



OPENING HOURS

Monday to Sunday - 7 am to 5 pm

2 Goldsbro Glade, Quarter Stage 2, Eastern Creek NSW 2766 Ph: 02 9832 1178 www.thetspooncafe.com.au

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Hot Drinks

Coffee	SMALL	MEDIUM	LARGE
Cappuccino	\$4.10	\$4.60	\$5.10
Flat White	\$4.10	\$4.60	\$5.10
Latte	\$4.10	\$4.60	\$5.10
Mocha/White Chocolate Mocha	\$4.60	\$5.10	\$5.60
Long Black	\$4.10	\$4.60	\$5.10
Dirty Chai	\$5.30	\$5.80	\$6.30

Espresso

Ristretto	\$3.80
Short Black	\$3.80
Double Short Black	\$4.10
Macchiato	\$4.10
Piccolo Latte	\$4.10
Affogato or Mocha Affogato	\$4.60



\$5.60 \$5.60 \$5.60 \$6.10 \$6.10 \$6.10

Non - Espresso

Chai Latte	\$4.60	\$5.10
Hot Chocolate	\$4.60	\$5.10
White Hot Chocolate	\$4.60	\$5.10
Turmeric Latte	\$5.10	\$5.60
Green Matcha Latte	\$5.10	\$5.60
Lotus Latte	\$5.10	\$5.60
Babychino	\$2.00	
Minicino (Flavoured milk with	\$3.00	
marshmallows)		

TEA \$4.10

Loose Leaf Tea

English Breakfast, Earl Grey, Chamomile, Green Tea, Peppermint, Lemongrass & ginger, Spiced Chai Tea

Extras

Soy, Almond, Lactose Free, Oat milk	\$0.70
Decaf or Extra shot	\$0.70
Flavours (Caramel, Vanilla, Hazelnut)	\$0.90



Chilled Frappe	SMALL	MEDIUM	LARGE
Espresso Frappe	\$6.40	\$6.90	\$7.40
Chocolate, Caramel or Chai	\$6.40	\$6.90	\$7.40
Mocha or White Choc Mocha	\$6.90	\$7.40	\$7.90
Kit Kat Frappe	\$6.90	\$7.40	\$7.90
Cookies n Cream Frappe	\$6.90	\$7.40	\$7.90
Tim Tam Frappe	\$6.90	\$7.40	\$7.90
Tropical, Strawberry Mint or Watermelon (DF)		\$7.50	
Iced Tea (Lemon or Peach)		\$4.60	
Milkshakes (Vanilla, Strawberry, Chocolate, Mocha, Lime, Caramel or Banana) Add Thickshake \$1, Protein \$2	\$4.50	\$5.20	\$5.90

Signature ThickShakes (Served with whipped cream)

Oreo Oreos & chocolate shake topped with oreos & chocolate chips	\$9.90
Chocolate Madness Tim Tam & chocolate shake topped with Tim Tam & chocolate chips	\$9.90
Pretzella Nutella & Peanut butter shake topped with nutella & pretzels	\$9.90
Golden Gaytime Caramel espresso shake topped with chocolate caramel pieces & crumbs	\$11.90
Biscoff Temptation Lotus Biscoff shake topped with Lotus Biscoff sauce & biscuits	\$12.90



Fruit Smoothies

Banana Banana, honey, yoghurt & milk	\$7.50
Mango Mango, banana, yoghurt & milk	\$7.50
Mixed Berry Mixed berries, banana, yoghurt & milk	\$7.50
Acai (DF) Organic Acai berry, guarana, banana,	\$9.00
coconut flakes & chia seeds	

Protein Shakes (Made with almond milk)

Espresso Dream Banana, coffee, honey & vanilla protein	\$7.90
Brekkie-to-go Banana, oats, peanut butter, honey & vanilla protein	\$8.90
Acai Berry Acai berries, banana, oats, honey, chia seeds & vani ll a protein	\$8.90
Fruity Strawberry, banana, mixed berries, honey, chia seeds & vanilla protein	\$8.90

Freshly Squeezed Juices

The Red - Carrot, apple, celery, ginger & beetroot	\$7.90
Citrus Passion - Orange, lemon & pineapple	\$7.90
Fruit Slammer - Orange, apple, watermelon & pineapple	\$7.90
The Green Dream - Apple, cucumber, kale, spinach & celery	\$7.90
The Energiser - Apple, pear, cucumber, pineapple, lemon & ginger	\$7.90
The Defence - Carrot, orange, lemon & ginger	\$7.90
Create your own	\$7.90



