



ANTS PANTS CAFE

## QUICK FIX

**Egg & Cheese Roll** – fried eggs, cheddar cheese on a long roll – 3.45

- w/bacon – 4.45
- extra bacon – 4.95
- turkey bacon – 4.45

**Egg, Ham & Brie Sandwich** – Over medium egg, ham, tomato and avocado served on honey wheat bread – 7

- served on croissant - 8

**Brekkie Platter** – 3 eggs (sunny, scrambled, hard or over-easy), bacon, with honey wheat, brioche, or country white toast – 5.3

- w/turkey bacon - 5.85

**Egg & Cheese Croissant** – 4.5

- w/ bacon – 5.5
- w/ ham – 5.5
- w/ turkey bacon – 5.5

**Ham & Cheese Croissant** – 4.5

**Sweet Potato Fries** – served with sour cream and sweet chili sauce – 4

**Hand Cut Potato Chip Fries** – 3.75

**Bagel with Cream Cheese** – 1.75

- w/ dill cream cheese - 2.25
- w/ tomato – 2
- w/ smoked salmon – 4.25
- w/ butter – 1.35
- w/Vegemite – 2

**Grilled Cheese** – 3.25

- w/ tomato – 3.75
- w/ bacon – 4
- w/ green apple and bacon – 4.8

## BREAKFAST

Offered all day

Breads include - brioche, country white, honey wheat, and baguette

**Eggs Benedict** – Poached eggs with steamed spinach, grilled ham and tomato served over toasted brioche with hollandaise sauce – 9  
• add salmon - 2.5

**Bacon Stack** – Toasted country white bread topped with bacon, tomato, arugula, sunny side up eggs and freshly shaved pecorino romano – 8.5

**Dill Scrambled Eggs with Feta** – Honey wheat toast topped with steamed spinach, tomato, dill scrambled eggs and feta cheese – 8.25  
• add avocado – 1  
• add salmon – 2.5

**Crème Brulee Battered French Toast** – Served with syrup and sour cream sauce – 7  
• add maple syrup – 1

**Fruit Salad with Yogurt** – Seasonal fruits served with vanilla yogurt and honey – 5  
• add granola – 2

**Salmon Platter** – Bagel or brioche, tomato, cucumber, capers, dill, red onion and dill cream cheese – 8

**Cheddar, Apple, and Bacon Scramble** – Served with chip fries – 8.5

**Spinach, Goat Cheese, and Caramelized Onion Omelette** – Served with Fruit – 8.5

**The Lot** – 3 eggs scrambled with cheese, french toast, tomatoes and bacon – 9

**Oatmeal** - Brown sugar and golden raisins with sliced apple - 5.5

### EXTRAS

Mixed Greens – 3.5

Sweet Potato Fries – 4

Hand Cut Potato Chip Fries – 3.75

Turkey Bacon – 3

Bacon – 2

## LUNCH

Breads include - brioche, country white, honey wheat, and baguette

**Grilled chicken**, chopped sun-dried tomatoes, pecorino romano, caramelized onion and arugula – 8

**BLT** - Crispy bacon, romaine lettuce, tomato and mayonnaise – 7

- add Avocado (BLAT) – 1
- add Smoked salmon - 2.5

**Roasted red pepper**, feta, avocado, romaine lettuce and pesto – 7

- add Chicken – 1

**Honey maple turkey**, cheddar cheese, crispy bacon, brown mustard and romaine lettuce – 7.5

**Honey maple turkey**, avocado, brie, arugula and honey mustard – 8

**Fresh mozzarella**, plum tomato, fresh basil and pesto served on baguette – 7

- add chicken - 1

**SALADS** - All salads served with baguette

- add grilled chicken – 1

**Garden Salad** – Mixed greens, fresh mozzarella, tomato, cucumber, and roasted red peppers with balsamic vinaigrette – 7.75

**Crispy Bacon & Feta Salad** - Chopped romaine lettuce, arugula, crumbled feta cheese, crispy bacon, tomato and cucumber served with balsamic vinaigrette – 8

