

# TILT RYDE MENU

Sydney Premium Cafe

## FOOD MENU

### Brunch

#### AÇAÍ BOWL \$20.00

Açaí berry purée, seasonal berries, banana, baked muesli, coconut flakes & chia seed (V)

#### BLOWOUT BREAKFAST \$25.00

Toast, smoky baked beans, chorizo, bacon, sautéed mushroom, hash brown, smashed avocado and choice of eggs — swap chorizo and bacon to grilled halloumi or sautéed kale (VO)

#### TILT OMELETTE \$22.00

Choose three fillings with mozzarella cheese, served with toast and side salad with Japanese dressing

#### EGGS ROYALE (On Special) \$22.00

*This is 10% OFF*

English muffin, smashed avo, smoked salmon, poached eggs, hollandaise (VO, GFOR +2)

#### CORN FRITTERS \$23.00

Homemade corn fritters with smashed avocado, homemade chilli mayo, poached egg and side salad with Japanese dressing (V)

#### FRENCH TOAST \$23.00

Brioche, egg, cinnamon, whipped nutella, berry coulis, seasonal berries, banana, biscoff crumble (V)

#### EGGS YOUR WAY \$13.50

Served on toast with butter — poached, scrambled or fried (\*GFOR +2)

#### AVO STACK (Store Recommended) \$20.00

Thick toast with smashed avocado, smoked salmon, two poached eggs, hollandaise sauce, chilli flakes, fried kale — swap smoked salmon to bacon, ham or sautéed kale (VO)

#### VERDANT BREAKFAST \$23.00

Brioche bread coated with egg mixture, seasonal berries, caramelized banana, ice-cream, Biscoff crumbs and maple syrup (V)

*For (TILT OMELETTE):*

*Tilt Omelette options: (Cherry tomato, sautéed kale), (Caramelized onion, sautéed mushroom), (Ham, bacon or chorizo)*

*For (EGGS YOUR WAY):*

*Bread Option: White Sourdough, Soy Linseed, Gluten Free (+2) +\$2.00*

*Extras: CHEESE 1 SLICED +\$1.00, HASH BROWN +\$4.00, SMASHED AVOCADO +\$5.00, BACON 2 RASHES +\$6.00, SMOKED SALMON +\$6.00, GRILLED CHICKEN +\$5.50, HALLOUMI 2 PCS +\$6.00, VANILLA ICE CREAM +\$3.00, CARAMELIZED ONION +\$3.50, SAUTEED MUSHROOM +\$5.00, CHERRY TOMATO +\$4.50, CHORIZO +\$5.50, SIDE SALAD +\$5.00, EGG +\$3.00, HAM 3 SLICES +\$5.00, SMOKY BAKED BEANS +\$3.00, SAUTEED KALE +\$4.00, HOLLANDAISE SAUCE +\$2.00*

*For (BLOWOUT BREAKFAST, EGGS ROYALE, CORN FRITTERS, FRENCH TOAST, AVO STACK, VERDANT BREAKFAST):*

*Bread Option: White Sourdough, Soy Linseed, Gluten Free (+2) +\$2.00*

### Burgers and Rolls

#### OZ BEEF BURGER \$23.00

Brioche bun, beef patty, sliced cheese, bacon, caramelised onion, beetroot, tomato, mixed lettuce, premium burger sauce, served with side of chips

#### K.F.C BURGER \$23.00

Brioche bun, fried chicken with spicy Korean sauce (mild), Asian coleslaw, sliced cheese, kewpie mayo, gherkin, served with side of chips

#### BAE ROLL \$16.50

Brioche bun, bacon, fried egg, hash brown, sliced cheese & choice of sauce (BBQ / tomato / chilli / aioli / sweet chilli) (\*GFOR +2)

#### B&E ROLL \$12.50

Brioche bun, bacon, fried egg & choice of sauce (BBQ / tomato / chilli / aioli / sweet chilli) (\*GFOR +2)

### Main

#### FISH & CHIPS \$25.00

Crispy battered flathead fillets, side of chips & salad with Japanese dressing, served with tartar sauce & lemon

#### CHICKEN & CHIPS \$25.00

Southern fried chicken, side of chips & salad with Japanese dressing

### Sandwich

#### HCT TOASTIE \$11.50

#### REUBEN \$14.00

Sourdough with sauerkraut, beef pastrami, sliced cheese & thousand island sauce

#### PORTUGUESE CHICKEN \$14.00

Sourdough with grilled Portuguese chicken, mixed lettuce, tomato, Portuguese mayo & sliced cheese

### Wraps

#### BREKKIE WRAP \$16.50

Spinach wrap with chorizo, grilled halloumi, scrambled eggs, caramelised onion, mixed lettuce & BBQ sauce

#### MUSHROOM WRAP \$16.50

Spinach wrap with sauteed mushroom, grilled halloumi, scrambled eggs, smashed avocado, caramelised onion, mixed lettuce & aioli sauce

#### PESTO CHICKEN WRAP \$7.50

Spinach wrap with pesto mayo chicken, mixed lettuce, tomato, red onion & sliced cheese

#### FRIED CHICKEN WRAP \$17.00

Spinach wrap with fried chicken, mixed lettuce, smashed avocado, tomato, mozzarella cheese & homemade chilli mayo

#### PERI-PERI CHICKEN WRAP \$7.50

Spinach wrap with peri-peri mayo chicken, mixed lettuce, tomato, red onion & sliced cheese

V: Vegetarian | VO: Vegetarian Option | GFOR: Gluten-Free on request  
Please tell staff about food allergies. Ingredient substitutions are not possible.

