

# Lady Bower

## BRUNCHING

Sourdough toast, butter & homemade jams	7.5	GFO
Fruit toast with butter	8.0	GFO
House made vegan banana bread, cinnamon & maple vegan butter	8.5	VG
Almond porridge with warm poached fruits & praline	13.5	VG
Creamed rice pudding with salted caramel & banana	14.5	
Bircher muesli with apple, coconut yoghurt, raisins, goji berries & sunflower seeds	15.0	VG
Croissant french toast with berry compote & lemon curd	18.0	
Ricotta pancake, rose water mascarpone, toasted pistachio & berries (allow 15 mins)	18.0	
Free range eggs on sourdough toast - poached, scrambled or fried	12.0	GFO
<i>add bacon / avocado / hash</i>	5.0	
Chilli & feta scrambled eggs on sourdough toast	17.5	GFO
<i>add bacon / hash</i>	5.0	
Baked Eggs - housemade chipotle beans, sour cream & foccacia	18.5	GFO
Smashed peas, mint & basil, halloumi & poached eggs on sourdough toast	19.0	GFO
<i>add bacon / hash</i>	5.0	
Eggs Benny - braised pork hock, spinach, poached eggs & housemade horseradish hollandaise on a sourdough crumpet	22.5	GFO
The Bower - bacon, poached eggs, pork & fennel sausage, cherry tomatoes, mushroom, sourdough toast	25.5	GFO
<i>add beans</i>	4.0	
<i>add avocado / hash</i>	5.0	

## SALADS

Roast cauliflower salad with quinoa, green apple, cucumber, toasted sesame & labna dressing	16.5	GF
<i>add egg</i>	3.0	
Poached salmon and avocado salad, rocket, pepitas, lemon dressing	17.0	GF
<i>add egg</i>	3.0	
Caesar salad, cos lettuce, parmesan, bacon, croutons, anchovies	17.0	GFO
<i>add chicken</i>	4.0	

## SIDES

Chilli oil	1.5
Extra slice of sourdough toast Hollandaise / Brown sauce	2.5
Poached egg / Fried egg / Spinach Tomato chutney / Feta	3.0
Mushrooms / Beans / Halloumi Cherry tomatoes	4.0
Avocado / Hash / Scrambled egg / Bacon Pork & fennel sausage	5.0
Fries with rosemary aioli	5.0

## SANDWICHES

*All of our sandwiches can be prepared gluten free*

Sanga - free range bacon, scrambled egg, aioli, tomato chutney on ciabatta roll	15.0
Chicken Sandwich - avocado, mayo & mixed leaves on sourdough	15.0
Roast Pork Belly Roll - cucumber, carrot, coriander, house brown sauce on ciabatta roll	17.0

## TOASTIES

*All of our toasties can be prepared gluten free*

Cheese & tomato	8.5
Ham, cheese, tomato & onion	10.5
Ham, cheese & pineapple	10.5
Chicken, cheese & avocado	14.5
Fried egg, bacon & tomato sauce	14.5
Mushroom, avocado, onion, vegan cheese & hummus	14.5 VG

## LITTLE HUMANS

Ham & cheese toasted sandwich	6.5
Egg on toast	7.0
Soft boiled egg & soldiers	7.0
Fruit salad with yoghurt - seasonal	7.5
Pancake with maple syrup (allow 15 mins) <i>add ice cream</i>	9.5 1.5
Pasta Napoli	9.5
Chicken nuggets & chips	9.5

**GF: GLUTEN FREE GFO: GLUTEN FREE OPTION VG: VEGAN**



Love our housemade jams & chutneys?  
They are all available to buy, take home & enjoy...

**LADY BOWER PROUDLY SERVES ONLY FREE-RANGE MEAT**

# Lady Bower

## JUICES

Apple / Orange / Pineapple 6.0

## HOUSEMADE SODAS

Lychee Spritzer - pink grapefruit, soda, lychee & mint 7.0

Fruit Punch - pineapple, ginger beer, mint & fruit

## FIZZIES

San Pellegrino mineral water 4.0

SOMERSAULT ORGANIC SODA 4.5

Limemonade / Pink Grapefruit & Ginger

## KOMBUCHA - TWO BOYS BREW

Silk Road - ginger, lemon myrtle, cinnamon & clove 5.5

French Kiss - hibiscus, chamomile, lavender & vanilla

## MILKSHAKES

Chocolate / Strawberry / Vanilla / Salted Caramel 8.0

*add malt* 0.5

*add extra ice cream* 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

## 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

## COFFEE BY 5 SENSES (CROMPTON RD 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 (housemade) 4.7 / 5.2

Extra shot / Decaf / Cream / Soy 0.5

Coconut / Almond / Lactose free

## TEAS BY TEA HARVEST

BLACK LEAF TEAS: 4.5

English Breakfast

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

GREEN LEAF TEAS: 4.5

Phoenix Green - organic Chinese green tea

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

HERBAL BLENDS: 4.5

Lemongrass & Ginger

Peppermint & Liquorice



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

## 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

Pizzas / Tennis balls 4.0



Check regularly for new Laila & Me Dog Treats flavours...



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ladybower.com.au

Did you know that we can cater your upcoming event? Contact us for details: [info@ladybower.com.au](mailto:info@ladybower.com.au)  
During busy periods we may not be able to accommodate changes to the menu. Public holiday surcharge 10%.