlua, frangelico and espresso	16

We are more than happy to shake/build/stir/agitate other cocktails within reason, just ask your waiter.

Spirits

The Kraken Spiced Rum	9	Melbourne Gin Co.	10
Vodka O	9	Baileys	10
Ballantines Scotch	9	Cointreau	10
Bacardi Rum	9	Campari	10
Frangelico	9	Kahlua	10
Wild Turkey Bourbon	9	Amarula	10

Public holiday surcharge 10%