A 10% surcharge applies during public holidays.

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2/22 Blenheim Rd, North Ryde NSW 2113 | 02 7901 8827



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For (PESTO CHICKEN WRAP, PERI-PERI CHICKEN WRAP):  
Wrap Size: H, F +\$6.50

For (FRIED CHICKEN WRAP):  
Wrap Add-ons: Add Chips +\$4.00

## Salad

### **TILT SALAD** **\$20.00**

Mixed lettuce, avocado, cherry tomato, green apple, carrot, feta cheese, Japanese dressing

### **POKE BOWL SALAD** **\$23.00**

Soba noodle, corn salsa, edamame, carrot, cucumber, avocado, crispy chilli oil, Japanese dressing

*For (all in this category):*

*Salad Protein options: Fried chicken, Smoked salmon, Halloumi*

## Little Champ's Menu

### **CHAMP'S NUGGETS** **\$13.00**

Six pieces of nuggets with chips and tomato sauce

### **CHAMP'S BEEF BURGER** **\$15.00**

Brioche bun, beef patty, sliced cheese, tomato sauce, served with chips

### **CHAMP'S BREKKIE** **\$13.00**

Sourdough with scrambled eggs and one rasher of bacon

## Snacks

### **CHIPS** **\$8.00**

Choice of sauce: BBQ, tomato, chilli, aioli or homemade chilli mayo

### **NUGGET & CHIPS (12 PCS)** **\$16.00**

12 pieces of nuggets with choice of sauce: BBQ, tomato, chilli, aioli or homemade chilli mayo



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# DRINK MENU

## Hot Drinks

Espresso	\$4.80
Piccolo	\$4.80
Macchiato	\$4.80
Long Black (S)	\$4.80
Long Black (L)	\$5.50
Flat White (S)	\$4.80
Flat White (L)	\$5.50
Latte (S)	\$4.80
Latte (L)	\$5.50
Cappuccino (S)	\$4.80
Cappuccino (L)	\$5.50
Mocha (S)	\$6.00
Mocha (L)	\$6.50
Hot Chocolate (S)	\$6.00
Hot Chocolate (L)	\$6.50
Batch Brew (S)	\$6.00
Batch Brew (L)	\$6.50
V60 (S)	\$8.50
Matcha Latte (L)	\$6.50
Chai Latte (L)	\$7.00
Babycino (S)	\$2.50

For (Espresso, Long Black (S), Long Black (L), Batch Brew (S), Batch Brew (L), V60 (S)):  
Coffee Add-ons: Extra Shot +\$0.70, Vanilla Syrup +\$0.70, Caramel Syrup +\$0.70, Hazelnut Syrup +\$0.70, Decaf +\$0.70

For (Hot Chocolate (S), Hot Chocolate (L), Matcha Latte (L), Chai Latte (L)):  
Milk Choice: Oat (+\$1) +\$1.00, Soy +\$1.00, Almond +\$1.00, Lactose Free +\$1.00

For (Piccolo, Macchiato, Flat White (S), Flat White (L), Latte (S), Latte (L), Cappuccino (S), Cappuccino (L), Mocha (S), Mocha (L), Babycino (S)):  
Milk Choice: Oat (+\$1) +\$1.00, Soy +\$1.00, Almond +\$1.00, Lactose Free +\$1.00  
Coffee Add-ons: Extra Shot +\$0.70, Vanilla Syrup +\$0.70, Caramel Syrup +\$0.70, Hazelnut Syrup +\$0.70, Decaf +\$0.70

## Cold Drinks

Iced Latte (S)	\$6.00
Iced Latte (L)	\$7.00
Iced Long Black (S)	\$6.00
Iced Long Black (L)	\$6.50
Iced Coffee	\$7.50
Iced Mocha	\$7.50
Iced Chocolate	\$7.50
Iced Chai Latte	\$7.50
Iced Matcha Latte	\$7.00
Cold Brew	\$7.00
Iced Strawberry Matcha Latte	\$8.00
Iced Strawberry Latte	\$7.50
Iced Strawberry Ade	\$7.00

## Tea

English Breakfast	\$6.00
Earl Grey	\$6.00
Green Tea	\$6.00
Lemongrass Ginger	\$6.00
Peppermint	\$6.00
Tea drop	\$6.00

## Bottled Juice

Pure Orange	\$9.50
100% Pure Australian Valencia Oranges	
Tropical Bliss	\$9.50
Orange, Mango, Passion fruit & Lucuma	
Immunity	\$9.50
Carrot, Orange, Pineapple, Celery, Lemon & Turmeric	

## Smoothies

Acai	\$12.00
Mixed Berry	\$10.00
Mango	\$10.00
Banana	\$10.00

Smoothie Extras: Peanut Butter +\$3.00, Whey Protein +\$3.00

## Milkshakes

Vanilla Milkshake (R)	\$5.50
Vanilla Milkshake (L)	\$6.50
Strawberry Milkshake (R)	\$5.50
Strawberry Milkshake (L)	\$6.50
Caramel Milkshake (R)	\$5.50
Caramel Milkshake (L)	\$6.50
Chocolate Milkshake (R)	\$5.50
Chocolate Milkshake (L)	\$6.50



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