



ENJOY THE CAFE VIBE WITH OUR VERY OWN CRAFT ROASTED COFFEE, GROOVE PRESS - AN INTRICATE, COMPLEX SOURCED BLEND, DESIGNED FOR MILD TO MEDIUM STRENGTH

GROOVE PRESS CUP PROFILE:

Velvety Body, Milk Chocolate, Toasted Cashews, Sweet Spice, Lingering Honey Finish

JOIN THE Groove CLUB

SIGN UP TODAY

Grab your card in store & receive great offers

GRAB YOUR CARD

AND ACTIVATE ONLINE

* Not a member? Simply ask our friendly staff to join up today. Members must present their club card when ordering to receive monthly offers & more.

e.v.o.o EXTRA VIRGIN OLIVE OIL ☞ SIGNATURE DISH

DIETARY REQUIREMENTS V Vegetarian GF Gluten Free

Whilst all care is taken when catering for special requirements, we cannot guarantee an allergy free environment. Please note that within the premises we handle nuts, seafood, shellfish, sesame seeds, wheat flour, eggs, fungi, meat, onion, garlic & dairy products. For any other dietary requests, please alert our staff to assist with your menu choices.

Please NO BILL SPLITTING - ONE BILL PER TABLE

* A surcharge of 15% applies on public holidays on all food & beverage

BREAKFAST MENU UNTIL 11:30 AM

*SERVING TIMES MAY VARY FROM STORES

START THE DAY

GRANOLA

Slow toasted muesli mix, with nuts, seeds, coconut, mixed berry compote & sweetened yoghurt 9.50

FRESH FRUIT SALAD

With sweetened yoghurt 9.50

FRENCH TOAST

With maple syrup, cinnamon & icing sugar 9.90
With grilled banana 2.00 EXTRA

TRIPLE STACK PANCAKES

With mixed berry compote, maple syrup & icing sugar 12.90
With ice cream 2.00 EXTRA

TOAST SELECTION

White, sourdough, multigrain, fruit (contains nuts) with assorted jams & spreads 5.90

GLUTEN FREE TOAST GF

With a choice of assorted jams & spreads 6.50

GRILLED HAM, CHEESE & TOMATO TOASTIE

Good old classic with smoked ham, tasty cheese & tomato 8.90

BACON, EGG & CHEESE FOCACCIA

With barbeque sauce 10.90

EGGS AND MORE

EGGS ON TOAST V

Choice of poached, scrambled or fried on toasted sourdough 8.50
With bacon 12.50

SPANISH SAVOURY EGGS ☞

Scrambled eggs, chorizo, semi-dried tomatoes, Spanish onion, & kalamata olives on toasted sourdough 15.90

EGGS BENNY

Poached eggs with hollandaise sauce on an English muffin
With smoked ham 14.90 or With bacon 15.90

BREKKY BURGER

Bacon, egg, avocado, tasty cheese, wild rocket, a hash brown & tomato relish 13.90

FOREST MUSHROOMS V

Sautéed exotic mushrooms, goats cheese & e.v.o.o on toasted sourdough 15.90

CORN FRITTERS

Grilled fritters, smoked salmon, wild rocket, poached eggs, lime & coriander yoghurt 16.90

SMASHED AVOCADO WITH SEEDS V

Avocado, Danish feta, parsley, toasted sunflower & pepita seeds on sourdough with lemon & e.v.o.o 12.90

BURRITO WRAP V

Spiced beans & cheddar scrambled eggs in a tortilla wrap, topped with tomato salsa, sour cream, guacamole, jalapeños, fresh coriander & e.v.o.o 13.90

HEARTY VEGETARIAN V

Poached eggs, mushrooms, tomato, baby spinach, boston beans & a hash brown on toasted multigrain 14.90

THE WHOLE GROOVY HOG ☞

Fried eggs, bacon, Italian pork sausage, tomato, onions, mushrooms & a hash brown on toasted sourdough 17.90

HIGH RISER OMELETTE

On toasted sourdough with a choice of up to 4 fillings: 14.50
· Smoked Ham · Bacon · Cheese · Tomato · Mushrooms · Onions
· Danish Feta · Kalamata Olives · Capsicum · Spinach · Chorizo