- small garden salad - 4.5

**Spinach Salad** – Baby spinach, goat cheese, green apples, walnuts and red onion with balsamic vinaigrette – 8

- add crispy bacon – 1

**Caesar Salad** – Romaine lettuce, crispy bacon, shaved pecorino romano, hard boiled egg and creamy caesar dressing - 7.75

### **BOTTLED DRINKS**

Orangina – 1.5  
Spring Water – 1  
Perrier – 1.25  
Coke/Diet Coke – 1  
Stewarts Root Beer – 1.25  
Root Beer Float – 3.25

### **MILKSHAKES – 4.50**

Thick shakes served with whipped cream:  
Vanilla, Caramel, Strawberry, Banana,  
Chocolate, & Violet Crumble

### **FRESH JUICES – 3.5**

Orange, Apple, Carrot/Ginger, and Pink Grapefruit

### **SPIDERS – 2.75**

Strawberry flavored soda with ice cream

#### **DID YOU KNOW:**

Often called a Koala 'bear' these cuddly creatures are in fact marsupials and not a member of the bear family.

The 'ss' in 'Aussie' is pronounced with a 'z', as in 'Auzzie'.

The largest gold nugget ever recorded, named 'Welcome Stranger', was found in Victoria, Australia in 1867.

Australian beer drinkers consume about 450 million gallons a year.

Australian law imposes a \$20 fine on all citizens who don't vote.

#### **HELPFUL AUSTRALIAN TERMS:**

**ANTS PANTS** (adj.) Australian colloquial term meaning unequivocally 'the best' or 'height of fashion'. As in "mate, this coffee is the ants pants"

**BREKKIE** (n.) Breakfast, first meal of the day.

**BOG IN** (v.) Commence eating, to attack food with enthusiasm.

## HOT DRINKS

IN HOUSE DRIP COFFEE ONE SIZE 1.85

*in house with small take away 2.85*

**12 oz 16 oz 20oz**

Coffee	<i>Blue Water Coffee - Smoky Cafe</i>	1.45	1.85	2.25
Espresso	<i>Belaroma, Manly Vale, Sydney</i>	S 1.5	D 2	
Espresso con Panna	espresso served with whipped cream	S 1.75	D 2.25	
Macchiato	espresso served with a dollop of froth	S 1.65	D 2.15	
Cafe Latte	two shots of espresso, steamed milk with a thin layer of froth	2.65	3.45	3.75
Cappuccino	two shots of espresso, steamed milk with lots of froth	2.65	3.45	3.75
Cafe Au Lait	drip coffee with steamed milk	1.6	2	2.4
Breve Latte	two shots of espresso, steamed half and half, thin layer of froth	3.75	4	4.25
Cafe Mocha	two shots of espresso, homemade chocolate sauce, milk, whipped cream	3.25	3.75	4.25
Hot Chocolate	homemade chocolate sauce, steamed milk, whipped cream	3	3.25	3.5
Boiler Maker	drip coffee served with espresso	1.95	2.85	3.25
Americano	two shots of espresso with hot water	1.50	2	2.5
Chai Latte	chai, steamed milk, nutmeg and cinnamon	3.25	3.75	4.3
Loose Leaf Tea	<i>House of Tea</i>		2	

Add Syrups – Vanilla, Caramel, Hazelnut, Mint, and Sugar Free Vanilla and Hazelnut – .50

## AUSSIE DRINKS

Flat White	double shot of espresso served with steamed milk and a thin layer of froth	2.95
Long Black	two shots of espresso served with a dash of hot water	2
Iced Chocolate	ice cream, milk and homemade chocolate sauce, whipped cream	3.75
Iced Coffee	ice cream, espresso and milk, whipped cream	3.75

## COLD DRINKS

Iced Coffee	drip coffee brewed at double strength	2.25
Iced Latte	two shots of espresso served with cold milk over ice	3.45
Iced Chai	chai served with cold milk over ice, nutmeg and cinnamon	3.75
Iced Mocha	two shots of espresso, homemade chocolate sauce, milk over ice	3.75
Chocolate Milk	homemade chocolate sauce with cold milk	2.25