

ALL DAY MENU

Toasted Dench fruit bread with butter 8

Dench **sourdough or seeded toast**, buttered with Raspberry Jam 8

Switch to Dench gluten-free bread +2

Carrot, ginger and rhubarb **porridge**, made with wild rice, couscous, quinoa and oats, mixed seed crumble (v) 13

Scrambled **egg and bacon roll** with tomato relish 10

Pan fried **Fresh Sardines** Sardines on New York rye, tomato chilli sugo, with Egyptian dukka, preserved lemon, fried capers, fried egg 16.5

Smashed Avocado on toasted olive bread, cashew butter, Persian feta, heirloom tomato salad, breakfast radishes, one poached egg with togarashi spice (v) 16.5

Free Range Eggs, scrambled, poached, fried 10

Poached eggs, **Baba Ganoush**, walnut labna, hot chilli butter, sourdough toast (v) 15.5

Add pan fried **Sobrassada Salami** +6

Buttermilk Pancakes, caramalised banana, french creme patissiere, raspberry, toasted coconut, pistachios, dark chocolate, honey cardamom syrup (v) 18

Organic Chickpea Hummus, sauté seasonal greens, poached egg with Turkish black pepper house made flat bread (v) 16

Dill beetroot and pink peppercorn **Cured Salmon**, sweet potato rosti, wasabi crème fraiche, poached egg (gf) 18

Eggs Benedict, 12 hour slow cooked ham hock fingers with poached eggs, cider hollandaise, compressed apple with snow pea tendrils 18

Add one slice of buttered toast +2.5

Chilli Scrambled Eggs, bacon, spring onions, chilli, parmesan, parsley 16

Broccoli, Zucchini, and Feta Fritters, crushed peas, poached eggs, chilli tomato relish, carrot wafers 16

Add Smoked cheese kransky +6

Louisiana spiced **Pulled Pork Tacos**, caramelized pineapple, corn and black bean salsa, jalapeno mayo 18

Persian **Lamb Koftas**, lemony hummus, flat bread, mint and pomegranate tabbouleh, coconut chilli yoghurt dressing 19.5

Fragrant **Malaysian Chicken Curry**, basmati rice, mango relish and yoghurt 18

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Asian Beef Soba Noodle Salad, sliced pan-fried flank steak, shredded cabbage, sprouts, basil, roasted macadamia nuts with a chilli and lime dressing 19.5

Astroluxe Burger, hand ground beef, bacon, double cheese, tomato, lettuce, pickles, mustard, jalapeños mayo with fries 17.5

Daily Pasta – Check specials

Free range parmesan and parsley **Chicken Schnitzel** on the bone with fragrant slaw served with, dijon, fried capers and lemon 19

Superfood Salad, red & white quinoa, cherry tomatoes, kale, coriander, corn, Persian feta, black turtle beans, mixed seeds, walnuts, gojis, spicy lime vinaigrette (gf, v) 16

Add poached or fried egg +2.5

Add smoked salmon +6

Add cold poached chicken +6

SIDES

Shoe string fries, aioli, tomato sauce 7

Extra free range egg 2.5

Mushrooms, avocado, bacon 4

Gluten-free bread 2

Wilted greens, Smoked salmon 6

Sobrassada salami, Smoked cheese kransky 6

KIDS

Pancakes with banana and maple syrup 7

Green eggs & ham, scrambled eggs with bacon and basil pesto 9.5

Wes-burger, beef patty, cheeses & tomato sauce 9.5

Ham and cheese toastie 7

Astro-kids OJ 5

Astro-kids flavoured milk Chocolate, Vanilla, Strawberry, Caramel 5



Wholesome. Nutritious. Delicious.

FIVE SENSES COFFEE

We use 5 Senses Coffee, a local Melbourne coffee roaster

White blend is Tigtrope – largely sourced from Ethiopia

Stewed fruit and jasmine aroma with layers of vanilla, blueberry and biscuit.

Coffee with milk 4

Single Origin with milk +0.5

Bonsoy, Almond, coconut milk +0.5

Black – Single Origin – YirgZero, Ethiopia

Floral aroma, apricot and peach flavours with a layered juicy-sweet finish

Black 4

Large 4.5

DRINKS

5 Senses Hot Chocolate 4

Larsen & Thompson Tea 4

Prana Chai 5

Mineral Water 600ml 6

Organic Sparkling – Blood Orange 4.5

Chilli, Smoked Cola, Lemon Squash, Ginger Beer

Kombucha – Original, Ginger Lemon 6

A lightly effervescent fermented tea with naturally occurring probiotics

Green with Envy Smoothie, 10

Banana, spinach, kale, cucumber, ginger, lemon, coconut water

Blue Coconut Bliss Smoothie, 10

banana, blueberries, coconut yoghurt, almond milk, honey, chia, cocoa nibs

Milk Shakes 7.5

Vanilla, Strawberry, Caramel, Chocolate

Freshly squeezed **Orange Juice 6.5**

Banana Smoothie, 7.5

Banana, yoghurt, milk, honey, nutmeg

SWEETS

Flourless rhubarb cake 7.5

Carrot cake 7.5

Vegan chocolate and beetroot cake 7.5

Flourless orange cake 7.5

House made muffins 4.5

Sea salted caramel slice 7.5

Dench croissant with Raspberry Jam 7.5

Home made ginger bread 4.5

Selection of pastries 4.5

THOMPSON AND LARSEN TEAS

Good Morning (English Breakfast)

This hearty-flavoured English Breakfast-style Assam blend is strong and golden in the cup and at its finest when taken with milk, however its best exactly the way you like it.

Earl Grey

This blend of Assam teas is flavoured and scented by oil extracted from the rind of the bergamot orange, a fragrant citrus fruit native to southern Italy.

China White Tea – White Peony

The least processed of teas, Whites are believed to contain more antioxidants than any other. Its smooth, clean flavour produces a pale orange tea of exquisite flavour and delicate aroma. Contains low levels of caffeine.

Peppermint

This whole-leaf Polish peppermint offers more of itself to impart a rare subtlety in both flavour and aroma; thought to aid digestion and invigorate tissues.

Green

This Japanese Sencha style green tea is purely Australian. It is grown in the North-East of Victoria. Yellow-green in the cup, Sencha has a mildly astringent grassiness with seaweed overtones. Contains low levels of caffeine.

Lemongrass and Ginger

Lemongrass is respected as a fever medicine in India and Africa while ginger is used worldwide as a digestant, a carminative. Together they work in mysterious ways, with powers of healing and wellbeing.

Prana Chai – Masala Blend

Prana Chai is hand made and blended locally in Moorabbin, Melbourne from all natural ingredients and uses 100% Australian quality honey blended by hand with tea and whole spices. Nothing artificial added. Traditionally taken with warm soy milk.

