



LSZ
est '14

PLEASE PLACE YOUR ORDER AT THE COUNTER WHEN
YOU'RE READY

BREAKFAST

Please let our staff know of any dietary requirements - we are not a gluten, nut or seed free kitchen but will do our best to accommodate your needs

PANCAKES: GLUTEN FREE

Canadian pancakes w. maple cinnamon whipped butter, bacon, maple syrup, almonds. gf	22
Nutella & banana pancakes	22
Banana pancakes served with butterscotch sauce, maple cinnamon whipped butter & almonds. gf	22
Gluten free housemade muesli w. berry and apple compote, natural greek yoghurt, topped with granola. v gf	13.20
-add milk	1
Breakfast bruschetta w. smashed avocado, roasted tomatoes, poached eggs, rocket, reduced balsamic on Artisan sour dough toast. gfo df v	22.20
-swap eggs for roasted mushrooms to make it <u>vegan</u>	
Green Eggs w. house pesto scrambled eggs, field mushrooms, wilted spinach, feta cheese on Artisan dark rye. gfo dfo v	22.20
Paleo Pumpkin Bread w. smashed avocado, poached egg, rocket, reduced balsamic glaze. gf df v	17.50
Braised Beans w. house beans, chorizo, sweet corn, jalapeno's, soft corn tortillas, free range fried eggs. gf df	18.20
Keto omelette w. spinach, wild mushrooms, cheddar cheese. gf v (egg white only may be available please ask staff)	17.50
- Add Chicken OR Ham	6.20
Breakfast salad w. rocket, avocado, cherry tomatoes, pickled carrot, red onion, bacon, poached eggs, vegan aioli. gf df v	20
10 hour slow roasted pulled pork benedict w. poached eggs, Artisan sourdough toast, house spiced hollandaise. gfo	23
- add wilted spinach	2
Bacon benedict w. poached eggs, Artisan sourdough toast, house hollandaise. gfo	23
- add wilted spinach	2
Smoked salmon benedict w. poached eggs, Artisan sour dough toast, smoked salmon, house hollandaise. gfo	23
- add wilted spinach	2
Big breakfast w. bacon, eggs your way, roasted tomato, hash brown, house beans, pork sausage, Artisan sour dough toast. gfo dfo	24
Big veggie breakfast w. eggs your way, roasted tomato, hash brown, house beans, wilted spinach, roasted mushrooms, avocado, Artisan sour dough. gfo dfo v	24
Bacon & egg wrap w. fried egg, bacon, spinach, housemade tomato sauce. df	13
Breakfast vegan wrap w. wilted kale, roasted mushroom, hashbrown, housemade tomato sauce, vegan aioli. df	15
Breakfast burger w. hashbrown, bacon, fried egg, cheddar, housemade tomato sauce, spinach. gfo	18.50
Two free range eggs cooked your way on Artisan sourdough or dark rye toast. gfo df v	12
Artisan sourdough toast with condiments	
Choose from honey, vegemite, butter, maple syrup or housemade strawberry jam. gfo dfo	9
Extras: only to be added with the purchase of a main meal. Not sold separatley	
two Bacon: 8 two Eggs: 4 two Tomatoes: 3 two Hash browns: 3 Beans: 4 Pork sausage: 4.5	
Mushrooms: 4.5 1/2 Avocado: 5 Pulled Pork: 7 Wilted Kale: 4 Hummas 4	

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LUNCH

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Spicy Thai beef salad w. rocket, marinated beef, house pickled vegetables, roasted capsicum, honey roasted cashews. gf df	21
Tikka salad w. rocket, minted yoghurt, marinated grilled chicken, chorizo, onion, pickled carrots, honey roasted cashews, cherry tomatoes, house dressing, pappadum. gf	23.50
Shaved Pear salad w. rocket, red onion, candied walnuts, balsamic reduction & feta cheese. gf v vegan option	16
x add grilled chicken	6.20
x housemade falafels	8.20
Housemade falafels w. wilted kale, hummus, crushed almonds, avocado, fresh chilli, coriander & lemon wedge. gf df vegan	23.50
Soft Tacos: (3) chicken or 10 hour slow cooked pulled Pork w. Jalapeños, mint yoghurt, cos lettuce, creamy slaw, charred corn. gf	20
Vegan Option: Mushroom, vegan aioli, charred corn, cos lettuce, creamy slaw, Jalapeños	
Bucket of chips, house vegan aioli, house tomato sauce. gf df vegan	9

