



BREAKFAST

Toast – sourdough/fruit/rye/gluten free with preserves (v) (gfo) **6.5**

Granola - mixed seed granola, yoghurt, poached fruit (v) **8**

Porridge – house made porridge, poached fruit, roasted almonds (v) **10.5**

Zucchini & Corn Fritters – Deep fried zucchini and corn fritters, poached egg, herbs, spiced Liptauer cheese, zucchini ribbons, coriander (v) **(+salmon 7) 16**

Chorizo Chilli Scramble – 4 egg scramble, pan fried chorizo, pickled peppers , toast, (gfo) **(+bacon 4.5) 16.5**

Bircher- apple juice, yogurt, oats, poached rhubarb, toasted coconut, pecans, seeds and fruit. **9.5**

Egg Mistress – 2 coddled eggs, cheesy potato puree, bacon, chives, toast (gfo) **(+ baked tomato 3.5) 17.5**

Eggs - free range eggs on toast, poached/fried/scrambled **11**

EXTRAS

Bacon	4.5
Mushroom	4.5
Avocado	4.5
House Smoked Salmon	7
Baked Tomato	3.5
Extra Egg	3



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MONDAY - FRIDAY

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(gfo) gluten free opt (v) vegetarian (gf) gluten free

LUNCH

Farro and Roasted Pumpkin Salad – ancient wheat grain, roast pumpkin, fetta cheese, pumpkin seeds (v) **(+ chicken 5) 14**

Green Vegetable Salad– zucchini, roquette, cucumber, sprouted mung beans, avocado dressing, green lentils (v) (gf) **(+ chicken 5) 16.5**

Ricotta Gnocchi – pan fried ricotta gnocchi, sautéed leaves, beet pickle, mung bean sprouts, roasted almonds, parmesan (v) (gf) **20**

Salmon Poke Bowl – smoked salmon tartare, avocado, cucumber, pickled cabbage, tomato, edamame, on rice **(+ poached egg 3) 18**

Chicken Schnitzel – panko crumbed chicken schnitzel, pickled red cabbage and apple, cucumber, mayo, chips **23**

Pesto Linguini Jamon- serrano ham, basil almond pesto, baked tomato, green leaves, spaghetti **22**

Steak Sandwich – **Grilled** beef hanger steak, sourdough bread, tomato lettuce, relish, chips **(+ bacon 3) 22**

Korean Fried Chicken – fried chicken wings, Korean sweet chili sauce pickled carrot, rice **18**

SIDES

Fries w chilli mayo	7
Dressed Leaves	5

CHECK OUT OUR SPECIALS BOARD





DRINKS

Hot Drinks

	Dine in/Sml	Large
White/Black Coffee by St. Ali	4	4.5
Batch Brew	4	4.5
Hot Chocolate/Mocha	4.5	5
Chai Latte (+ turmeric 1 / + coffee (dirty) 0.5)	5.5	5.5
Turmeric Latte	5	5.5
Tea – by Larsen & Thompson	4.5	4.5
English Breakfast / Lemongrass & Ginger / Earl Grey / Green / Peppermint / Chamomile / Chai Tea		

Iced Drinks

Iced Latte	4	4.5
Iced Coffee	-	7
Iced Mocha	-	7
Iced Chocolate	-	7
Iced Chai	-	8
+ Bonsoy		+0.5
+ Lactose Free (Milk Lab)		+0.5
+ Almond Milk (Milk Lab)		+1
+ Coconut Milk (Milk Lab)		+1

Smoothie Bar

Something Banana - Oats, Frozen Yoghurt, Cinnamon, Banana & Bonsoy	9
Blueberry Breakfast – Blueberry, Almond Milk, Oats, Chia, Maple Syrup, Frozen Yoghurt & Cinnamon	9
Macha Amazaki – Banana, Green tea powder, Bonsoy, Amazaki	9
Nutrition Bomb - Raw Cacao, Chia Seeds, Coconut, LSA, Molasses, Banana & Bonsoy	9
Bromelia - Pineapple, Orange Juice & Kale	9

DRINKS

Wine

See specials board for wines by the glass

	Bottle
White	
N.V Yarra Burn Piccolo 200ml Yarra Vallley, Vic	9
N.V Yarra Burn 750ml Yarra Vallley, Vic	35
2015 Pinot Grigio Gran Sasso, Puglia, Italy	30
2014 Sauvignon Blanc Beechworth Wines, Beechworth, Vic	34
2016 Chardonnay Paracombe Adelaide Hills S.A.	44
Red	
2015 Montepulciano Gran Sasso, Abruzzo, Italy	30
2015 Shiraz Grant Burge Benchmark, Barossa S.A.	32
2014 Cabernet Merlot Amberley, Margaret River, W.A.	38
2017 Pinot Noir Wickhams Road Yarra Valley	39

Beer/Cider

Montague Apple Cider	9.5
Peroni	8.5
Menebrea	9
2 Brothers Growler American Brown ale	10
2 Brothers Taxi Pilsner	10
Hawthorn Golden Ale	9
Light Beer	7

Soft Drinks

House Made Lemon Lime Bitters	6.5
Coke/Coke No Sugar/Sprite	4.5
San Pellegrino Aranciata Rossa	4.8
San Pellegrino Limonata	4.8
San Pellegrino Sparkling Mineral Water 250ml/750ml	4.8/7
Montague Sparkling Apple Juice 300ml	3.5

Juice Bar

Healthy Humans Range

Hh Apple juice	6
Hh Orange juice	6
Hh Gorgeous Green – Banana, Pear, Cucumber, Zucchini, Cayenne	6
Hh Ginger Beer – fermented with spices ginger and lemon	6
Hh Living Lemon Soda –fermented lemongrass and living bacteria	6
Hh Living Peppermint Cola –fermented peppermint and living bacteria	6