

GAS

BREAKFAST

MON-FRI 7AM-12PM / SAT-SUN 8AM-2PM

POACHER'S PARADISE (V/GF) \$10

The best free range eggs poached to perfection, served with toasted Turkish bread or multigrain sourdough.
(For extras, see below)

MEDITERRANEAN MADNESS \$19

A not so crazy fry up known as 'fritanga'. A delicious combo of bacon rashers, skewered lamb & mint sausages, marinated fetta cheese, Gas house-made baked beans topped with a free range fried egg & Gas chutney, served with toasted Turkish bread or multigrain sourdough.

MORE THAN AN OMELETTE \$19

A mucho grande Spanish tortilla... made with free-range eggs, chorizo, fresh herbs, bacon rashers, balsamic & harissa glazed trussed tomatoes, served with toasted Turkish bread or multigrain sourdough.

MIDDLE EASTERN EGGS (V/GF) \$18.5

Pan cooked with stewed tomato topped with grilled halloumi & paprika with toasted Turkish bread or multigrain sourdough.

Add Bacon rashers +\$5

REAL BAKED BEANS (GF) \$14.5

It's all in the slow cooking of authentic ingredients... Cannellini beans, butter beans, fresh tomato and smoked ham, served with toasted Turkish bread or multigrain sourdough.

Add a poached egg +\$2.5

SUPERFOOD BREAKFAST SALAD (V/GF) \$19.5

Pumpkin, ricotta & quinoa fritter, avocado, sauteed spinach, grilled mushrooms, and caramelised cherry tomatoes topped with two poached eggs and a sprinkle of superseeds.

LATIN AMERICAN SCRAMBLED EGGS (V/GF) \$16.5

Free range eggs with a south of the border vibe, classically scrambled and folded with freshly cooked baby spinach, fetta & harissa, served with toasted Turkish bread or multigrain sourdough.

LA GAS FRENCH TOAST (V) \$11.5

One of our signature dishes that starts with traditional French brioche and a dusting of cinnamon sugar & can delectably finish with...

Grilled salted caramel banana +\$3

Maple syrup +\$1

Bacon rashers +\$5

A GREEK KNOCKOUT (V/GF) \$9

Smashed fresh avocado and ktipiti; a Greek style capsicum and fetta dip lightly tossed with smashed avocado, smothered on a slice of toasted Turkish bread or multigrain sourdough.

Add a free range poached egg +\$2.5

Add bacon rashers +\$5

Gas eatery & supplies 253 Coventry street, South Melbourne

Phone 03 9690 0217 Fax 0396900218 www.gaseatery.com.au

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HOT BREAKFAST SARNIE \$12.5

Toasted multigrain sourdough with bacon rashers, a fried egg and house made tomato and capsicum chutney.

A TOASTY BREAKFAST

SWISS CHEESE & CHIVE MELT (V/GF) \$10.5

Served with toasted Turkish bread or multigrain sourdough.

Add trussed tomato +\$2

Add shaved ham +\$2

TOASTS WITH TASTE (V/GF) \$7.5

Your choice of toasted Turkish bread, multigrain sourdough or GoGF gluten free multigrain served with your choice of Yarra Valley raspberry jam, Yarra Valley Seville marmalade, Vegemite, organic peanut butter or organic honey.

JUICY VINE RIPENED FRUIT BREAD (V) \$9

Toasted and served with a whipped honey and vanilla bean ricotta spread or Yarra Valley raspberry jam.

EXTRA GOOD EXTRAS

Prime, quality ingredients and produce.

