

BREAKFAST / All day



TOAST

sourdough or seeded toast w/ choice of butter/ jam/ peanut butter / vegemite (Ve, VG, GFO)

FRUIT TOAST

raisins, apricots, prunes w/ citrus curd (V)

COCONUT & CHIA PUDDING

house made almond granola, berry compote served w/ seasonal fruit (V, Ve)

MUSHROOM TOAST

thyme mushrooms on sourdough w/ sautéed kale & spinach, roasted seeds, saffron infused hummus & feta (vegan option served w/ tofu, V, GFO)

GREEN BREAKFAST SALAD

sautéed broccoli, kale, spinach, zucchini, roasted almonds, feta & avocado w/ a poached egg (vegan option served w/ tofu, VO, GF)

BREAKFAST BURGER

cevapi sausage, swiss cheese, spinach, relish, mayo, fried egg, bacon on brioche bun served w/ hash browns

BAKED BEANS

house-made baked beans w/ spinach, avocado & feta on sourdough toast (GFO, VeO, V)

7.0

7.5

17.5

18.0

18.5

16.0

17.5

AVOCADO TOAST

seeded toast w/ mixed seeds, marinated feta, dukkah, saffron infused hummus & crispy kale (VeO, V, GFO)

+ free range eggs

+ smoked salmon

+ grilled halloumi

+ bacon

HUEVOS (SPANISH BAKED EGGS)

bell pepper, tomato, onion, spices & pecorino cheese w/ seeded toast (V, GFO)

+ traditional spanish chorizo

PANCAKE STACK

butterscotch sauce, hibiscus & rosewater meringue, ice cream, persian floss & seasonal fruit

+ bacon

BIG BREAKFAST

cevapi sausage, haloumi, bacon, grilled tomatoes, hashbrown, ajvar relish, poached eggs on sourdough

CHILLI SCRAMBLE

asparagus, crispy shallots, fresh chilli, parsley, feta & sambol oelek w/ toast (V, GFO)

17.5

2.5

4.5

3.0

4.5

16.5

4.5

17.5

4.5

21.0

18.0

HALOUMI & CAULIFLOWER FRITTERS

w/ sweet potato, beetroot hummus, crispy chickpeas, chard, avo & poached egg (V, GF)

NEW YORK BAGEL BENEDICT

toasted bagel topped w/ wilted spinach, poached eggs, house made hollandaise sauce (GFO, V)

w/ bacon

w/ bbq pulled pork

w/ smoked salmon

EGG BACON & CHEESE TOASTIE

sourdough, fried egg, house-made relish, cheese & bacon (GFO)

EGGS ON TOAST

free range – poached, scrambled or fried (GFO, V)

ADD ONS

+ salmon/ bacon/ cevapi/ chorizo

+ smash avo/ hashbrown/ mushroom/ grilled haloumi/ baked beans

+ grilled tomatoes/spinach/feta

+ free range egg/ajvar/hollandaise

+ gluten free bread

+ jam, curd/peanut butter /toast

18.0

13.0

16.5

16.5

16.5

10.5

9.5

4.5

4.0

3.0

2.5

1.5

1.0

Please advise if you have allergies or dietary requirements
— THANK YOU, FW.

V- Vegetarian, Ve- Vegan, GF- Gluten Free, O- Option



LUNCH / All day



BURRITTO BOWL 18.5
w/ brown lime rice, avo, purple cabbage, chargrilled corn, spiced black beans, pickled capsicum, spinach & tortilla chips (Ve, GF)
+ chicken 4.5

GREEN GODDESS SALAD 17.5
w/ broccolini, asparagus, edamame beans, avo, wilted kale, pumpkin & chia seed crackers & green herb dressing (Ve, V, GFO)
+ tofu 4.5

WINIFRED WAGYU BURGER 18.5
housemade 130gm patty, cheddar, cos lettuce, tomato, FW special sauce, pickle, on brioche bun w/ fries (GFO)

TEXAN COUSIN BURGER 18.5
southern style spiced chicken, lettuce, cabbage slaw, tomato, pickled mayo, on a brioche bun w/ fries
*** Burger Night Favourite ***

