



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

FOLLOW US



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



Non - Espresso

Chai Latte	\$4.60	\$5.10	\$5.60
Hot Chocolate	\$4.60	\$5.10	\$5.60
White Hot Chocolate	\$4.60	\$5.10	\$5.60
Turmeric Latte	\$5.10	\$5.60	\$6.10
Green Matcha Latte	\$5.10	\$5.60	\$6.10
Lotus Latte	\$5.10	\$5.60	\$6.10
Babychino	\$2.00		
Minicino (Flavoured milk with marshmallows)	\$3.00		

Extras

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

TEA \$4.10

Loose Leaf Tea

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

Chilled Drinks

	SMALL	MEDIUM	LARGE
Iced Chocolate (w/ ice cream)	\$5.50	\$6.00	\$6.50
Iced White Chocolate (w/ ice cream)	\$5.50	\$6.00	\$6.50
Iced Coffee (w/ ice cream)	\$5.50	\$6.00	\$6.50
Iced Mocha (w/ ice cream)	\$6.00	\$6.50	\$7.00
Iced Latte or Iced Long Black	\$5.00	\$5.50	\$6.00
Iced Mocha (w/ ice)	\$5.50	\$6.00	\$6.50
Iced Chai Latte	\$5.50	\$6.00	\$6.50
Iced Matcha Latte	\$5.50	\$6.00	\$6.50
Iced Turmeric Latte	\$5.50	\$6.00	\$6.50
Iced Lotus Latte	\$5.50	\$6.00	\$6.50



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)	\$4.50	\$5.20	\$5.90
Add Thickshake \$1, Protein \$2			

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, coconut flakes & chia seeds	\$9.00

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 & vanilla 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** 🌱 \$6.00
Variety of toasted breads (White, Brown, Sourdough, Raisin, Multigrain, Turkish or Panini) w/ spreads
Gluten-free +\$1
- Eggs on Toast** 🌱🌿 \$13.00
Eggs cooked your way with blistered cherry tomatoes on toasted breads
- Smashed Avocado Stack** 🌱🌿 \$17.00
Smashed avocado w/ blistered cherry tomatoes, feta, beetroot hummus & a poached egg on sourdough drizzled with olive oil
- Smashed Pumpkin Stack** 🌱🌿 \$17.00
Marinated smashed pumpkin with spicy harissa labneh, feta, poached egg and crispy kale on sourdough
- Good-for-you Granola** 🌱 \$12.00
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
Add protein or peanut butter \$2
- Bacon & Egg Roll** 🌱 \$11.00
Grilled bacon & fried eggs served with aioli & tomato relish
- Brekkie Burger** 🌱 \$13.00
Fried egg, grilled bacon, lettuce, smashed avocado, tomato, melted cheese & chipotle mayo
- Pancakes** 🌱 \$17.00
Pancakes stack with seasonal fruit, vanilla ice cream, pistachios & drizzled with maple syrup or milk chocolate
Add Maple Bacon for \$4
- French Toast** 🌱 \$18.00
Sweet brioche loaf with cinnamon poached pear, seasonal fruits with a choice of maple syrup or milk chocolate
Add Maple Bacon for \$4
- Knefeh French Toast** 🌱 \$17.00
Slice of heaven filled with sweet cheese & topped with pistachios, berries, rose petals and rose water syrup
- Healthy Bowl** 🌱 \$19.00
Roasted mushrooms, roasted pumpkin, avocado, roasted cauliflower, puffed quinoa, poached egg & crispy kale drizzled with lemon vinaigrette
- Haloumi Stack** 🌱 \$19.00
Grilled haloumi, roasted mushrooms, smashed avocado, cherry tomatoes and a poached egg on sourdough drizzled w/ balsamic glaze.
- Eggs Benny** 🌿 \$18.00
Two poached eggs, wilted spinach, hollandaise on sourdough w/ your choice of ham, bacon, salmon or mushrooms
- Haloumi Corn Fritters** \$20.00
Two Fritters served with poached eggs, smoked salmon or bacon w/ zesty lemon guacamole
- Omelette** 🌿 \$17.00
Choice of any 3 toppings below with sourdough (ham, tomato, chorizo, bacon, cheese, mushrooms, avocado, onion, spinach, feta)
- T-Spoon's Veggie Breakfast** 🌱🌿 \$24.00
Eggs your way, roasted mushrooms, wilted spinach, pumpkin, grilled haloumi, blistered cherry tomatoes, mini hash browns, avocado & baked beans with a slice of sourdough
- T-Spoon's Big Breakfast** 🌱 \$24.00
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










