

BENNY & ME

CAFE & BAR

25-29 Rose Street,
Essendon VIC 3040

f Benny & Me @bennyandmeca

gf = gluten free, df = dairy free, v = vegetarian, Veg = vegan. Any dietary concerns please notify staff.

BREAKFAST

Toast 8.0

White, Multigrain, Sourdough or Fruit toast
2 slices with your choice of spread of see extras
gluten free +1

Eggs Your Way v, gfo, dfo 12.0

Poached/fried/scrambled on sourdough
gluten free +1

Granola w Vanilla Panna Cotta v.. 15.9

w Berry compote & strawberries

Porridge v 12.5

w Caramelised rhubarb, blueberries & honey

Acai Bowl v, gfo, df 18.0

Acai smoothie, mixed berries and banana w
kiwi fruit, honey granola clusters, chia seeds,
shredded coconut, peanut butter & strawberries

Stacked Belgian Waffles v 15.5

Two Belgian waffles w berries,
maple syrup & ice cream

Smashed Avo v, gfo, dfo vego 19.5

w Roast pumpkin hummus, cherry tomato,
fetta, dukka, balsamic glaze & poached eggs
add bacon +5

Corn & Zucchini Fritters v,gfo,dfo. 19.0

w Beetroot & tomato relish puree,
halloumi & a poached egg

Chili Scramble gfo 16.5

Onion, capsicum, chilli, parmesan on sourdough
add bacon or chorizo +5

Mr Benny gfo, dfo 18.0

Spinach, hollandaise, poached eggs w a choice
of bacon or pulled pork or salmon
add hashbrown +3

Benny's Brekky gfo, vfo 20.0

Includes eggs, field mushrooms, roast tomato,
spinach, beans & hash brown
*Go Big: add bacon or sausage +5
or other extras see below*

SOMETHING ON THE SIDE

Spinach, Egg, Hash Brown, Beans 3.0

Feta, Mushrooms, Tomatoes,
Avocado, Kale 4.0

Halloumi, sausage, chicken,
chorizo, smoked salmon & bacon 5.0

LUNCH

Poke Bowl v, gf, df 18.0

Brown rice, poached egg, salmon, edamame
beans, avocado, carrot, kale w chipotle mayo
chicken option available

Pumpkin Risotto gf, v, dfo 19.0

Roasted pumpkin, pesto, spinach
& pine nuts *add chicken +5*

Bruschetta to Share v, gfo 16.0

Tomato, Spanish onion, salsa on lightly toasted
bread w pesto and fetta & glaze

Home Made Burger gfo 19.0

Beef patty, pickles, tomato, lettuce, aioli
& cheese in a Brioche bun w a side of chips
add egg +3 / add bacon +5

Open Lamb Souvlaki 18.5

Grilled lamb gyros, tzatziki, cherry tomatoes,
cucumber, lettuce, Spanish onion on a pita

BLAT gfo, dfo 17.5

Bacon, cos lettuce, avocado, tomato
& relish w a side of chips

Chicken Parma 21.0

House made chicken Schnitzel, napoli sauce,
w ham, mozzarella, salad & chips

SUPER SALADS

Roasted Cauliflower Salad v, gf, veg. 18.0

Roasted Cauliflower, Chickpeas, fetta, pine nuts
and pomegranate seeds w Romesco dressing
add chicken or salmon +5

Benny's Super Salad v, gf, veg 18.0

Quinoa, chia, kale, almonds, walnuts, flax seeds.
Chickpeas, berries and French dressing
add chicken or salmon +5

FOR THE LITTLE ONES

12 years
& under

Eggs Your Way v, gfo, df 8.0

Poached/fried/scrambled
on sourdough or gluten free

Avocado on Toast 8.0

Kids Burger & Chips 8.0

Pancake v 8.0

w Seasonal fruits & ice cream

EASY EATS

Assorted Toasties from 7.0

Assorted Wraps 12.0

Bowl of Chips v 8.5

With your choice of 1 dipping sauce
additional sauces +1.0

See our display fridge for other delicious items

CATERING AVAILABLE FOR ALL OCCASIONS

See our staff for more details / enquiries!

Kitchen closes daily at 2.30pm. Public holiday surcharge of 15% will apply.

COFFEE

Short Black	3.7
Long Mach, Piccolo, Short Mach	4.2
Latte, Cappuccino, Flat White	4.2
Hot Chocolate	4.2
Vanilla Spice Chai	4.2
Mugs	5.2
Iced Coffee, Iced Chocolate	6.0
Iced Latte	4.5 / 6.0

Add Shot +0.50

Add Syrup Vanilla, Caramel, Hazelnut +0.50

Add alternate milks – soy, almond, oat and

Lactose Free - +0.70

TEA

English Breakfast, Malabar Chai, Earl Grey, Green, Lemon & Ginger Peppermint, Chamomile	4.5
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COLD DRINKS

Coke, Coke Zero, Solo, Lemonade	3.0
Bottled Water	3.0
Organic Flavoured Mineral Water	4.0
Kombucha	5.0
Orange or Apple Juice Bottled	4.5

SMOOTHIES

Berry Good Workout	8.0
Mixed berries, ice cream, milk	
Basic Banana	8.0
Banana, ice cream, honey & milk	
Gym Junkie	8.0
Banana, strawberries, yoghurt, honey & milk	

THICK SHAKES

Chocolate, Vanilla, Caramel Strawberry or Blue Heaven	8.0
Choc Chip Cookie, Flake & Oreo	8.5

MILK SHAKES

Chocolate, Vanilla, Caramel Strawberry or Blue Heaven	7.0
Kids	5.0
<i>Alternative milks add+1</i>	

FRESHLY SQUEEZED JUICES

Only Orange	8.0
Sweet Sunrise	8.0
Orange, Watermelon & Pineapple	
Cleanser	8.0
Carrot, Ginger, Beetroot, Apple, Lemon	
Organic Green	8.0
Spinach, Celery, Ginger, Apple, Cucumber	

BEER

300mL / 500mL

On Tap

Peroni	8.5 / 12.0
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Assorted bottled beer/cider ... from 7.0

BASIC SPIRITS

ROSE

glass / bottle

Rose, Nuits Folles, Languedoc, France	9.0 / 36.0
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WHITE WINE

glass / bottle

House White, Sauvignon Blanc.....	8.0 / 32.0
Sauvignon Blanc, 821 South, Marlborough, NZ	10.0 / 40.0
Riesling, Adelina, Eden Valley, SA	48.0
Pinot Grigio, La Maschera, Limestone Coast SA	9.0 / 36.0
Pinot Gris, Kooyong Beurrot Mornington Peninsula, VIC	50.0
Chardonnay, Mount MacLeod, Gippsland, VIC	11.0 / 44.0
Chardonnay, Austins, Geelong, VIC	65.0

RED WINE

glass / bottle

House Red, Shiraz	8.0 / 32.0
Shiraz, Boucher, Heathcote VIC	11.0 / 44.0
Shiraz, Yangarra, McLaren Vale, SA	68.0
Pinot Noir, The Stag, St Huberts, Yarra Valley VIC	10.0 / 40.0
Pinot Noir, Gippsland Wine Co, Gippsland, VIC	50.0
Grenache Shiraz Mevedra Soul Growers Equilibrium Barossa SA	48.0

SPARKLING

glass / bottle

House Sparkling	8.0 / 32.0
Brut, Redbank Emily, King Valley VIC	9.0 / 44.0
Prosecco, 6Ft 6, King Valley VIC	11.0 / 49.0
Premium Cuvee, Jansz, TAS	58.0

COCKTAILS

A variety of cocktails available from \$14