

KITCHEN

EVERYDAY
7:30AM-2PM

THE LAB FOOD & COFFEE

COFFEE

EVERYDAY
7:30AM-3PM

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ALL DAY

BREKKY

Bacon & Egg Roll - GFA 15

Barossa Bacon with a fried egg & tomato sauce on a brioche bun

Haloumi and Egg Roll - V/GFA 14

Fried Haloumi with a free range fried egg & choice of sauce on a brioche bun.

Big Brekky Burger - GFA 22

Barossa bacon, egg, American cheddar, caramelised onion, house hollandaise, lab sauce and potato rosti stacked in a brioche bun.

Pancake Stack - GF 18

Three House made Gluten Free pancakes served with Maple syrup, berry coulis and Vanilla Ice cream

Make it a Canadian breakfast with 23

Barossa bacon & Chorizo crumb instead of couli & Ice cream

Atomic Avo w Eggs -VEA/GFA 25

Smashed Avo on seeded rye, Pomegranate molasses, Fetta, house seed mix and Moroccan spices topped with two poached eggs.

Make it vegan - swap eggs for pop cauli! Half serve available \$18

Franken Benny - GFA/VA 25

House BBQ pulled pork, House hollandaise and two poached eggs on ta house potato rosti

Swap Pork for Bacon, Haloumi or Fried Chicken

ALL DAY

BREKKY

Boss Granola Bowl- V 17

Choice of Berry Boost or Bee Sting Boss Granola served with yoghurt fresh seasonal fruit and choice of milk.

Eggsperiment - V/GFA 14

Two free range eggs cooked your way on your choice of seeded rye or sourdough

Turkish Eggs w Toast- GFA /VA 22

Poached eggs, Greek yoghurt with Feta & parsley, seeds, garlic, Chorizo crumb and House brown chilli butter

Benny Croissant - VA 16

Ham Croissant toasted with scramble eggs and House hollandaise topped with parmesan cheese.

Make me vego swap the ham for spinach

Big Veggie - GFA/VEA 27

Eggs your way with grilled broccolini, spinach, roasted mushroom, roasted cherry tomato, fried haloumi, rosti and pop cauli with a choice of seeded rye or sourdough

Big Brekky - GFA 30

Eggs your way with Barossa Bacon, grilled Chorizo, roasted mushroom, roasted cherry tomato, grilled broccolini and rosti with a choice of seeded rye or sourdough

ALL DAY LUNCH

OFFSITE CATERING & PHONE
ORDERS AVAILABLE (08) 83620316

Halo-me Salad - GF/V 18	Haloumi Burger - GFA 22
Haloumi nuggets atop of a House salad mix with seeds and a balsamic glaze	Fresh spinach, caramelised onion, fried haloumi, smashed avocado, tomato relish and a poached egg on a brioche bun. Served with fries
Roast Veg Medley - V/GFA/VEA 20	Fried Chicken Burger - GFA 24
Garlic Roasted vegetable medley and house pop cauliflower on a bed of Pumpkin puree dressed with Fetta and house seed mix. Served with Focaccia bread. Vegan option swap bread for rosti & remove fetta.	House seasoned fried chicken, bacon, American cheese, lettuce, tomato and house Sriracha aioli on a brioche bun served with fries & tomato sauce
House Caesar Salad - GFA 17	Carnivore - GFA 26
Baby cos lettuce with Barossa bacon bits, house caesar dressing, croutons and Parmesan cheese. ADD a fried egg + \$2 ADD chicken + \$6.00	House made 100% beef patty, American cheese, caramelised onion, lettuce, tomato, pickles with house sauce topped with house o-rings on a brioche bun served with fries & tomato sauce.
Smoked Salmon Bagel 18	BBQ Waffle Burger - GF 22
Smoked salmon with fried capers, cream cheese and Rocket on a fresh or toasted bagel	Housemade BBQ Pulled Pork with Aioli Slaw and American Cheddar served in a toasted Waffle and fries
Blake's California Toastie - V/GFA 14	Chicken and Waffles - GF 28
Smashed Avocado, sliced tomato, pepper, Jack Cheese & roast capsicum on Rye	Housemade Gluten free waffles with two pieces of Bacon, two pieces of house seasoned fried chicken, house Sriracha hollandaise, Chorizo crumb and maple syrup. Half serve available \$18 or add a layer \$10
Bowl Fries / Sweet Potato - GF 10	
Served with your choice of sauce	

ALSO SEE OUR SPECIAL'S BOARD

*** Dietaries are important - Please make sure you let the team know when ordering so we can advise of any changes required.

SOMETHING SWEET?

Waffles and Icecream- GF 17	Brownie Sundae - GF 14
Housemade Gluten free waffle with vanilla icecream, fresh berries and a berry coulis	Housemade Gluten free brownie pieces topped with vanilla Ice cream, caramel and chocolate sauce

We are available on Doordash AND Uber for deliveries.