

meraki

ALL DAY MENU

MON-FRI 7AM-2:30PM

SATURDAYS- 8AM-12:30PM

Hey there, so great to have you here. When you're ready, our friendly staff are ready to take your order up at the counter.

BACON AND EGG CORNROLL / 18

Milawa corn roll, triple smoked bacon, scrambled eggs, sliced cheese, rocket, caramelised red onion and balsamic chutney, rocket and smokey mayo.

*GF available (+3.5)

*BACON AND EGG CORNROLL COMBO (with regular coffee) / 20

BREAKFAST TACOS / 17

Triple smoked bacon (Veg alt. Mexican beans), scrambled eggs, salsa, smashed avocado, chipotle mayo, coriander and spring onions. (2 per serve). *GF available

MERAKI HAM TOASTIE / 16

Borella Butchery smoked leg ham, sliced tomato, spinach, tasty cheddar & mayo mix.

Gluten free bread +3

*Can be made vegetarian

CHICKEN TOASTIE / 16

Chicken breast, baby spinach, avocado, herby mayo, tasty cheese.

Gluten free bread +3

*Can be vegetarian

KIDS MENU

Ham and Cheese Toastie / 8

Chicken and Cheese Toastie / 8

Sourdough Toast with butter and your choice of, Vegemite, Honey or Peanut Butter / 6

OUR SMASHED AVO / 20

Sourdough, smashed avo, zaatar, lemon, olive oil, Danish Feta, beetroot, chili & mint (V)

Gluten free bread +3

- add boiled egg +2
- add ham +2.5
- add salmon +3

MANGO AND PASSIONFRUIT COCONUT CHIA PUDDING / 13 (READYMADE)

w/ Coconut chia pudding layered with mango and passionfruit, topped with strawberry chia jam, coconut yoghurt, (GF, can be DF)

CHAI AND CARAMELISED APPLE OVERNIGHT OATS /15 (READYMADE)

w/ chai and coconut soaked oats, layered with caramelised apples, coconut yoghurt, topped with flaked almonds (DF)

PEANUT BUTTER SMOOTHIE / 17

Peanut butter, frozen banana, spinach, dates, almond milk, toasted seed & nut mix

+Scoop of protein powder+2

ACAI BOWL / 16

w nutty maple granola topping, seasonal fruit & toasted coconut

+ Add peanut butter \$2

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AVAILABLE 10AM-2:30PM

SATURDAYS 8AM-12:30PM

Hey there, so great to have you here. When you're ready, our friendly staff are ready to take your order up at the counter.

SOUP OF THE DAY / 18

All soups are handmade, loaded with vegetables and nourishing goodness of Meraki stock, served with sourdough toast and butter. (Please ask staff what the soup of the day is).

Gluten Free bread and butter +1.50

CURRY OF THE DAY / 23

A firm favourite in cooler months, we make our own paste, add Meraki stock & vegetables, making a perfect warming bowl. Served with white rice, garnishes and Greek yoghurt. (Please ask staff what the curry of the day is).

WARM BOWL CHOICES

***No modifications**

SMALL / 22 (single serve or 3 side serves)

LARGE / 27 (single serve or 5 side serves)

XLARGE / 50 (up to 12 side serves)

SLOW COOKED BEEF WITH MEXICAN STREET CORN SALAD

Slow cooked beef (Mexican beans for vego), mixed rice, charred corn, black beans, jalapeno, red capsicum, spring onion, coriander and corn chips served with a Mexican dressing, Chipotle Dressing and Greek yoghurt (GF, DF)

CHICKEN, ROAST VEGETABLE AND FETA SALAD WITH MAPLE DIJON DRESSING

Roast veg and feta salad with roast chicken breast, maple dijon dressing - topped with feta and seeds. (GF)

KOREAN CHICKEN BOWL

Crispy baked (not fried) chicken, warm rice, salad mix of spinach, grated carrot, capsicum, cucumber, red onion, garnish with coriander, Japanese mayo, sesame seeds, peanuts and Korean gochujang sauce (GF, DF) (contains nuts)

CHICKEN SATAY SOBA NOODLE SALAD

Roast chicken breast, soba noodles, slaw, cucumber, capsicum, peanuts, spring onions, fried shallots, satay dressing. (DF)

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DRINKS

HOT COFFEE

MILKY Reg / 5 Large/5.5

Latte
Cappuccino
Flat White
Piccolo
Mocha
Hot Chocolate
Sticky Chai Large/7
Turmeric Chai/ 7
Dirty Chai (With Coffee) Reg/6.5 Large/7.5
Babycino /2

Long Black
Short Black /4
Double Espresso /4.5
Long Macchiato
Short Macchiato

MILK ALTERNATIVES + 60c

Almond
Lactose Free
Oat
Soy
Extra Shot +50c
Decaf +50c

COLD COFFEE

ICED LARGE / 5.5

Latte
Chocolate
Black
Cold brew

ICED CHAI / 7

PEANUT BUTTER SMOOTHIE /17

Protein powder + 2
See breakfast menu for full description.

CHILLED (FROM THE FRIDGE)

Kombucha-Assorted Flavours / 6
Nootropics- Assorted Flavours / 7
Allies Juice-Assorted Flavours/ 6.50
San Pellegrino / 4.50
Mount Franklin / 3

LOOSE LEAF TEA Large / 5

T2 English Breakfast
T2 Jasmine Green Tea
T2 Early Grey Tea

Herbal Tea Blends by Ardor Albury

• **Radiance**

Ginger; calming, digestive supportive, anti inflammatory
Lemongrass; anti fungal, anti bacterial
Hibiscus; antioxidant, soothes irritated tissue
Nettle; anti histamine, energy booster, lactation support

• **Digest**

Peppermint; antispasmodic, soothes digestive discomfort
Fennel; circulatory tonic, calming, anti inflammatory
Ginger; calming, digestive supporting, anti inflammatory
Liquorice; anti arthritic, anti allergenic, harmoniser

• **Vitality**

Ginger; calming, digestive supportive, anti inflammatory
Peppermint; anti spasmodic, soothes digestive discomfort
Liquorice; anti arthritic, anti allergenic, harmoniser

• **Bliss**

Chamomile; calming, anti inflammatory
Passionflower; supports healthy sleep, soothing
Lavender; strengthens nervous system, calming
Rose; rejuvenating, full of Vitamin C and antioxidants

Serving Coffee
MON- FRI 7AM-3:30PM
Saturday 8am-12:30pm



SOUPS (ALL GF, DF)

- Healing Chicken
- Nourishing Chicken
- Immune Boosting
- Pea and Ham

MINI MERAKI FAVOURITES

12 x Chicken Nuggets (GF)

12 x Chicken Poppers (GF)

LASAGNES

- Healthier Beef Lasagnes (GF available)
- Vegetarian Lasagne (GF available)

MAINS (ALL GF, DF)

- Slow Cooked Beef Massaman Curry
- Slow Cooked Beef Ragu
- Beef Meatballs with Tomato Sauce
- Balinese Peanut Chicken Curry with Caramelised Pineapple
- Satay Chicken and Vegetables
- Thai Green Chicken Curry
- Vietnamese Chicken Curry
- Healthier Butter Chicken and Veg

MEALS FOR ONE (Served with Rice/Veg) (ALL GF, DF)

- Beef Meatballs with Tomato Sauce
- Balinese Peanut Chicken Curry with Caramelised Pineapple
- Satay Chicken and Vegetables
- Thai Green Chicken Curry
- Vietnamese Chicken Curry
- Butter Chicken and Veg
- Healthier Beef Lasagne



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