

# DERRIMUT NUTRITION BAR

SHOP 22, 16A KEILOR PARK ROAD,  
KEILOR EAST 3033

Monday-Friday 6AM – 3PM | Saturday 7AM – 1PM

## BREAKFAST

### Eggs on Toast **\$11.9**

2 poached, fried, or scrambled eggs, on sourdough or multigrain toast.

**Poached:** CAL: 264 | P: 12g | C: 31g | F: .5g

**Scrambled:** CAL: 284 | P: 3.6g | C: 31g | F: 10.6g

**Fried:** CAL: 274 | P: 12g | C: 31g | F: 14g

### Toast **\$7.9**

Sourdough / multigrain / gluten free / raisin toast with one spread of your choice.

Spread: Vegemite, Peanut Butter, Nutella, Honey, Jam

**Sourdough:** CAL: 189 | P: 5g | C: 31g | F: .5g

**Multigrain Toast:** CAL: 157 | P: 5g | C: 29.8g | F: 1.2g

**Gluten Free Toast:** CAL: 166 | P: 1.0g | C: 32g | F: 3.2g

**Raisin Toast:** CAL: 181 | P: 6.4g | C: 32.7g | F: 1.7g

### Spanish Omelette **\$19.9**

With chorizo, onion, chilli, capsicum and feta served with sourdough toast.

CAL:484 | P:29.8g | C:47g | F:19.7g

### Smashed Avocado **\$21.9**

Served on sourdough toast with cherry tomatoes, feta, toasted seeds and a poached egg.

CAL:633 | P:19.8g | C:52g | F:38.5g

### Smoked Salmon Benedict **\$22.9**

Smoked salmon, smashed avocado, and on an English muffin, topped with poached eggs & home-made hollandaise sauce

CAL:543 | P:33g | C:24g | F:35g

### Breakfast Burger **\$16.9**

Bacon, folded egg, cheese, and chipotle mayonnaise served in a brioche bun.

CAL:572 | P:27.2g | C:28.5g | F:38.8g

### Big Breakfast **\$24.9**

Two fried eggs, bacon, hash brown, mushroom, sausage and grilled tomato served with sourdough bread.

CAL:746 | P:36g | C:78.2g | F:36g

### Big Veggie Breakfast **\$19.9**

Two fried eggs, hash brown, mushroom, beans, spinach, grilled tomato and feta served with sourdough bread.

CAL:630 | P:23.35g | C:77.5g | F:25.1g

### Baked Eggs **\$16.9**

2 eggs baked in a red sauce with feta and sourdough bread on the side

CAL:352 | P:18g | C:34g | F:16g

### Pancakes (V) **\$12**

served with butter and your choice of side

Side: Ice-cream, Honey, Maple Syrup, Nutella

CAL:668 | P:14g | C:60g | F:18g

## SIDES //BREAKFAST

Feta **\$3**

Extra Egg **\$3**

Tomatoes **\$3**

Baby Spinach **\$3**

Avocado **\$3**

Mushroom **\$3**

Bacon **\$4**

Grilled Chicken **\$5**

Smoked Salmon **\$5**

## LUNCH

### Chicken & Mushroom Carbonara Pasta **\$20**

Tender chicken breast in a creamy carbonara sauce with penne pasta

CAL:281 | P:44g | C:51g | F:49g

### Chicken Parma **\$22.9**

crumbed chicken breast topped with red sauce, ham & mozzarella. Served with chips and salad

CAL: 923 | P: 49g | C: 80g | F: 53g

### Chicken Schnitzel **\$20.9**

crumbed chicken breast. Served with chips and salad

CAL: 833 | P: 49g | C: 80g | F: 53g

### Chicken Burger **\$19.9**

Grilled chicken, cheese, tomato, lettuce, aioli. Served with chips or salad

**with chips:** CAL: 772 | P: 41g | C: 42g | F: 58.9g

**with salad:** CAL: 490 | P: 39g | C: 32.9g | F: 22g

### Derrimut Burger **\$19.9**

with 200g prime beef patty with lettuce, cheese, tomato chutney & aioli. Served with chips or salad

**with chips:** CAL: 1211 | P: 59.20g | C: 78g | F: 73.60g

**with salad:** CAL: 883 | P: 50g | C: 48g | F: 54.60g

## SIDES //LUNCH

### Bowl of Chips **\$8.9**

CAL:307 | P:4.0g | C:30g | F:19g

### Bowl of Wedges **\$12.9**

with Sour Cream & Sweet Chilli

CAL:280 | P:4.0g | C:40g | F:10g

### Sweet Potato Chips **\$10.9**

with Garlic Aioli

CAL:400 | P:2g | C:57g | F:18g

## SALADS

– IN CABINET

### Grilled Chicken Salad (GF) **\$16.9**

With roasted beetroot, feta, segmented orange, sweet potato, slivered almonds, rocket, dried cranberries and citrus soy dressing.

