



**SEE PHOTOS OF EVERY DISH!**  
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**ALL DAY MENU**  
**OPEN 7 DAYS 7AM – 4PM**  
kitchen closes at 3:30pm

*Snap your experience*



*and tag us @tenoneate*

**BREAKFAST**

**Grain Emporium's**

**Sourdough Toast (vg)** 6.9

**Dr. Marty's Crumpets (vg)** 8.9

**Well And Good's**

**Gluten-Free Toast (vg, gf)** 8.9

All toast items come with butter and a choice of jam, vegemite, peanut butter, nutella or honey

**Avocado Smash (v, vgo)** 18

Avocado | Danish Feta | Charred Corn | Pumpkin Hommus | Toasted Almonds | Sourdough  
+Egg 3 | +Bacon 5.5 | +Salmon 7

**Pink Porridge (vg, gf)** 17

Rollled oats soaked in strawberry & almond milk | seasonal fruit | toasted almonds

**Haloumi & Sweet Pea**

**Fritters (v, gf)** 19.5

Sourcream | Cherry Tomatoes | Roquette | Avocado | Crispy Shallots | Poached Egg  
+Egg 3 | +Bacon 5.5 | +Salmon 7

**Medici Benedict 20**

Bacon | Sautéed Spinach | Poached Eggs | Hollandaise | Dr. Marty's Crumpets  
+Swap Bacon For Salmon 22

**Brunch Time 18**

Bacon | Eggs | Cheese | Lettuce | Pickle Relish | Milk Bun | Hashbrown

**Waffles (v)** 20

Chocolate Mousse | Fresh Fruit | Raspberry & White Chocolate Ice-Cream | Raspberry Coulis | Raspberry Dust | Pistachios

**Breakfast of Champions 24**

Eggs Anyway | Bacon | Cheese Kransky | Tomato | Spinach | Mushrooms  
Feta | Hashbrown | Sourdough

**Epic Vegetarian (v)** 24

Eggs Anyway | Avocado | Haloumi | Tomato | Spinach | Mushrooms  
Feta | Hashbrown | Sourdough

**BUILD YOUR OWN BREAKFAST (V, GFO) 9.9**

Eggs Anyway On Sourdough Toast  
Egg | Hollandaise | Hash Brown 3  
Feta | Spinach | Tomatoes | Mushrooms 4  
Bacon | Cheese  
Kransky | Haloumi | Avocado 5.5  
Tassal Smoked Salmon 7

**LUNCH**

**Terra Ferma Risotto (v)** 20

+Bacon 5.5 | +Chicken 5.5  
Swiss Brown | Oyster | King | Enoki | Spinach  
Black Truffle | Baby Pea Infused Arborio | Shaved Grana Padano

**Baked Sweet Potato (v, gf, vgo)** 19

+Egg 3 | +Bacon 5.5 | +Chicken 5.5  
Filled with Quinoa | Capsicum | Corn, Red Onion & Danish Feta | Avocado

**Wellness Bowl (vg, gf)** 17

+Egg 3 | +Chicken 5.5 | +Smoked Salmon 7  
Roasted Cauliflower | Spiced Chickpeas | Avocado | Quinoa | Baby Spinach | Zucchini  
Cherry Tomatoes | Charred Corn | Mild Chilli Dressing

**Chicken Salad (gf)** 19

+Egg 3 | +Bacon 5.5 | +Avocado 5.5  
Grilled Chicken Breast | Semi-Dried Tomatoes  
Baby Cos | Feta | Charred Corn | Candied Carrot | Balsamic Dressing

**Calamari Salad (gf)** 19

+Bacon 5.5 | +Haloumi 5.5  
Salt & Pepper Calamari | Zucchini | Cos | Haloumi | Roasted Capsicum | Edamame Beans | Lime Dressing | Side of Aioli

**Fish & Chips 19**

Beer-Battered Flathead | Chips | Salad | Lemon | Side of Aioli

**Veggie Burger (v)** 19

+Egg 3 | +Bacon 3 | +Avocado 3  
Haloumi & Sweet Pea Patty | Red Onion Jam | Spinach | Aioli | Milk Bun | Chips

**Grilled Chicken Burger 19**

+Egg 3 | +Bacon 3 | +Avocado 3  
Chicken Breast Fillet | Cheese | Tomato | Lettuce | Aioli | Milk Bun | Chips

**Beef Burger 19**

Double Patties | Cheese | Pickle Relish | Onion | Lettuce | Aioli | Milk Bun | Chips  
+Egg 3 | +Bacon 3 | +Avocado 3

**Beer-Battered Chips (vgo)** 9

Served With Tomato Sauce and Garlic Aioli

**KIDS**

**Egg On Toast 7**

Hashbrown | Sourdough

**Toasted Cheese Sandwich 7**

**Strawberry Waffle 9**

Ice-Cream | Maple Syrup

**Cheeseburger 9**

Cheese | Patty | Tomato Sauce | Chips

**Battered Fish 9**

Chips | Tomato Sauce