

# Bear & Bean



MON – FRI 7:30AM – 3PM  
SAT & SUN 8:00AM – 2PM  
Little Ryrie Street Car Park

## BREAKFAST

### LOADED TOAST (v) 19

Roast pumpkin, date molasses, middle eastern spiced chickpeas, spinach, poached eggs

### HOUSE MADE CORN BREAD 22

Corn bread, bacon, poached eggs, broccolini, semi dried tomatoes, maple and chipotle butter

### HOUSE BAKED BEANS 22

Baked beans, pulled pork, spinach, sourdough, poached eggs

### SMASHED AVOCADO (v) 20

Sourdough, smashed avocado, goat's feta, heirloom tomatoes

### GRANOLA (v) 14

Served with yoghurt and poached winter fruits, choose from:

- Almond, apricot, and date granola
- Nut and chia granola

### TOAST – Sourdough or GF 7 / 8

Honey jam, peanut butter or vegemite on 2 slices sourdough, or gluten free toast

### THE BEAR 26

Toasted sourdough, free range eggs, goat's cheese, bacon, heirloom tomatoes, spinach, relish

### FREE RANGE EGGS ON TOAST (v) 12

Poached or scrambled on toasted sourdough or gluten free toast

### BREAKY ROLL 12

Free range egg, bacon, spinach, cheddar, relish, herb mayo on a milk bun (*also available at lunch from the cabinet*)

### BREAKY FOR THE LITTLE PEOPLE

1 egg on toast	7
Bubby baked beans with toast	8
Mini granola (v)	8

### EXTRAS

1 free range egg – poached or scrambled	3
Bacon	5
Avocado	5
Haloumi, goat's cheese, spinach	4
Relish	1

### BREAKFAST BOX 1 16

Includes:

- *Granola or Breaky Roll*
- Regular coffee, tea, or juice

### BREAKFAST BOX 2 22

Includes:

- Choice of *Loaded Toast or Smashed Avocado*
- Regular coffee, tea, or juice

## LUNCH

### DAILY SANDWICHES 10/12

*See the cabinet for today's sandwiches*

### SOUP OF THE DAY 12

*See Specials Board for today's ingredients*

### DAILY SALAD – Small / Large 9 / 14

Add goat's cheese	4
Side salad for lunch items	4

### LUNCH BOX 1 18

Includes:

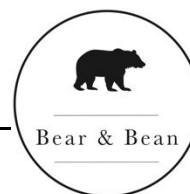
- Choice of *Soup of The Day, Daily Salad* or one of our sandwiches
- One item from *House Made Sweets*
- Regular coffee, tea, soft drink, or mineral water

### LUNCH BOX 2 23

Includes:

- Choice of one of our daily cabinet specials
- One item from *House Made Sweets*
- Regular coffee, tea, soft drink, or mineral water

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## COLD DRINKS

### SMOOTHIES

Protein & Greens	12
Banana, spirulina, protein powder, flaxseed meal, baby spinach, green tea, strawberries, soy milk	
Choc Banana Maple	10
Banana, chocolate, maple syrup, dates, peanut butter, milk	
Berry Coconut	10
Mixed berries, yoghurt, dessicated coconut, rosewater, coconut milk	

### ICED

Iced Coffee / Iced Chocolate	8
Iced Latte / Iced Long Black	5.5

### COLD DRINKS FRIDGE

Mineral Water	4
Coconut Water	4.5
Hepburn Soda	5
Emma & Tom's Juice	6
Kombucha	6

## HOT DRINKS

### COFFEE

Latte, Cappuccino, Flat White, Long Black*, Long Macchiato*, Hot Chocolate	4 / 4.5
Mocha	4.5 / 5
Magic	4.5
Piccolo	3.5
Short Black*, Short Macchiato*	3
Soy Milk, Almond Milk	+ 50c
Extra shot	+ 50c
<i>*Single Origin – See the board for our current origin</i>	

### LOVE OUR COFFEE?? ... YOU CAN BUY OUR BEANS

250gm	10
1kg	32

### TEA

Chai – Bear & Bean's own blend, made inhouse	4.5
Dirty Chai	5
Earl Grey	4
English Breakfast	4
Lemon & Ginger	4
Moroccan Mint Tea	4.5

## HOUSE MADE CAKES

BANANA BREAD	5
PUMPKIN & DATE BREAD	5
WALNUT & ALMOND CAKE (gf)	6
CHOCOLATE BROWNIE (gf)	6
ORANGE, COCONUT & POPPYSEED CAKE (gf)	5

*\*\*\*Check the cabinet for today's selection\*\**

*Availability & choices of sweets will vary from day to day*



## CATERING & FUNCTIONS

*We cater for all sorts of events*

*Birthdays, business lunches, weddings, celebrations and more!  
In our comfortable café space or at your location.  
Please speak with our manager.*