CAL:479 | P:40g | C:55g | F:11g

### Pesto Pasta Salad **\$15.9**

with penne pasta served cold with sun dried tomato, roasted pumpkin, roasted peppers, baby spinach, fresh basil in a basil Pesto Dressing.

CAL:584 | P:15g | C:77g | F:24g

### Sweet Potato Salad **\$15.9**

with caramelised oven roasted sweet potatoes on a bed of rocket leaves, with creamy feta cheese, crushed walnuts, and sundried tomato.

CAL:375 | P:15.5g | C:55g | F:10.4g

### Greek Salad **\$15.9**

with red onion, olives, cucumber, tomatoes, feta cheese, oregano & olive oil

CAL:202 | P:13.32g | C:6.44g | F:13.86g

## KIDS MENU

//up to age 8\*

### Eggs on Toast **\$6.9**

one egg on sourdough bread

### Pancakes (V) **\$6.9**

served with butter and your choice of side

Side: Ice-cream, Honey, Maple Syrup, Nutella

### Chicken Nuggets and Chips **\$6.9**

### Napoletana Pasta **\$6.9**

\*nutritional values are approximately measured



# ACAI BOWLS

**Berry Licious** **\$13.9**  
Strawberry / Blueberries / Kiwi  
With options: Chopped nuts, Seeds, Cacao

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**Peanut Butter** **\$14.9**  
Banana, Raw Peanut Butter  
With options: COYO coconut yoghurt, seeds, Cacao, Peanut Butter sauce

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**Nutella Chocnana** **\$14.9**  
Banana, Nutella, Dark Chocolate, Strawberries  
With options: Chopped nuts, Seeds, Cacao

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# SMOOTHIES

**Nik's Pick** **\$11**  
Vanilla Protein + Oats + Peanut Butter + Dates + Banana + Honey + Ice  
P: 48.9 | E: 876cal | C: 116.9g | F: 19.9g

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**Snickers Delight** **\$9**  
Chocolate Protein + Nutella + Dates + Peanut Butter + Ice  
P: 37.7 | E: 459cal | C: 35g | F: 19g

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**Banana Berry Blast** **\$9**  
Mixed Berries + Banana + Vanilla Protein + Ice  
P: 36.5 | E: 253cal | C: 22g | F: 1.2g

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**Caribbean Crush** **\$8**  
Coconut Water + Mango + Orange Juice + Pineapple + Ice  
P: 2g | E: 146cal | C: 30.5g | F: 0.4g

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**Fresh Juice single** **\$7**

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**Fresh Juice mixed** **\$8.5**

# COFFEE

Short Black **\$3.5**

Short Macchiato **\$3.5**

Long Macchiato **\$4.5** **\$5.5**

Latte **\$4.5** **\$5.5**

Cappuccino **\$3.5** **\$5.5**

Piccolo **\$3.5**

Tea **\$4**  
Honey Dew Green / Earl Grey / English Breakfast Lemongrass & Ginger / Chamomile

Mocha **\$5** **\$6**

Chai **\$5** **\$6**

Hot Chocolate **\$4.5** **\$5.5**

Baby Chino **\$1**

Iced Coffee **\$6.5**

Iced Chocolate **\$6.5**

# ADD-ONS

**Syrups** **\$1**  
Caramel / Vanilla / Hazelnut

**Milk** **\$1**  
Oat / Almond / Soy

# COLD DRINKS

Powerade **\$4.5**

Water 750ml **\$5**

Sparkling water **\$4.5**

Coke **\$4.5**

Coke Zero **\$4.5**

Sprite Zero **\$4.5**

Protein RTD **\$6.5**


Power Surge **\$6**

Monster **\$5**

Disorder **\$6**

## DERRIMUT NUTRITION BAR

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