Bacon rashers +\$5

Half avocado topped with aioli

Pumpkin, ricotta & quinoa fritter (GF)

Grilled Greek lamb & mint sausage on a skewer +\$4.5

Pan fried chorizo

Mushrooms infused with fresh thyme and sage

Truss tomatoes grilled and served with basil

Wilted baby spinach served with a lemon wedge

House-made baked beans - slow cooking of authentic ingredients. Cannellini beans, butter beans fresh tomato and smoked ham. +\$4.5

Pan fried haloumi cheese with lemon +\$4

Marinated fetta cheese

House-made Greek hummus +\$3

House-made Babaganoush

House-made tomato & capsicum chutney

Toasted Turkish bread +\$4

Toasted multigrain sourdough

GoGF seeded gluten free bread +\$6

GAS

POWER BREAKFAST

Oats, grains, pulses and other good stuff.

GAS ROASTED MUESLI (V) \$7

House-made roasted blend of oats, hazelnuts, pepitas, sesame seeds, sultanas & honey.
(Personalise your bowl by selecting from the 'Add Ons' below)

GAS NATURAL MUESLI (V) \$7

House-made natural blend of oats, bran, coconut, apricot, sultanas, roasted walnuts and almonds.
(Personalise your bowl by selecting from the 'Add Ons' below)

GREEK THICKENED YOGHURT (V/GF) \$10.5

Served with Turkish rose water, pistachios, honeycomb & poached rhubarb.

GAS SALTED CARAMEL BANANA PORRIDGE (V) \$13.5

Gas rolled oats porridge, topped with salted caramel banana and flaked almonds. Served with chilled milk.

PALEO CHIA SEED BREAKFAST BOWL \$13

A chia seed pudding made with almond milk topped with mango, berries, apple and banana, sprinkled with superfood seed mix.

Add a housemade side of granola +\$3

GAS APPLE & PASSIONFRUIT BIRCHER MUESLI (V) \$12.5

Gas house-made bircher layered with apple slaw, roasted hazelnuts, berries & sunflower seeds.

ADD ONS

Jug of full cream milk	+\$1.2
Jug of skinny milk	+\$1.2
Jug of Bonsoy soy milk	+\$1.8
Jug of almond milk	+\$1.8
Organic Coconut Milk	+\$1.8
Greek yoghurt	+\$2.5
Fresh banana	+\$2
Poached rhubarb	+\$2
Grated apple	+\$2
Side of house-made natural muesli	+\$4
Side of house-made roasted muesli	+\$4

GAS

FOR THE KID IN ALL OF US...

GAS FAMOUS FRENCH TOAST \$6.50

With Brioche dusted in cinnamon sugar served with maple syrup.

SCRAMBLED EGGS \$6.50

Free range eggs lightly folded & served with toasted Turkish or Sourdough

HAM AND CHEESE MELT \$6.50

Served on toasted Turkish or Sourdough

DRINKS

Fresh Orange Juice / Apple Juice	\$4
Hot chocolate with marshmallows	\$3.50
Old fashioned Choc/Malt Milkshake	\$4

BEVERAGES

COFFEE

Allpress Supremo®	\$3.8
Espresso	
Double espresso	
Latte	
Cappucino	
Piccolo	
Short macchiato	
Long macchiato	
Mochaccino	\$4.5
Iced coffee	\$6
Iced chocolate	\$6
Iced mocha	\$6
Iced chai latte	\$6.5
Pheonix organic	\$4.2
Chai latte	
Kali hot chocolate	\$4.5
/ Western Africa	
Bonsoy Premium soy milk	+\$0.6
Almond breeze	+\$0.6
Barista blend almond milk	
Organic coconut milk	+\$0.6

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GAS

COLD DRINKS

Tiro 330ml \$3.5
Flavoured sparkling
waters available

LOOSELEAF TEA

Oriental Teahouse \$4
English breakfast
Earl grey
Gen mai cha
Peppermint
Lemongrass & ginger
Vanilla & jasmine
Baked apple sencha

COCKTAILS

Bellini \$9
Dal Zotto prosecco
Dash of fresh orange juice

Bloody mary \$12
42 below vodka +

Virgin mary \$8
Tomato juice
Horseradish
Lemon juice
Tabasco
Celery stick
Green olive