

## ALL DAY MENU

### BUTTERMILK PANCAKES

Served w Rudi's locally smoked bacon, organic maple syrup, cinnamon dukkah and vanilla bean mascarpone

**18.00**

Add caramelised banana

**3.00**

### SPICY CORN FRITTERS

These will delight your senses for breakfast or lunch. Served with our own **Bent on Food Chilli Jam**, avocado and greens, (vegan) (gf)

**17.00**

Add an Idlewilde poached egg

**3.00**

### BROOKFARM MUESLI

Toasted/natural or gluten free muesli w house made yoghurt, honey and seasonal fruit  
Vegan option

**14.00**

**12.00**

### BEEF AND BACON BURGER

Housemade patty of local beef & diced speck on toasted milk bun w lettuce, tomato, Dijon mayonnaise and **Bent on Food Beetroot Relish**.

**17.00**

Add beer battered chips

**4.00**

Try with a local beer from Coastal Brewing

**8.00**

### THE BACON AND EGG ROLL

Turkish bread w 2 fried Idlewilde eggs, baby spinach, Rudi's locally smoked bacon, tasty cheese & **Bent on Food Tomato Relish**

**14.00**

### EGGS YOUR WAY

Idlewilde local eggs poached or fried on toasted Palms Sourdough w baby spinach and **Bent on Food Tomato Relish**

**11.00**

Scrambled

**13.00**

### BENT BIG BREKKY

Bent on Food big breakfast - Idlewilde eggs poached or fried, grilled tomato, mushrooms, baby spinach, Rudi's locally smoked bacon and spicy kransky served with toasted Palms sourdough

**24.00**

### SPINACH TORTILLA WRAP

Lightly toasted spinach tortilla w chicken breast, feta, semidried tomato, roast pumpkin and house made basil pesto, served with a side salad

**17.00**

Vegetarian option w baby spinach - no chicken (v)

**14.00**

### PORK BELLY TACOS

Twice cooked pork belly w Asian slaw, and sweet chilli mayo in two soft tortillas

**17.00**

Add beer battered chips

**4.00**

### BENT ON BEETROOT

Roasted beetroot and Za'atar puree w toasted organic nuts and seeds, Meredith goats cheese, one perfectly poached egg, smashed pumpkin, w flatbread (v)

**18.00**

Donna says its best with a piccolo of D & G

**7.00**

### BENT BENEDICT

2 poached Idlewilde eggs on toasted Palms sourdough with house made hollandaise sauce, sautéed spinach and your choice of smoked salmon, Rudi's local ham or bacon.

**22.00**

### SUMMER MANGO SALAD

Fresh mango, tomato, toasted cashews, cucumber and Bec's local greens w berry coulis dressing (vegan)

**16.00**

Add poached chicken

**4.00**

Lovely with a glass of La Maschera Pinot Grigio

**8.00**

### BRISKET BURGER

House smoked brisket burger w slaw, cheese, **Bent on Food Smoky Tomato Sauce** on a toasted milk bun

**18.00**

Add beer battered chips

**4.00**

### LIGHT MEALS

Salad wrap w house made beetroot aioli (v)

**10.00**

Add a side below

Our own banana bread w strawberry and pear compote & house made yoghurt w butter

**9.00**

**7.00**

Palms Artisan Bakery

**8.00**

Sourdough Raisin toast w butter - 2 slices

Ham, cheese & tomato toastie

**10.00**

Palms Artisan Bakery Sourdough w butter & **Bent on Food Strawberry Jam** - 2 slices

**8.00**

### SIDES

MUSHROOM | HALOUMI | RUDI'S KRANSKY | RUDIS BACON | POACHED CHICKEN | AVOCADO | 1 X CORN FRITTER | SMOKED SALMON | BEER BATTERED CHIPS | GRILLED TOMATOES 4.00 BRISKET 6.00

HOLLANDAISE | RUDI'S HAM | 1 X EGG POACHED OR FRIED | CARAMELISED BANANA | SLICE SOURDOUGH 3.00

GF = GLUTEN FREE | V = VEGETARIAN | VEGAN = VEGAN | BOLDDED CONDIMENTS AVAILABLE FOR SALE.

