

# PALATE

RESTAURANT BAR

## MENU INSTRUCTIONS



Paleo



Vegetarian



Gluten Free



Contains nuts

## ALL DAY BREAKFAST

Seasonal fruits / \$13.00 !

with honey and vanilla bean yoghurt and toasted almonds

House Made Bircher Muesli / \$11.00 !

Oats soaked with mango, yoghurt, currants and almonds,

! / Ⓞ Gluten Free Muesli / \$12.00

Seeds, fruits and nuts,

served with bananas & berry compote

Oat Porridge / \$13.00

With Banana & Honey or Berry Compote

Vanilla bean & honey yoghurt pot / \$11.00

Layered with berries and toasted maple oat crumble

French Toast Canadian Style / \$16.00

French toast, bacon, maple, banana

Fresh strawberry Pancakes / \$15.00

With maple syrup, vanilla ice cream

Your Choice of Toast with condiments / \$6.00

Turkish, Sourdough, Wholegrain,

Gluten Free Toast or Fruit Loaf

Palate Smokey housemade baked beans / \$11.00

with grilled feta on Turkish toast

Avocado on sourdough toast / \$13.00  
with feta & lemon



HINT: ADD A  
BLOODY MARY  
\$12.50



## EGGS

Scrambled Egg Bruschetta / \$16.00

With Tasmanian Smoked Salmon on wholegrain toast,  
pesto, goats cheese and capers

Eggs Florentine / \$16.00 V

Poached eggs, spinach, Turkish toast, hollandaise

Eggs Benedict / \$16.50

Poached eggs, ham, Turkish toast, Hollandaise

Big Brekkie / \$20.00

Eggs of your choice, bacon, pork sausage, grilled tomato,  
housemade baked beans, sautéed mushrooms,  
housemade hash brown and relish with toasted Turkish

Tasmanian smoked salmon & poached eggs / \$18.00

With avocado, lemon dressed rocket, side of hollandaise

Eggs with quinoa / \$16.00 V

Quinoa, superseeds, haloumi, poached eggs, avocado

Veggie Patch / \$18.00 V

Poached eggs, feta, sautéed mushrooms, baby spinach,  
grilled tomato, avocado, and Palate hash brown  
with wholegrain toast

Soft tortilla brekkie wrap / \$16.00

Filled with scrambled eggs, tasty cheese, smokey bacon rasher,  
relish, side of Palate baked beans, dollop of Guacamole \$16

BREAD FREE Brekkie Burger / \$16.00 / Ⓞ

Roasted tomato, baby spinach, smokey bacon rasher  
and grilled zucchini between fried Free Range eggs,  
dollop of Guacamole

Farmer's Omelette / \$15.00 / V Ⓞ

Tomato, mushroom, goats cheese, spinach, red onion

Fisherman's Omelette / \$16.00 / Ⓞ

Smoked Salmon, capers, lemon, rocket

## [A LITTLE EXTRA]

Extra egg, relish, aioli, hollandaise \$2.50

Toast (1 piece) \$3.00

Palate baked beans, pork sausages, mushrooms, avocado,  
spinach, grilled tomato, fetta, goats cheese, Palate hash brown \$3.50

Bacon rashers, Tasmanian smoked salmon \$5.00

\* SWEETS AVAILABLE AT THE COUNTER

## -LUNCH-

Beer Battered Fries / \$8.00

With tomato sauce, Palate Aioli V

Linguine / \$22.00

With Prawns, garlic, chilli, red onion,  
fresh herbs in a white wine sauce

House made Gnocchi pillows / \$23.00

With braised Lamb Shank Ragout, gremolata, parmesan

OR

Salami, Bacon, Red Onion in a Sugo Sauce

Wagyu Beef Burger / \$18.00

Served on a lightly toasted brioche bun,  
sweet n sour mustard picket, American Jack cheese,  
mustard aioli, basket of beer battered chips

Cauliflower Rice Risotto / \$18.00 / Ⓞ

with zucchini, bacon, eggplant, pumpkin and tomato  
add Chicken +\$5.00

Grilled Salmon Fillet / \$25.00 / Ⓞ !

On citrus infused sweet potato and macadamia mash  
with steamed asparagus and lemon essence

Char-grilled Lamb Fillet / \$22.00 Ⓞ

Cooked medium-rare, in a salad of mixed leaves,  
cherry tomato, honey glazed beetroot,  
grilled haloumi and Palate homous

BBQ Peri Peri Chicken / \$19.00

Green beans, avocado, cherry tomato, kipfler potatoes,  
mixed leaves, lemon dressing

Toasted Turkish / \$15.00

Marinated Chicken Breast, avocado,  
tasty cheese, baby spinach, aioli

OR

Tandoori Chicken with avocado, tomato, onion,  
minted yoghurt, mixed leaves on Turkish \$16.00