All Day Breakfast

Toasted Breads (9)

\$6.00

Knefeh French Toast \$17.00

Variety of toasted breads (White, Brown, Sourdough, Raisin, Multigrain, Turkish or Panini) w/ spreads Gluten-free +\$1

Slice of heaven filled with sweet cheese & topped with pistachios, berries, rose petals and rose water syrup

Eggs on Toast 🚯 🚯



\$13.00

cherry tomatoes on toasted breads

Healthy Bowl Roasted mushrooms, roasted pumpkin,



\$19.00

Eggs cooked your way with blistered

avocado, roasted cauliflower, puffed quinoa, poached egg & crispy kale drizzled with lemon vinaigrette

Smashed Avocado Stack 📵 🚯

\$17.00

Haloumi Stack 🔞



\$19.00

Smashed avocado w/ blistered cherry tomatoes, feta, beetroot hommus & a poached egg on sourdough drizzled with olive oil

Grilled haloumi, roasted mushrooms, smashed avocado, cherry tomatoes and a poached egg on sourdough drizzled w/ balsamic glaze.

Smashed Pumpkin Stack 🔮 🥨

Marinated smashed pumpkin with spicy harissa labneh, feta, poached egg and

Eggs Benny 🚯

\$18.00

crispy kale on sourdough Good-for-you Granola 🚯

Add protein or peanut butter \$2

\$12.00

\$17.00

Two poached eggs, wilted spinach, hollandaise on sourdough w/ your choice of ham, bacon, salmon or mushrooms

Two Fritters served with poached eggs,

smoked salmon or bacon w/ zesty lemon

Toasted in-house granola w/ natural yoghurt, chia seeds, honey and seasonal fruit Add peanut butter \$2

Acai Bowl 📵 \$16.00

Freshly crafted Acai topped with seasonal fruits, coconut flakes, chia seeds and honey

guacamole



Haloumi Corn Fritters

\$17.00

\$20.00

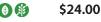
Bacon & Egg Roll 🀠 \$11.00

Grilled bacon & fried eggs served with aioli & tomato relish

Choice of any 3 toppings below with sourdough (ham, tomato, chorizo, bacon, cheese, mushrooms, avocado, onion, spinach, feta)

Brekkie Burger Fried egg, grilled bacon, lettuce, smashed avocado, tomato, melted cheese & chipotle mayo

\$13.00 T-Spoon's Veggie 🚯 🦚 **Breakfast**



Pancakes Pancakes stack with seasonal fruit, vanilla ice cream, pistachios & drizzled with maple syrup or milk chocolate

Eggs your way, roasted mushrooms, wilted spinach, pumpkin, grilled haloumi, \$17.00 blistered cherry tomatoes, mini hash browns, avocado & baked beans with a slice of sourdough

Add Maple Bacon for \$4

T-Spoon's Big Breakfast 🐠



French Toast (8)



Eggs your way, grilled bacon, beef chipolatas, Spanish chorizo, grilled mushrooms, wilted spinach, blistered cherry tomatoes, mini hash browns & baked beans with a slice of sourdough

Sweet brioche loaf with cinnamon poached pear, seasonal fruits with a choice of maple syrup or milk chocolate Add Maple Bacon for \$4





Savoury Crepes served with salad

Ham & Cheese Ham, cheese & egg crepe lightly seasoned	\$16.00
Spinach & Feta (§) Spinach & feta crepe topped with hollandaise sauce	\$16.00
Chicken Fungi Marinated grilled chicken and sautéed mushrooms	\$18.00
with creamy mushroom sauce	

Extras

Ham, chicken, bacon, mushrooms, 2 eggs, avocado, \$4.00 mini hash browns, chorizo

Salmon, haloumi, lamb



\$5.00

A Light Bite

Classic Bruschetta (1) (1) Traditional Italian bruschetta with feta on sourdough drizzled with balsamic glaze	\$13.00	Wedges Served with sour cream & sweet chilli Sweet Potato Fries served with aioli	\$11.00 \$9.00
Salmon Avocado Bruschetta Traditional Italian bruschetta with	\$17.00	Loaded fries Served with bacon & melted cheese	\$13.00
smoked salmon, smashed avocado & feta on sourdough drizzled with balsamic glaze		Philly loaded fries Served with beef steak, melted cheese & sauteed onions	\$15.00
Potato Chips	\$7.00	Haloumi Chips (1) Crumbed haloumi chips served with tzatziki sauce	\$13.00

All Time Favourites (Available after 11 a.m.)