Please limit alterations/ no shared meals / no split bills/ card preferred/please abide by our terms and conditions

## DRINKS MENU

### HOT DRINKS

Cappucino   Latte   Flat White	<b>REG 4.00</b> <b>LGE 4.50</b>
Long Black   Short Black	<b>REG   LG 3.50</b>
Mocha   Affogato   Vienna	<b>5.00</b>
Macchiato   Piccolo	<b>4.00</b>
All our large coffees are double shots and our small are double restricted shots – please ask if you would like an extra shot	<b>.50</b>
Add shot Caramel   Hazelnut   Vanilla	<b>.50</b>
Chai Latte   Turmeric Latte   Matcha Latte	<b>REG 4.00</b> <b>LGE 4.50</b>
Hot Chocolate	<b>REG 4.00</b> <b>LGE 4.50</b>
Add shot mint   Turkish delight   butterscotch chilli spice   raspberry   coconut   jaffa	<b>1.00</b>
Pot of leaf tea - English breakfast   earl grey   peppermint   green   chamomile   jasmine   lemongrass and ginger   chai	<b>4.00</b>
Pot of chai tea made on milk	<b>5.00</b>
Extras -soy milk	<b>.50</b>
coconut   almond   macadamia milk	<b>1.00</b>

### COLD DRINKS

San pellegrino- 1g bottle	<b>7.00</b>
Smoothies - banana   mango   berry   green   summer vegan (1 fruit only, or \$1 each for extra selections of fruit)	<b>8.00</b>
Fruit frappes – banana mango and lime   mixed berry and rosewater   raspberry & coconut	<b>8.00</b>
Milkshakes – chocolate   strawberry   caramel vanilla   lime   banana	<b>5.50</b>
Thickshakes– chocolate   strawberry   caramel   vanilla   lime   banana	<b>8.00</b>
Extras -malt   shot syrup	<b>.50</b>
almond milk   coconut milk   macadamia milk	<b>2.00</b>
Fresh seasonal juice – ask our staff for daily choices	<b>8.00</b>

Iced coffee   chocolate   chai   mocha	<b>6.00</b>
Bottled Culture Kombucha – ginger   honey turmeric	<b>5.50</b>
Glass of juice – apple   orange   pineapple	<b>5.50</b>
Saxbys soft drink	<b>4.50</b>
Spider - choice of soft drink	<b>5.50</b>
Coke   coke zero   diet coke	<b>4.50</b>

### SPARKLING WINE

	<b>GLS</b>	<b>BTL</b>
Dunes and Greene NV Chardonnay Pinot Noir or Moscato - SA	<b>7</b>	
Great Lakes Winery Sparkling Wine - local NSW		<b>28</b>

### WHITE WINE

Pitchfork SSB – Margaret River WA	<b>7</b>	<b>28</b>
Saint Claire Sauvignon Blanc - Marlborough NZ		<b>34</b>
Jim Barry Watervale Riesling - Clare Valley SA		<b>32</b>
Yalumba Organic Chardonnay SA	<b>7</b>	<b>28</b>
Wirra Wirra Mrs Wigley Moscato (500ml)		<b>26</b>
La Maschera Pinot Grigio Limestone Coast SA	<b>7</b>	<b>29</b>
House wine Cassegrain Q Semillon Chardonnay - NSW	<b>6</b>	<b>24</b>
Old Inn Road Verdelho – local NSW		<b>28</b>



### RED WINE & ROSE

Pitchfork Rosé - Margaret River WA	<b>7</b>	<b>28</b>
Great Lakes Winery Shiraz Cab - local NSW	<b>7</b>	<b>28</b>
Brokenwood 8 Rows Cabernet Merlot - Beechworth VIC + Orange NSW		<b>31</b>
House wine Cassegrain Q Cab Merlot - NSW	<b>6</b>	<b>24</b>
Wirra Wirra Church Block - Cabernet, Shiraz, Merlot - Mc Laren Vale SA 375 ml		<b>19</b>



### BEER

Corona	<b>7</b>
James Boags Premium Lager	<b>7</b>
James Squire 150 Lashes Pale Ale	<b>7</b>
A selection of local beers from Coastal Brewery Forster (cans)	<b>8</b>
Lord Nelson Three Sheets Ale	<b>8</b>
Coopers Light/pale ale/lager	<b>7</b>



online ordering

[www.mryum.com/bentonfood](http://www.mryum.com/bentonfood)