Wraps

Smoked salmon wrap w. cos, carrot, onion, tomato, aioli, house tomato sauce, served with a garden salad. df	17.50
Grilled chicken breast wrap w. cos, carrot, onion, tomato, aioli, house tomato sauce, served with a garden salad. df	17.50
Housemade vegan falafal wrap w. hummus, kale, onion, vegan aioli, served with a garden salad. df vegan	17.50

Burgers

At Lot Six Zero we hand craft our burger patties using only 100% Western Australian Blade cut beef. No additives, No preservatives, No Nasties.

Ground Beef w. house tomato sauce, cheddar, aioli, cos, tomato, house pickles, American mustard on brioche, served w. chips gfo dfo - add bacon & egg 7	21
CBA w. Grilled Chicken, smashed avocado, bacon, cos, brioche, served w. chips. gfo dfo	23.50
Spicy BBQ Pulled Pork w. BBQ marinated pulled pork, creamy slaw, pickles & Jalapenos, brioche, served w. chips gfo dfo	23.50
Vegan Burger w. roasted mushrooms, marinated capsicum, vegan aioli, house tomato sauce, kale, served w. chips gf df	23.50
Steak Sandwich w. Scotch fillet, bacon, cheese, grilled onion, lettuce, tomato, relish & aioli served w. chips gfo, dfo	25

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COFFEE

LOT SIX ZERO'S "House Blend"

Our house blend coffee bean has been handpicked for a full flavoured coffee, It has a bold and syrupy mouth feel, with beautiful milk chocolate & spicy tones with a smooth finish.

SINGLE ORIGIN BEANS:

For something different why not try our single origin bean. We change the bean weekly and is a special selection from just one region of the world.

Add Soy 0.5 | Add Almond milk 0.5 | Coconut milk 1 | Organic Decaf 1.0 | Lactose Free

"KOKO" HOT CHOCOLATE - dairy free option available -

6

ORGANIC MATCHA GREEN TEA LATTE

6

ORGANIC CHAI ME LATTE - GLUTEN FREE

6

ORGANIC GOLDEN TURMERIC MILK -
served with soy milk.

6

POT OF TEA (serves one) Delicious Tea Tonic*, Organic loose leaf -

5

English Breakfast - Classic quality aroma, brisk and true to a good taste

G.L.E.W. - Ginger, Lemon grass, Echinacea, White tea

Well-Being - Spearmint, alfalfa, calendula

French Earl Grey Tea - Black tea, lavender, rose petals, mallow, natural flavour of mango & oil of bergamot

Berry-Green - Green tea, oolong tea, strawberries, raspberries & red currants

Chai - Black tea, cinnamon, ginger, cloves, black pepper, cardamon

* Teas created by Lisa Hilbert - Naturopath & herbalist.



COLD DRINKS

COLD PRESSED JUICES

please see display fridge for our daily selection

DELICIOUS SMOOTHIES

x add whey protein powder

	3
Gym Junkie: Banana, mango, spinach, coconut water, vanilla protein	12.5
Berry Warrior: Strawberry, raspberry, blueberry, coconut water, vanilla protein	12.5
Gone Nuts: Banana, peanut butter, dates, almond milk, coco powder	12.5
Banana Smoothie: Banana, ice cream, honey, skim milk	9.5
Tropical: Mango, passionfruit, strawberry, coconut water	9.5
MILKSHAKES (GF) - Choc Vanilla Caramel Strawberry (Vegan options available using soy ice cream and soy or almond milk - caramel NA - 1)	7
ICED coffee ICED chocolate ICED mocha - served with cream & ice cream	7
Homemade Iced Latte (black available) Brewed for over 12 hours, be seduced by this smooth and sensuous blend mixed with creamy milk & ice.	5.5



KIDS MENU UNDER

12yo, available all day
Please let our staff know of any dietary requirments

Mini Brekky 1 egg (fried or poached), 1 bacon, 1 hashbrown & sourdough gf df 10

Pancakes with maple syrup & butter gf 10

Chicken slices & chips gf df 8

Small bucket of chips gf df vegan 6

DRINKS

Kids Milkshakes 5

-Chocolate, Vanilla, Caramel, Strawberry

Please see drinks fridge for juice and soft drink options