SWISS BROWN MUSHROOM BURGER 17.5
mushroom patty, lettuce, swiss cheese, beetroot hummus, tomato, alfalfa w/ fries (V, VeO)

SOFT SHELL TORTILLAS 18.5
w/ spicy crispy chicken, avocado, chilli & corn salsa, chipotle aioli & slaw

OPEN LAMB SOUVLAKI 18.5
8 hour slow cooked lamb, pita bread, greek salad, tzatziki w/ fries

FRIES 7.5
w/ aioli

FROM OUR DISPLAY

VEGAN PASTRY ROLL 7.0
sweet potato, lentils & spices

QUICHE W/ RELISH 7.0

SAUSAGE ROLL 7.0

SAVOURY MUFFIN 6.0

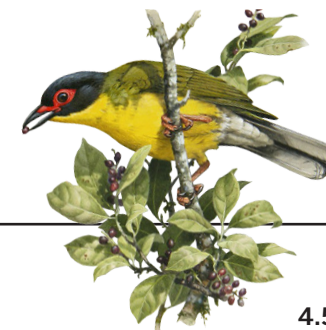
CAKES, SLICES & OTHER SWEETS AVAILABLE

TOASTIES ON SOURDOUGH

- cheese & tomato 7.0
- chicken & avo w/ lettuce & aioli 11.5
- ham & cheese 7.0
- ham, cheese & tomato 7.5
- mushroom & cheese 8.5
- avocado & cheese 9.0
- bacon & tomato 8.5
- bacon & egg 8.5
- BLAT 11.0



KIDS



TOAST (White bread) 4.5
w/ choice of butter/ jam/ vegemite/ nutella /peanut butter

FAIRY BREAD 4.0

HAM & CHEESE TOASTIE 4.5
served on white bread

SCRAMBLED EGGS ON TOAST 8.0

KIDS HOT CAKES 10.5
w/ ice cream, maple syrup & persian floss

NUGGETS & FRIES 9.0

KIDS OJ 3.0

KIDS MILKSHAKE 4.5
w/ cream and sprinkles

BABYCHINO 1.0
w/ marshmallow, sprinkles & choc

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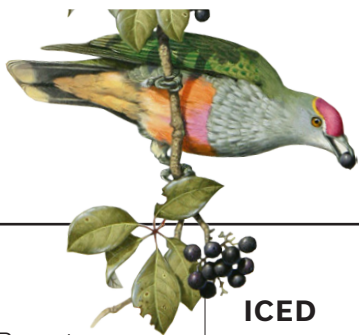
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 @fwmovement

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DRINKS



COFFEE

by All Press Coffee Roasters

WHITE 4.0

- café latte
- flat white
- cappuccino
- piccolo
- long/ short macchiato

affogato 4.5

BLACK 3.8

- espresso
- long black
- + large 0.7
- + soy 0.5
- + almond milk 0.7
- + lactose free milk 0.5
- + honey 0.2
- + triple shot 0.3

OTHER

- hot chocolate 4.0
- mocha 4.0
- babychino w/ marshmallow & sprinkles 1.0

ICED

- iced coffe w/ cream + ice cream 6.5
- iced chocolate w/ cream + ice cream 6.5
- iced latte 4.0
- iced long black 3.8

TEA by T-BAR

ORGANIC 4.0

- english breakfast
- peppermint
- green

OTHER TEA 4.0

- ayurvedic balance tea
- earl grey- blue flower
- ginger & lemongrass
- camomile

CHAI by Calmer Sutra (fresh wet tea)

- chai latte 4.0
- chai tea 4.0
- dirty chai (w/ coffee shot) 4.5
- + large 0.7

NUTRITIONAL LATTES

by Jomeis Fine Foods

- regular latte 4.5
- + large 0.7
- Beetroot/ Turmeric/ Matcha/ Cacao/ Minty Cacao (Ve,V,GF)

BOTTLED

- voss still water 4.0
- coke/ no sugar 3.0
- lemon lime bitters 4.0
- CAPI mineral water 4.0

MARKET JUICE 5.0

COLD PRESSED (Bottled 250 mL)

