

# MY GRANDMA BEN

## All Day Brunch

### Paddington Crumpets

Two house-made crumpets served with butter and our own orange marmalade (v) **11**

### Fruit Bread

House-made with local fruit + nuts, served with butter and our own orange marmalade (v) **12.5**

### Overnight Oats

Kangaroo Island oats with chia seeds, maple syrup and fig, ginger + lemon compote topped with house nutty cocoa granola (vgn) **17**

### Avo on Toast

Avocado on sourdough toast, pickled cucumbers, house kraut, fermented hot sauce and dill (vgn) + Add 2 poached eggs + 4.5 **21**

### Malaysian Style Dahl

Spiced chana + masoor dahl with coconut, chilli and fried curry leaves, served with roti on the side (vgn) + Add 2 poached eggs + 4.5 **22**

### Carp Rilette Bagel

Rillettes made with Meningie carp, shallots, parsley + capers served on a seedy bagel and topped with our zucchini pickles and fresh herbs **23**

### Roo Shakshuka

Two free-range eggs cooked in spiced roo bolognese with capsicum, tomato + preserved lemon, topped with yoghurt, fetta, herbs + served with sourdough toast **23**

### Brekkie Sanga

Bacon, sunny side up fried egg, mozzarella + house-made smoky capsicum relish on a toasted brioche bun **16**  
+ Add hash browns + 4.5

## Toasted Sandwiches

All toasties made with sourdough bread and served with our spicy Italian pickles, choose from: **15**

- Roo bolognese, pecorino + onion jam
- Mushroom pâté, pecorino + onion jam (v)
- Zucchini pickles, leg ham, + cheddar
- Kimchi, spring onion, mozzarella + cheddar (v)
- + Add 2 poached eggs + 4.5

## Kids Menu

Free-range eggs on buttered toast (choose from poached, fried or scrambled) **9/12**  
1 egg / 2 eggs

- Sliced avocado on sourdough toast **12**
- Crumpets with butter + honey **11**
- Cheese toastie (mozzarella + cheddar) **12**
- Leg ham + cheddar toastie **14**

## Build your own Brekkie

Free-range poached, fried or scrambled eggs (+\$1 for scrambled) on The Lost Loaf sourdough, dusted with native seasoning + served with our zucchini pickles **13+**

### Add a side of:

- Hash browns (gf, vgn) **+ 4.5**
- Garlic roasted mushrooms (gf, vgn) **+ 4.5**
- Half avocado (gf, vgn) **+ 4.5**
- Haloumi (gf, v) **+ 5**
- Bacon (gf) **+ 6**
- House kraut / vego kimchi (gf, vgn) **+ 3**
- House fermented hot sauce (gf, vgn) **+ 2.5**
- **Gluten-free bread option: try our house-made sweet potato nut loaf** **+ 3.5**

Add a *side* of our ***pickles*** **OR** preserves to any meal!



**zing!** Zucchini Pickles + 3

**clao!** Spicy Italian Giardiniera + 3

**pow!** Jammy Chilli Oil + 2.5

**BOMBA!** Calabrese Style Chilli + 2.5

**mum!** Smoky Capsicum Relish + 2.5

*All pickles and preserves are gluten free + vegan*

**Check out our shelves + take a jar home with you!**

**Lunch from 11:30am**

See our lunch menu for this week's specials

Find us online

@my.grandma.ben  
mygrandmaben.com

Please let us know of any specific dietary requirements you have and we'll talk you through what we can do.

All card transactions will incur a 1.9% surcharge.

MGB

# MY GRANDMA BEN

At **My Grandma Ben**, we have been *lovingly* serving our community since **2018**.

We're **rebels** of waste and CELEBRATE local abundance by pickling, preserving and **fermenting** our way *across the seasons*.

Whether it's in our **café**, at one of our workShops or through **a jar of pickles**, we're creating a community that's all **FIRED UP** about tasty sustainability and *creating deliciousness* from scratch!

See our **BOOZE** list for cocktails, wine + Beer

We are proudly disposable takeaway cup free! You're welcome to bring your own, or take our cups anywhere in our cups anywhere in Plant 4 or outside to enjoy your drink.

## Coffee by Elementary

### Hot

Short black / long black	4/4.5
Latte / flat white / cappuccino	4.8/5.8
Macchiato / piccolo	4.8
Extra shot	+0.5
Oat, almond, soy, coconut milk	+0.8
Single origin batch brew	5.5
Batch brew refill	4

### Cold

Iced latte (milk, ice + espresso)	5.5/6.5
+ add a scoop of ice cream	+2
Oat, almond, soy, coconut milk	+0.8
Iced filter (black or with milk)	5/6

## Not Coffee

### Hot

Spiced chai latte	5/6
Hot chocolate / mocha	4.8/5.8
Chilli + cardamom hot chocolate	4.8/5.8
Miso caramel latte	4.8/5.8
+ add a shot of coffee	+0.5
Oat, almond, soy, coconut milk	+0.8

### Cold

Wild hibiscus + ginger iced tea	6
House-made kombucha	6
Iced spiced chai latte	5.5/6.5
Iced dirty chai latte	5.5/6.5
Iced chocolate / iced mocha	5.5/6.5
Iced chilli + cardamom chocolate	5.5/6.5
Iced miso caramel latte	5.5/6.5
+ add a shot of coffee	+0.5
Oat, almond, soy, coconut milk	+0.8

## Pot of Tea - by Dandy Tea Co

Ceylon Black	6
French Earl Grey	
Peppermint Please	
Chinese Sencha Green	
Masala Chai	
Immunity [orange, lemon, turmeric, ginger]	
Blossoming Red [wild hibiscus + ginger]	

## Milkshakes

Vanilla / Chocolate / Miso Salted Caramel	7
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## Shrubs (house made sweet-tart sodas made with a splash of apple cider vinegar)

Pear + rhubarb	5.5
Plum + thyme	

## Mischief Brew Sodas

Ginger Ale / Spiced Cola / Tonic / Grapefruit / Lemonade	5
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## Smoothies

Banana Chai - banana, chai spice, roasted almond butter, dates, almond milk (vgn)	9
Raspberry Ripe - raspberry, coconut chocolate gelato, toasted coconut, cocoa powder, dates, coconut milk (vgn)	9.5

## Juice - made in the Adelaide Hills

Orange	5.5
Apple	
Green Juice [spinach, apple, orange, lemon, banana, mango, kiwi]	
Red Juice [apple, pear, banana, carrot, lime]	
All 100% juice, no added sugar	

Find us online

@my.grandma.ben  
mygrandmaben.com