\$18.00 Fish and chips Shakshuka \$20.00

Barramundi fish fillets in a crunchy batter served with chips, salad & tartare sauce

Lemon Pepper Squid \$18.00

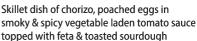
Hand cut strips served with chips, salad & tartare sauce

\$18.00 Chicken Schnitzel

Crumbed chicken schnitzel served with chips, salad & gravy

Kafta Bowl \$20.00

Grilled herb lamb kafta served with couscous salad, zaatar pita bread & tzatziki



\$19.00 Waffle chicken

\$25.00

Southern fried chicken breast served on waffle, maple bacon, melted cheese, creamy coleslaw & crispy sweet potato

Atlantic Ocean Salmon

Crispy skin salmon served with turmeric basmati rice, cauliflower puree, grilled mushrooms, green goddess sauce & lemon





Salads

\$18.00 Moroccan Lamb

Marinated grilled lamb, spinach, roasted pumpkin, roasted beetroot, cherry tomatoes & Spanish onion in lemon vinaigrette

Chicken Caesar Salad \$18.00

Grilled chicken, cos lettuce, bacon, egg, crunchy croutons, shaved parmesan mixed in caesar dressing

\$18.00 Pumpkin Haloumi Salad

Roasted pumpkin, grilled haloumi, mixed leaves, roasted beetroot, chickpeas, onion & couscous in zesty citrus dressing





Gourmet Burgers served with chips

Upgrade to sweet potato fries for \$2 Upgrade to mixed salad \$2

Vegetarian (9)

\$16.00

Southern Style

\$17.00

Vegetarian patty, smashed avocado, lettuce, tomato, caramelised onion, beetroot, melted cheese & chipotle mayo Southern fried chicken, grilled bacon, lettuce, melted cheese & garlic aioli on a bed of creamy coleslaw

Ultimate Aussie

\$16.00

The Godfather

\$19.00

Lettuce, tomato, caramelised onion, beetroot, melted cheese on handcrafted beef patty & chipotle mayo

Double handcrafted beef patty, maple glazed bacon, caramelised onion, lettuce, melted cheese & barbecue sauce

Gourmet Sandwiches served with chips

Upgrade to sweet potato fries for \$2 Upgrade to mixed salad \$2

Also available in Roll, Panini or Wrap

Haloumi & Mushroom

\$16.00

Philly Cheesesteak

\$18.00

Grilled haloumi, roasted mushrooms, smashed avocado, wilted spinach, tomato &

Beef steak, caramelised onion, grilled capsicum, melted cheese & gravy in a brioche roll

\$18.00

garlic aioli on sourdough

Grilled bacon, lettuce, smashed avocado, tomato & garlic aioli on sourdough

\$19.00 Chicken & Bacon

Steak Sandwich

\$19.00

Grilled chicken, grilled bacon, smashed avocado, lettuce, tomato & fried egg with chipotle mayo on sourdough

Lettuce, tomato, caramelised onion, beetroot, beef steak, melted cheese & chipotle mayo on sourdough

Kids Meals (Under 10 years)

Cheese toastie 🔞	\$6.00	Kids Brekky
2 slices of white bread toasted with		Slice of bacon, fried egg & mini hash

\$8.00

\$8.00

\$10.00

browns with toasted white bread

Kids Pancake Pancake topped with vanilla ice cream **Kids Cheese Burger**

\$11.00

drizzled with maple syrup & sprinkles

Beef patty, melted cheese, barbecue

sauce with chips

Waffle (9) Vanilla ice cream, chocolate sauce & sprinkles

Kids Chicken Burger

\$11.00

\$9.00

Grilled chicken, tasty cheese, tomato sauce with chips

Chicken nuggets

6 chicken nuggets served with chips & tomato sauce

Desserts

Waffles / Crepes

Cookies & Cream	\$13.00
Served with Oreo cookies, whipped cream, vanilla ice cream & Belgian chocolate	

Nutella Indulgence \$15.00 Served with banana, nutella, coconut flakes & vanilla ice cream

\$15.00 Fruity Indulgence

Served with berries, banana, pistachios, vanilla ice cream & Belgian chocolate

\$16.00 Ranana Scoff

Served with Lotus Biscoff, banana, vanilla ice cream and Lotus biscuits