

Bent on Food Breakfast Menu

8am – 11.30am

Mango Pineapple Smoothie Bowl with coconut and chia seeds (vegan) (v)	12.50
Bent on Food big breakfast - Idlewilde eggs poached or fried, roasted tomato, mushrooms, baby spinach, Rudi's locally smoked bacon and chilli cheese kransky, served with toasted local sourdough	22.00
Spicy corn fritters with avocado, poached egg, Rudi's bacon, baby spinach and Bent on Food Chilli Jam (gf)	19.00
Vegan option	15.00
Brioche French toast – Thick sliced brioche served with Rudi's bacon, organic Canadian maple syrup, cinnamon dukkah and vanilla bean mascarpone	18.00
Buttermilk pancakes – 2 fluffy pancakes topped with strawberry & pear compote, mascarpone and a side of organic maple syrup	16.00
Free range eggs – 2 Idlewilde eggs poached, fried, scrambled or boiled with baby spinach, Bent on Food Tomato Relish and toasted local sourdough (v)	14.00
Avocado, goat's cheese and roasted pumpkin on sourdough served with roasted seeds, Rocket, one poached egg finished with Bent on Food Caramelised Balsamic	19.00
Vegan option – no egg or goats cheese	16.00
Bent eggs benedict – 2 poached Idlewilde eggs atop toasted Black Market bagel with freshly made hollandaise sauce and sautéed spinach. Choice of ham, smoked salmon, bacon, avocado	19.50
Brookfarm muesli bowl w seasonal fruit, house made yoghurt and local honey choice of gluten free/ toasted or natural muesli/maple nut granola	14.00
Bent on Food bacon & egg roll – Turkish bread w 2 Idlewilde eggs, baby spinach, Rudi's locally smoked bacon, tasty cheese & Bent on Food Tomato Relish	14.00
Homemade banana bread w strawberry & pear compote & house made yoghurt Or w butter (v)	9.00 7.00
Toast w condiments – choice of sourdough or Turkish bread	6.00
Raisin toast with butter – 2 slices	7.00

Sides

Bacon, kransky, tomato, mushrooms, avocado, hollandaise sauce, haloumi (please note sides only served as additions to the menu)	4.00 per side
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At Bent on Food we are proud to promote local produce, if you like some of the condiments we use, please ask our staff to show you some products for purchase from our shelves and deli cabinet. Should you have any comments regarding our menu please talk to us or place a comment in our comments box – we value your input.

GF = Gluten Free V = Vegetarian

15% surcharge applies on public holidays

NO SPLIT BILLS OR VARIATIONS IN PEAK SEASON