

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

lemon ricotta pancakes \$16

served with fresh vanilla gelato & blueberries

french toast \$18

cornflake crusted french toast topped with vanilla gelato,
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

portuguese 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

zucchini & fetta fritters \$16

with lemon dill yoghurt, cherry tomatoes & crispy prosciutto

skewers plate \$20

2 chicken, haloumi, pita bread, garlic dip, greek salad + fries

s&p calamari \$16

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

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

kids pancakes

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

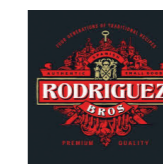
mushroom \$3 · egg \$2 · hash brown \$3 · halloumi \$4

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

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

please come & order at the register when ready

at pickle & lou we pride ourselves on customer experience &
satisfaction. please let us know if you have any food allergies,
as we will be happy to accommodate them.



theNew**trition**co.