*OUR SCRAMBLED EGGS & OMELETTES CONTAIN DAIRY

Groovy EXTRAS

Egg.....2.50	Minute Steak.....6.50
Tomato.....2.50	Hollandaise Sauce.....2.50
Bacon.....4.00	Fried Onions.....2.00
Spinach.....3.00	Hash Brown.....2.50
Avocado.....3.50	Boston Beans.....3.00
Italian Pork Sausage...3.50	Smoked Salmon.....5.00
Mushrooms.....3.00	Gluten Free Toast.....2.50
Smoked Ham.....3.00	

FOCACCIAS UNTIL 5 PM

SMOKED SALMON

Cream cheese, capers, Spanish onion & mesclun salad 16.90

GRILLED CHICKEN

Avocado, mayonnaise, mushrooms, semi-dried tomatoes & tasty cheese 14.50

PUMPKIN & SPINACH V

Roasted pumpkin, spinach, chickpeas, roasted red capsicum & Danish feta 13.90

B.L.A.T

Grilled bacon, lettuce, avocado, tomato & mayonnaise 14.50

Add CHIPS

Add chips to your order 5.50 EXTRA

*ALL OF OUR FOCACCIAS ARE SERVED WITH SALAD

COFFEE AND CAKE ALL DAY

*CAKE SELECTIONS MAY VARY FROM STORES

INDIVIDUAL CAKES & YOUR FAVOURITE COFFEE for a selection of tempting individual cakes please see our cake display in store



WOOD FIRED RESTAURANT CAFE & BAR

1300 GROOVE WWW.GROOVETRAIN.COM.AU

Facebook.com/thegroovetrainau Instagram.com/groovetrainau

KIDS BREKKY

SCRAMBLED EGGS V

Scrambled eggs served on sourdough toast 6.90

FRIED EGG V

On sourdough toast 6.90

BEANS ON TOAST V

Baked beans on sourdough toast 6.90

MUFFIN BURGER

Egg & bacon on a toasted English muffin 6.90

STACK PANCAKES

2 stack pancakes with maple syrup & vanilla ice cream 6.90

TOAST TRIANGLES

White, sourdough, multigrain or raisin served with assorted jams, vegemite, Nutella, peanut butter or honey 4.90

GLUTEN FREE TOAST GF

Toast triangles (2 slices) served with assorted jams, vegemite, Nutella, peanut butter or honey 5.90

KIDS EXTRAS 2.00 EACH

· Bacon · Egg · Hash Brown · Avocado · Gluten Free Toast

KIDS MENU FROM 11:30 AM

IceCream & TOPPING * EVERY KIDS MEAL COMES WITH A DESSERT OF VANILLA ICE CREAM & TOPPING

MARGHERITA WOOD FIRED PIZZA V

Napoli sauce & mozzarella (no herbs) 12.50

TROPICAL WOOD FIRED PIZZA

Smoked ham, pineapple pieces, Napoli sauce & mozzarella 12.50

SPAGHETTI BOLOGNESE

With traditional Bolognese sauce 12.50

PENNE NAPOLETANA V

With traditional Napoli homemade tomato base sauce 12.50

*GLUTEN FREE PASTA GF 4.00 EXTRA

BEEF OR CHICKEN BURGER WITH CHIPS

Choice of beef pattie or chicken tenderloins with lettuce, cheese & tomato sauce 12.50

GRILLED CHICKEN FILLET WITH CHIPS

Crumbed chicken tenderloins 12.50

FISH & CHIPS

Battered fish fillet, served with chips 12.50

GRILLED FISH

With steamed vegetables & jasmine rice 12.50

FRIED CALAMARI WITH CHIPS

Lightly dusted with seasoned flour & fried 12.50

KIDS SIDES 3.00 EACH

· Mixed Veggies · Chips · Garden Salad

KIDS DRINKS 3.00 EACH

· Kids Juices · Milk Shakes · Hot Chocolate · Iced Chocolate

*ALL KIDS MENUS ARE FOR CHILDREN 12 YEARS & UNDER