

BRUNCHING

Sourdough toast, butter & homemade jams	8.0	GFO
Fruit toast with butter	8.0	GFO
House made vegan banana bread, cinnamon & maple vegan butter	8.5	VG
Bircher Muesli - apple, almond, rhubarb compote & almond praline	13.5	VG
Chocolate quinoa pudding, coconut, raspberry & puffed rice	14.5	GF VG
Granola - berry, acai, yoghurt panna cotta & mango	15.5	
French toast pain e'spice, pan fried fat bacon, burnt honey sauce	18.0	
Ricotta hotcake, rose water mascarpone, toasted pistachio & berries (allow 15 minutes)	17.5	
Free range eggs on sourdough toast - poached, scrambled or fried add bacon / avo / hash	12.0	GFO
Chilli & feta scrambled eggs on organic sourdough toast add bacon / hash	17.5	GFO
Smashed peas, mint & basil, haloumi & poached eggs on toast add bacon / hash	19.0	GFO
Baked Eggs - chickpea, tomato, feta & free range eggs with house made focaccia	18.5	GFO
Salmon Bowl - hot smoked salmon, poached egg, rice, avocado, sweet potato & greens	19.5	GF
Roast cauliflower salad - quinoa, tofu & pomegranate vinaigrette	17.5	VG

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FOOD

Eggs Benny - slow cooked brisket, poached eggs & horseradish hollandaise on a crumpet	24.5	GFO
The Bower - bacon, poached eggs, Italian pork sausage, spinach & mushroom on toast add tomato	25.5	GFO
	4.0	
add avo / hash	5.5	

SANDWICHES

All of our sandwiches can be prepared gluten free

Sanga - bacon, scramble egg, aioli & tomato chutney roll	14.5
Chicken Sandwich - avocado, mayo & mixed leaves on sourdough	14.5
Avocado, chilli corn salsa & fried haloumi on a brioche roll	14.5
Roast Pork Belly Roll - cucumber, carrot, coriander & house brown sauce	16.5

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

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

Did you know that we can cater your upcoming event?
Contact us for more information: info@ladybower.com.au

TOASTIES

All of our toasties can be prepared gluten free

Ham / Cheese / Tomato	10.5
Onion / Pineapple / Beetroot Kraut / Hummus / Spinach	

TOASTIE EXTRAS

Avo/ Chicken / Feta / Bacon	4.5
Hot smoked salmon Scrambled egg / Mushrooms	

LITTLE HUMANS

Ham & cheese toasted sandwich	6.5
Eggs on toast	7.0
Soft boiled egg & soldiers	7.0
Fruit salad w/yoghurt - seasonal	7.5
Hotcake & maple (allow 15 minutes) add ice cream	9.5
	1.5
Pasta Napoli	9.5
Fish & Chips (crumbed)	9.5 GF

SIDES

Chilli oil	2.0
Extra slice of sourdough toast	2.5
Poached / Fried egg / Hollandaise Brown sauce / Tomato chutney	3.0
Mushrooms / Roast tomato Feta / Spinach	4.0
Avocado / Smoked salmon Hash / Thin bacon / Pork sausage Scramble egg / Haloumi	5.5
Fat bacon	6.5
Fries (side or bowl)	3.5 / 6.5

JUICES

Apple / Orange / Pineapple **6.0**

HOUSE SODAS

Passionfruit Soda **7.0**

Lychee Spritz - pink grapefruit, soda, lychee & mint

Fruit Punch - pineapple, ginger beer, mint & fruit

FIZZIES

SOMERSAULT ORGANIC SODA **5.0**

Limemonade / Pink Grapefruit & Ginger

San Pellegrino mineral water **4.5**

KOMBUCHA

Watermelon & Mint **5.0**

Apple & Ginger

MILKSHAKES

Chocolate / Strawberry **8.0**

Vanilla / Salted Caramel

add malt **0.5**

add icecream **1.5**

SMOOTHIES

Kale, lemon, ginger & pineapple juice **8.5**

Berries, yoghurt, honey & milk

Banana, cinnamon, honey, yoghurt & milk

add coconut yoghurt / protein powder **1.0**

ICED DRINKS (Ice cream based)

