

# EAT



## all day breakfast

### toast \$6

white sourdough • soy & linseed sourdough  
spelt sourdough • deluxe fruit toast • banana bread

+ served with your choice of spreads

butter • vegemite • peanut butter • jam

### eggs on toast \$8

2 eggs cooked how you like & toast

+ extras

bacon \$4 • chicken \$4 • spanish chorizo \$4 • smoked salmon \$4

smashed avo \$4 • tomato \$2 • spinach \$2 • mushroom \$3

halloumi \$4 • persian fetta \$4 • hash brown \$2

chimichurri \$2 • hollandaise \$2

### acai bowl \$14

granola, coconut flakes & seasonal summer fruits

### P&L house granola \$16

house made granola, creamy yoghurt & seasonal fruits

### bbq'd brekkie sandwich \$12

double bacon & egg, onion, cheddar cheese,  
rocket & jalapeno aioli + toasted sourdough

### brekkie burrito \$12

scrambled egg, chorizo, cheddar, capsicum, avocado  
tomato, onion & aioli

### french toast \$18

cornflake crusted french toast topped with vanilla bean  
ice cream, caramelised banana, bacon & maple syrup

### smashed avo \$18

smashed avo, confit tomato, persian fetta & eggs  
on toasted sourdough + add bacon \$4

### breakfast bruschetta \$18

double bacon, poached eggs with hollandaise sauce  
on soy & linseed sourdough

### mushroom medley bruschetta \$18

a medley of mushroom sautéed in south american chimichurri,  
soft poached eggs & shaved pecorino on sourdough toast

+ add pulled beef \$4

### eggs benedict \$18

two poached eggs, wilted baby spinach, sourdough & your choice  
of chicken, bacon or smoked salmon drizzled with hollandaise sauce

### farmers omelette \$18

sautéed mushroom, tomato, onion, baby spinach, garnished  
with persian fetta, spring onion & toasted sourdough

+ add smoked ham \$3

## lunch from 11am

### portugese chicken sandwich \$16

avocado, cheddar, tomato, red onion, crispy lettuce  
on turkish bread with aioli + fries

### south american beef steak burger \$16

chargrilled smoked scotch fillet, cheddar cheese, bacon,  
chimichurri & a fried egg on a brioche bun + fries

### P&L tipsy cowboy burger \$16

your choice of pulled beef, pork or chicken on a bed of crisp  
coleslaw drizzled with our in house made smokey bbq bourban  
sauce on a brioche bun + fries

### mango sunshine salad \$18

grilled chicken, quinoa, mango, spring onions, peppers,  
baby spinach, avocado & fetta

### super bowl \$18

quinoa, slaw, shaved cues, edamame, fried shallots, red onion,  
nori seaweed, kewpie mayo & your choice of protein:  
grilled chicken, s&p squid, prawns or smoked salmon

### chicken parmigiana \$18

classic! served with fries & crispy salad

### classic fish & chips \$16

house beer battered fish fillets, mushy mint peas,  
tartare sauce, lemon + chips

### chilli prawn linguine \$18

pan fried prawns, sugo, garlic, chilli, shaved pecorino  
+ toasted sourdough

### grilled salmon \$22

burnt butter lemon sauce, grilled asparagus,  
sweet potato fries & lime aioli

### bbq'd steak \$24

250g local scotch fillet, garden salad, gravy + chips

## for sharing

### skewers platter \$28

2 chicken, 2 lamb, pita bread, persian fetta,  
garlic dip, salsa, lemon + fries

### mediterranean platter \$28

chorizo, halloumi, roasted capsicum, asparagus,  
s&p squid, portugese chicken served with chimichurri,  
mojo sauce & grilled pita

### s&p calamari \$14

deep fried calamari dusted with a salt & pepper flour mix,  
lemon wedges & tartare sauce

### loaded nachos \$16

your choice of slow cooked beef, pork or chicken on a bed  
of corn chips topped with roasted capsicum, onion, cheese,  
salsa, guacamole & sour cream

### bowl of fries \$10

big bowl of sweet potato fries, french fries or wedges

## for the kiddies \$8

scrambled eggs & bacon + toast

mini ham cheese tomato toastie

popcorn chicken & fries

pasta napolitana

## want more?

bacon \$4 • grilled chicken \$4 • spanish chorizo \$4

sugo prawns \$4 • smoked salmon \$4 • pulled meats beef,

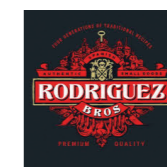
pork or chicken \$4 • smashed avo \$4 • tomato \$2 • spinach \$2

mushroom \$3 • egg \$2 • hash brown \$3 • halloumi \$4

persian fetta \$4 • chimichurri \$2 • hollandaise \$2

mojo sauce \$2 • smokey bbq bourban sauce \$2 • aioli \$2

AT PICKLE & LOU WE PRIDE OURSELVES ON CUSTOMER EXPERIENCE  
& SATISFACTION. PLEASE LET US KNOW IF YOU HAVE ANY  
ALLERGIES - WE ARE HAPPY TO ACCOMMODATE.



theNewtritionco.