ORANGE JUICE 4.0

HEALTHY HUMANS (400 mL) 5.5

SHAKES w/ ice cream & cream

- Milkshake 7.0
- Thickshake 8.0
- Kids Shake 4.5
- Peanut Butter/ Espresso (NEW)/ Nutella/ Chocolate/ Strawberry/ Vanilla

SPARKLING 4.0

by CAPI

- Lemonade/ Cranberry/ Lemon

SMOOTHIES

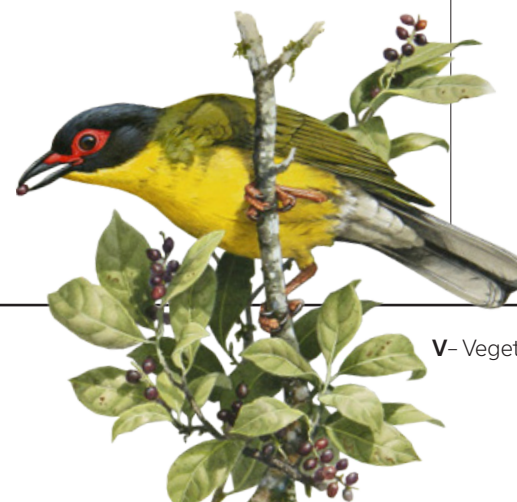
- **Snickers Smoothie** 8.5
almond milk, dates, banana, peanut butter, cacao (Ve, V)
- **Green Goodness** 8.5
mango, spinach, coconut milk, pea protein, banana (Ve, V)
- **Berry Licious** 8.5
raspberries, skinny milk, honey pea protein, banana

SAVE A TURTLE

Having a drink?
Take a seat and avoid using a
single use takeaway cup!



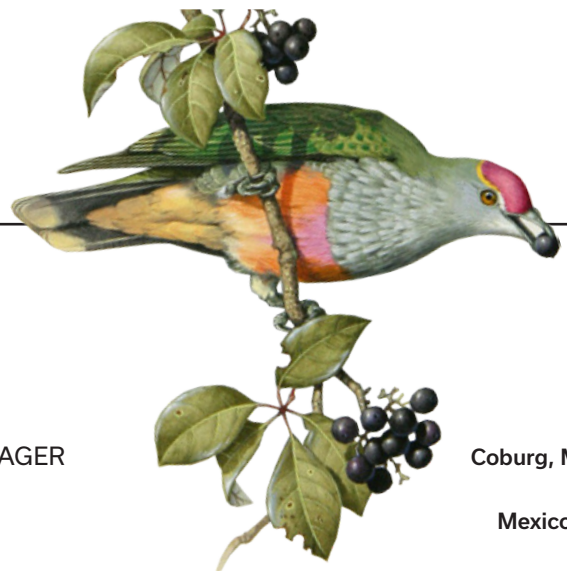
@fwmovement



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ALCOHOL



WINES

WHITE

		Glass	Bottle
GEORGIE ORBACH CHARDONNAY <i>peach & melon flavours with hint of oak</i>	Riverina, NSW	8.0	32.0
GEORGIE ORBACH SAUVIGNON BLANC <i>passionfruit & cut grass aromas with flavours of clean crisp acid</i>	Riverina, NSW	8.0	32.0
SIDE GATE MOSCATO <i>one for the sweet tooth</i>	Clare Valley, SA	8.5	34.0

RED

SIDE GATE SHIRAZ <i>full bodied plum and pepper</i>	Clare Valley, SA	8.5	34.0
GEORGIE ORBACH CABERNET SAUVIGNON <i>blackberry fruit with velvet finish</i>	Riverina, NSW	8.5	34.0
SIDE GATE PINOT NOIR <i>soft ripe berry with hint of oak</i>	Clare Valley, VIC	8.5	34.0

BEERS

COBURG LAGER	Coburg, Mel	8.0
CORONA	Mexico	7.5
BRIDGE RD BEECHWORTH PALE ALE	Beechworth, Vic	8.5
BALTER PILSNER	Currumbin, Qld	8.5
FURPHY REFRESHING ALE	Geelong, Vic	8.5
FURY & SON PILSNER	Keilor Park, Melb	8.5

CIDER

YARRA VALLEY PURE APPLE	8.5
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