Soft Tortilla / \$17.00

Slow Roasted Lamb, beetroot, goats cheese,  
tomato, onion, mixed leaves

OR

Pumpkin, feta, caramelised onion, baby spinach / \$15.00

Grilled Calamari / \$18.00

Rocket, red pepper, red onion, olives, cherry tomato, lemon vinaigrette

Sesame Crusted Rare Tuna / \$24.00

Seasonal Beans, chive, bacon, avocado, pumpkin, walnut

Prawn and Quinoa Salad / \$21.00 / Ⓞ

Prawn, quinoa, pomegranate, cucumber,  
avocado, pumpkin, pomegranate, vinaigrette dressing

Beef Fillet / \$22.00 Ⓞ

with a salad of Asian herbs, carrot, sprouts,  
cucumber, nouc cham dressing

# PALEO

A diet consisting of meats, vegetables, fruits, seeds and nuts prepared and served as close to their natural form as possible, without any processed sugars, grains or additives. The following meals are free from gluten, dairy and sugar. Only good, nutritious fats and healthy, top quality oils are used, ensuring all Health Smart options are suitable for those following a Paleo diet.

Paleo Inspired - Gluten Free - Sugar Free

## CREATE YOUR OWN MEAL: BREAKFAST OR LUNCH

Select 5 items (Incl 1 meat) \$19  
Select 7 items (Incl 1 meat) \$23

2 poached free range eggs

4 scrambled egg whites

Grilled Tomato with basil

Fresh sliced tomato

Avocado smashed with red onion, tomato and lime

Sautéed Spinach

Grilled marinated mushrooms

Green beans with sesame seeds

Steamed Broccoli

Cauliflower rice with garlic & onion

Citrus Infused sweet potato and macadamia mash

Roasted pumpkin with Paprika

Beetroot with Shallots and sunflower seeds

Mixed green leaves with lemon vinaigrette

Grilled Asparagus with Pinenuts

Cabbage, pea, mint, chilli, fennel salad, mustard vinaigrette

Tasmanian Smoked Salmon

Smokey Bacon Rashers

Herbed Chicken Breast

Grilled Lamb Fillet

Chilli Garlic Prawns

Porterhouse Fillet Steak

\* PALEO SWEETS AVAILABLE AT THE COUNTER

## COFFEE

Our beans are sourced from Central and South America, roasted right here in Melbourne, ground to order and served exactly the way you want it. A sweet espresso with hints of blackcurrant and hazelnut.

Long, Short, Black, White \$3.50

Large + \$1.00

Bonsoy + \$0.50

Coconut milk + \$1.00

Decafe - Swiss Water Filtered + \$0.30

Hot Choc / Mocha / Chai \$4.50

Iced Coffee / Choc / Mocha / Chai \$6.50

## TEA DROP

\$4.50

Whole leaf tea, fresh cut herbs, real fruit peices, flowers and exotic spices combine in a pyramid shaped pouch made from 100% biodegradable, unbleached material.

English Breakfast, Supreme Earl Grey, Lavender Grey, Malabar Chai, Honeydew Green, Lemongrass & Ginger, Peppermint, Cleopatra's Champagne

## FRESH JUICE

\$7.50

Refresher

Pineapple, Apple, Watermelon, Mint

Detox

Carrot, Celery, Apple, Beetroot, Ginger

Flu Fighter

Orange, Pineapple, Lemon, Ginger

or

Create Your Own

## SMOOTHIES

\$7.50

The Retox

Coffee, Banana, Ice Cream

Bananarama

Banana, Ice Cream, Milk, Honey

Berry Boom

Mixed Berries, Ice Cream, Apple Juice

Mango Maniac

Mango Nectar, Ice Cream

Dirty Hippy

Coffee, Spiced Chai, Milk, Ice Cream

Chocochia

Banana, coconut cream, raw almond,  
cacao butter and chia seeds

Raspberry Mojito

Raspberries, apples, lime and mint.

Tropaleo

Mango, Pineapple, Lime and Coconut

## MILKSHAKES

\$7.50

Chocolate, White Chocolate, Vanilla, Caramel, Strawberry, Coconut, Passionfruit, Hazelnut, Butterscotch, Cinnamon, Banana, Mint

## SOFT DRINKS

Coke, Zero, Lift, Sprite, Soda, Tonic \$4.00

Free Energy \$4.00

Jax Coconut Water 250ml \$4.00

Mount Franklin Spring Water 400ml \$4.00

San Pelligrino Sparkling Mineral Water 500ml \$5.50

San Pelligrino Sparkling Mineral Water 1000ml \$9.50

DID YOU KNOW  
WE ALSO DO...

# FUNCTIONS AT PALATE

Palate offers a private, fully serviced venue suited to any occasion. Whether it be a sit down dinner or a cocktail party up to 120 guests, it is our desire to make your event truly awesome. So whatever the occasion, birthday, engagement, hens night, wedding reception, media launch or even just for the sake of getting together at Palate, your something special is our something special too.

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