Iced Chai / Iced Chocolate **7.0**

Iced Coffee / Iced Mocha

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DRINKS

TEAS BY TEA HARVEST

BLACK LEAF TEAS: **4.5**

English Breakfast

French Vanilla - vanilla pod pieces & black tea best drunk without milk

French Earl Grey - Sri Lankan black tea, rose, cornflower petals

GREEN LEAF TEAS: **4.5**

Buddha's Tears - Chinese green tea & jasmine blossoms

Phoenix Green - organic Chinese green tea

Japanese Dew - Japanese green tea, calendula, rose & cornflower blossoms

HERBAL BLENDS: **4.5**

Lemongrass & Ginger

Relax - organic chamomile, lemon balm & lavender

Organic Victorian - peppermint & liquorice

SPICE BLENDS: (RETAIL ONLY)

Chapel Chai - Sri Lankan black tea, anise, fennel, cinnamon, cardamom, nutmeg, clove & ginger

Love our teas? All our teas are available to take home & enjoy a slow brew...

COFFEE BY 5 SENSES (24/7 BLEND)

Black **3.7 / 4.2**

Milk **4.2 / 4.7**

Mocha **4.7 / 5.2**

Affogato **5.2**

Chai Latte (housemade) **4.2 / 4.7**

Dirty Chai **4.7 / 5.2**

Turmeric Latte **4.7 / 5.2**

Extra shot / Decaf / Cream / Soy **0.5**
Coconut / Almond / Lactose free

MORK HOT CHOCOLATE

Junior Dark (50%) **4.7 / 5.2**

Original Dark (70%)

Spiced Hot Chocolate

add peanut butter **0.5**

add shot of your favourite liquor **6.5**

Love your hot chocolate?

Grab yourself a beautiful canister to take home!

LITTLE HUMANS

Apple / Orange / Pineapple juice **3.5**

Cold / Hot chocolate **4.0**

Baby cino (with marshmallow) **2.0**

FURRY FRIENDS (LAILA & ME DOG TREATS)

Donuts / Carob bones / Doggie paws **3.0**

Pizza / Tennis balls **4.0**

Check regularly for new flavours...

 facebook.com/ladybower

 instagram.com/ladybowerkitchen  ladybower.com.au

Lady Bower



BOOZE

BEER

Coburg Lager 8.0

Hawkers Pale Ale 8.0

CIDER

Napoleone Apple & Pear Cider 8.0

SPARKLING

Prosecco Cuvee Di Boj 10.0 / 35.0

WHITES

2013 Verdicchio di Matelica 10.0 / 38.0

2015 Insolia Sicilia Bianco 40.0

REDS

2015 Montepulciano D'Abruzzo 10.0 / 38.0

2016 Ilex Toscana Sangiovese 40.0

SPIRITS

The Kraken Spiced Rum 9.0


Ballantines Scotch 9.0

Wild Turkey Bourbon 9.0

Belvedere Vodka 10.0

Melbourne Gin Co. 10.0

Campari 10.0



Public holiday surcharge 10%.

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COCKTAILS

Bower Spritz 12.0

Rum, lychee, pink grapefruit, soda & mint

Bower Punch 12.0

Vodka, pineapple, ginger beer, fruit & mint

Dark & Stormy 12.0

Dark rum, ginger beer & lime

Campari Spritz 14.0

Campari, Prosecco & soda

Negroni 14.0

Gin, Vermouth & Campari

Mojito 14.0

White rum, soda, mint & sugar syrup

Espresso Martini 16.0

Fresh coffee, vodka, frangelico & kahlua

Bloody Mary 16.0

Tomato juice, vodka, worcester sauce & chilli



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