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 with creamy mushroom sauce \$18.00

Extras

- Ham, chicken, bacon, mushrooms, 2 eggs, avocado, mini hash browns, chorizo** \$4.00
- Salmon, haloumi, lamb** \$5.00

A Light Bite

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

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

- | | | | |
|--|----------------|--|----------------|
| Fish and chips | \$18.00 | Shakshuka | \$20.00 |
| Barramundi fish fillets in a crunchy batter served with chips, salad & tartare sauce | | Skillet dish of chorizo, poached eggs in smoky & spicy vegetable laden tomato sauce topped with feta & toasted sourdough | |
| Lemon Pepper Squid | \$18.00 | Waffle chicken | \$19.00 |
| Hand cut strips served with chips, salad & tartare sauce | | Southern fried chicken breast served on waffle, maple bacon, melted cheese, creamy coleslaw & crispy sweet potato | |
| Chicken Schnitzel | \$18.00 | Atlantic Ocean Salmon  | \$25.00 |
| Crumbed chicken schnitzel served with chips, salad & gravy | | Crispy skin salmon served with turmeric basmati rice, cauliflower puree, grilled mushrooms, green goddess sauce & lemon | |
| Kafta Bowl | \$20.00 | | |
| Grilled herb lamb kafta served with couscous salad, zaatar pita bread & tzatziki | | | |



Salads

Moroccan Lamb **\$18.00**

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

Pumpkin Haloumi Salad **\$18.00**

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

\$16.00

Vegetarian patty, smashed avocado, lettuce, tomato, caramelised onion, beetroot, melted cheese & chipotle mayo

Southern Style

\$17.00

Southern fried chicken, grilled bacon, lettuce, melted cheese & garlic aioli on a bed of creamy coleslaw

Ultimate Aussie

\$16.00

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

The Godfather

\$19.00

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

Grilled haloumi, roasted mushrooms, smashed avocado, wilted spinach, tomato & garlic aioli on sourdough

Philly Cheesesteak

\$18.00

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

B.L.A.T.

\$18.00

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

Chicken & Bacon

\$19.00

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

Steak Sandwich

\$19.00

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

Kids Meals (Under 10 years)

Cheese toastie

\$6.00

2 slices of white bread toasted with tasty cheese

Kids Brekky

\$10.00

Slice of bacon, fried egg & mini hash browns with toasted white bread

Kids Pancake

\$8.00

Pancake topped with vanilla ice cream drizzled with maple syrup & sprinkles

Kids Cheese Burger

\$11.00

Beef patty, melted cheese, barbecue sauce with chips

Waffle

\$8.00

Vanilla ice cream, chocolate sauce & sprinkles

Kids Chicken Burger

\$11.00

Grilled chicken, tasty cheese, tomato sauce with chips

Chicken nuggets

\$9.00

6 chicken nuggets served with chips & tomato sauce

Desserts

Waffles / Crepes

Cookies & Cream

Served with Oreo cookies, whipped cream, vanilla ice cream & Belgian chocolate

\$13.00

Nutella Indulgence

Served with banana, nutella, coconut flakes & vanilla ice cream

\$15.00

Fruity Indulgence

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

\$15.00

Banana Scoff

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

\$16.00

A surcharge of 15% applies on public holidays