



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 14

EGGS ON TOAST / poached, scrambled or fried, toast of choice 8 add bacon 4

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

BREKKIE BURGER / grilled italian sausage, bacon, fried egg, spinach, roasted peppers, hollandaise sauce, milk bun 12

BREAKFAST BOWL / grilled halloumi, quinoa, spiced lentils, currants, walnuts, roasted pumpkin, baby spinach, lemon dressing, poached eggs 15

BAKED EGGS / eggs baked in nap sauce, crispy chorizo, roasted peppers, shanklish cheese, herb crumb, soy & linseed toast 16

BUTTERMILK PANCAKES / buttermilk pancakes, mixed berry marmalade, whipped cinnamon ricotta, pistachio praline, maple syrup 14

ZUCCHINI FRITTER / crispy zucchini, halloumi & corn fritter, honey pumpkin puree, smoked salmon, roasted tomato & buttermilk dressing, 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, SMOKED SALMON, ITALIAN SAUSAGE / 4

HASH BROWN, AVO SMASH, MUSHROOMS, GRILLED TOMATO / 3

ADDITIONAL EGG / 2

KIDDIES

EGG ON TOAST / 5

PLAIN PANCAKES, NUTELLA PANCAKE SANDWICH / 8

PENNE NAPOLITANA / 8

CHICKEN NUGGETS & CHIPS, CHEESEBURGER & CHIPS / 10

LUNCH

SOUP OF THE DAY / served with toast 9

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

LAMB BURGER / grilled lamb pattie, eggplant babaganoush, cheese, spinach, tabouli & tzatziki, milk bun, chips 16

AUSSIE BEEF BURGER / grilled beef pattie, tomato, cheese, beetroot, pineapple, grilled onions, lettuce, tomato ketchup, milk bun, chips 16

BRISKET SANDWICH / pulled beef brisket, kilpatrick bacon, battered pickles, slaw, american cheese, toasted sourdough, chips 16

SPAGHETTI PRAWNS / sautee'd prawns, capers, olives, baby spinach, chilli, garlic, olive oil 17

PENNE OSSO BUCCO / veal osso bucco ragu, tomato, gremolata crumb, parmesan 17

GNOCCHI GORGONZOLA / gorgonzola cream, walnuts, spinach, herbs, parmesan 16

CHICKEN SALAD / grilled chicken breast, quinoa, sweet potato, cashews, zucchini ribbons, sultanas, mixed leaves, balsamic vinaigrette 16

BEEF SALAD / shaved roast beef, snowpeas, roasted peppers, almonds, orange, israeli cous cous, mixed lettuce, horseradish 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, confit garlic & potato puree, saute spinach, tomato & black olive salsa 22

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

SIRLOIN STEAK / grilled sirloin steak, baked potato galette, honey roasted carrots, mushroom & red wine gravy 24

GARLIC BREAD / 2 slices 4

CHIPS / aioli 4

SWEET POTATO FRIES / aioli 5

vegetarian, vegan and gluten free options are available

southern ridge st - 9620 2598
teloepa pl - 9620 2138
orders@industrialharvest.com.au
industrialharvest.com.au
@industrial_harvest
industrial harvest

WE CATER!

Enquire with
our friendly staff.

'SEE OUR SPECIALS BOARD FOR WEEKLY SPECIALS'



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

HOT CHOCOLATE 4.2

NUTELLA HOT CHOCOLATE 5.5

BOUNTY HOT CHOCOLATE 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

BOYSENBERRY / boysenberries, ice cream,
honey, milk 8

BANANA / banana, cinnamon, honey, oats,
ice cream, milk 8

HEALTH KICK / kale, banana, pineapple, yoghurt,
peanut butter, honey, almond milk 9

PEAR & CHAI / poached pear, apple, chai, honey,
toasted oat praline, milk 9

ADD PROTEIN TO YOUR SMOOTHIE 2

SMOOTHIES

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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

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 / 'mc'williams' on the grape vine
2016 8 / 39

SAUVIGNON BLANC / 'oyster bay' marlborough
2016 8.5 / 41

CABERNET SAUVIGNON / 'penfolds' koonunga hill
2015 8.5 / 41

SHIRAZ / 'wynns' coonawarra
2015 8.5 / 41

WINE