



SOUTHRIDGE PLAZA
SOUTHRIDGE STREET
EASTERN CREEK NSW

P (02) 9620 2598

E orders@industrialharvest.com.au

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f industrial harvest

BREAKFAST / ALL DAY

TOAST / white sourdough, wholemeal, soy/linseed or gluten free
WITH butter, jam, peanut butter, vegemite or nutella 4

BANANA BREAD OR RAISIN TOAST / butter 4

ACAI BOWL / seasonal fruits, house made granola, shaved coconut 13

EGGS ON TOAST / poached, scrambled or fried, toast of choice 8

BACON & EGGS / poached, scrambled or fried, 2 bacon, toast of choice 12

BACON & EGG ROLL / two bacon, two eggs, milk bun 8

BREKKIE WRAP / italian sausage, scrambled eggs, cheddar,
hashbrown, rocket, tomato relish 12

BREAKFAST PLATE / prosciutto, soft boiled egg, avocado smash,
lime & chipotle pepper mayo, pepitas, tomato, corn, chickpeas, toast 15

MUSHROOMS & CHILLI SCRAMBLE / sauteed assorted mushrooms on toast,
scrambled eggs, marinated feta, chilli oil, baby herbs 16

BUTTERMILK PANCAKES / buttermilk pancakes, apple crumble, whipped
maple ricotta, smashed chocolate meringue 15

ZUCCHINI FRITTERS / zucchini & corn fritters, sweet potato hummus,
smoked salmon, rocket, avocado, poached egg 16

AVO SMASH / smashed avocado on soy/linseed, fetta, charred corn,
beetroot jam, dukkah, olive oil 14 / add poached egg 2

EGGS BENNY / poached eggs on toast, baby spinach, hollandaise sauce,
bacon OR smoked salmon 15

BIG BREKKIE / 2 eggs, 2 bacon, italian sausage, mushrooms,
grilled tomato, hash brown, baby spinach, toast of choice 20

BREKKY EXTRAS

BACON / 4

HASH BROWN / 3

ITALIAN SAUSAGE / 3

AVOCADO SMASH / 3

MUSHROOMS / 3

GRILLED TOMATO / 3

SMOKED SALMON / 4

KIDDIES

PLAIN PANCAKES / 8

NUTELLA PANCAKE / 8

EGG ON TOAST / 5

PENNE NAPOLITANA / 8

CHICKEN NUGGETS & CHIPS / 10

CHEESEBURGER & CHIPS / 10

LUNCH

I H FRIED CHICKEN BURGER / buttermilk fried chicken breast,
avocado, lettuce, cheese, aioli, milk bun, chips 15

PORTUGUESE CHICKEN BURGER / pulled portuguese style chicken, tomato, lettuce,
pineapple, cheese, beetroot aioli, milk bun, chips 16

CLASSIC BEEF BURGER / grilled beef patty, caramelised onion, beetroot relish,
hash brown, lettuce, cheese, pickle aioli, milk bun, chips 16

STICKY PORK ROLL / sticky asian style pork neck, crispy noodle salad,
apple & ginger mayo, long brioche roll, chips 16

FETTUCCINE OCTOPUS / confit baby octopus, roasted peppers, chorizo sausage,
onion jam, white wine, olive oil, parsley 17

PENNE CHICKEN PESTO / grilled chicken breast, basil pesto, pine nuts, cream,
garlic, parmesan 16

GNOCCHI LAMB / hand-made potato gnocchi, lamb & tomato ragu, peas, mint, parmesan 16

CHICKEN SALAD / grilled chicken breast, charred corn, roasted beetroot, peppers, grilled
zucchini, spiced olives, eggplant babaganoush 16

ATLANTIC SALMON SALAD / sous vide atlantic salmon, snow peas, toasted almonds,
crumbed olives, capers, mixed leaves, lemon buttermilk dressing 16

CALAMARI / crispy spiced calamari, thai style salad, bean sprouts, peanuts,
fried shallots, coconut, coriander, ginger, garlic & soy dressing 17

BARRAMUNDI / grilled barramundi fillet, salt roasted sweet potato, baby spinach,
eggplant caponata, herb butter 22

SCHNITZEL / crumbed chicken breast, cabbage & carrot slaw, chips, gravy 16

LAMB KOFTA SKEWERS / grilled lamb kofta skewers, spiced cous cous, currants, dried apricots,
roast cauliflower, rocket, minted yoghurt 16

GARLIC BREAD / 2 slices 4

CHIPS / aioli 4

SWEET POTATO FRIES / aioli 5

*vegetarian, vegan and gluten free options are available

WE CATER!

Enquire with
our friendly staff.

'SEE OUR SPECIALS BOARD FOR WEEKLY SPECIALS'



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BEVERAGES

COFFEE BY TOBY'S ESTATE

regular 3.7 | large 4.2

long black, latte, flat white, cappuccino, mocha, chai latte

short black 3

macchiato, piccolo 3.5

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decaf, bon soy, lactose free, almond milk +0.50

extra shot +0.50

ICED LATTE 4.2

HOT CHOCOLATE 4.2

NUTELLA HOT CHOCOLATE 5.5

BOUNTY HOT CHOCOLATE 5.5

HOUSE MADE ICED TEA 5.5

TEA BY T2

bottomless 3.7

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english breakfast, earl grey, chai, chamomile,

peppermint, sencha green

MILKSHAKES

TRADITIONAL / chocolate, strawberry, banana,
caramel OR vanilla 6

ACAI / acai, banana, strawberries, almond milk,
oats, honey 9

GREEN / avocado, spinach, kale, banana,
almond milk, honey 9

BLUEBERRY / blueberry, coconut milk, honey,
banana, natural yoghurt 8

MANGO / mango, coconut, vanilla icecream,
milk, honey 8

MOCHA / coffee, chocolate, banana, ice cream,
skim milk, hazelnut praline 8

SMOOTHIES

ADD PROTEIN TO YOUR SMOOTHIE 2

chocolate, vanilla or cookies & cream

FRESHLY SQUEEZED JUICE

MAKE YOUR OWN 7.5

orange, apple, pineapple, carrot, kale,
cucumber, watermelon, celery, mint,
ginger

COLD DRINKS

330ml coke variety 4

san pellegrino 500ml 5

bottled spring water 3

fuze iced tea 4.2

ovi water 4.5

deepspring mineral water 4

kumboucha 6

lemon lime biters 4.2

ginger beer 4.2

SEE DRINKS FRIDGE FOR A
VARIETY OF OTHER DRINKS

ALCOHOLIC BEVERAGES

BOTTLED BEER/CIDER

peroni 7

james squire 'one fifty lashes pale ale' 7

corona 7

asahi super dry 7

james boags 'premium light lager' 6

5 seeds clear apple cider 6

PINOT GRIGIO / 'mcwilliams' on the grape vine
2016 8 / 34

SAUVIGNON BLANC / 'oyster bay' marlborough
2016 8.5 / 36

CABERNET SAUVIGNON / 'penfolds' koonunga hill
2015 8.5 / 36

SHIRAZ / 'wynns' coonawarra
2015 8.5 / 36

WINE