

# CIEL

## ALL DAY served till 3pm

### TOAST *gfo* 7

Choice of sourdough, grain, fruit toast or gluten free bread with condiments

### SMOOTHIE & OAT BOWL *v df* 14

Trio of seasonal fruit smoothie, almond milk bircher & granola topped with mixed berries and fresh green apples

### THE BREAKFAST ROTI 15

Scrambled eggs, maple bacon steak, house made chilli jam, wild rockets, peanut & coriander

### AVO GARDEN *gfo* 17

Smashed avo with basil, fresh cherry tomatoes in mint oil, topped with beetroot, radish & feta on sourdough

*Add poached egg +2*

### NOURISH BOWL *v* 17

Kale, broccoli, quinoa & couscous, avocado, charred potatoes, carrots, and blistered cherry tomatoes

*Add poached egg +2*

## DESAYUNO QUESADILLAS

Mexican sandwich with scrambled eggs, guacamole, wood smoked bacon & vintage cheddar pressed in a soft tortilla with fresh Pico de Gallo

### EGGS BENEDICT 18

Double maple bacon steak, poached eggs, asparagus spears with house hollandaise

### PANCAKES 17

Double stack pancakes, white chocolate sabayon, mixed berries, orange curd, lime meringue, topped with citrus segments

### EGGS YOUR WAY *gfo* 10

Free range eggs with sourdough or wholegrain toast - fried, poached, or scrambled

## SIDES

Extra eggs 4

Mushrooms

Feta

Grilled chorizo

Heirloom tomatoes

Wood smoked bacon

House hollandaise

Half avocado 5

Maple bacon steak

Sweet potato chips

Rustic fries

## 16 LUNCH 11am onwards

### FRIED CHICKEN BURGER 19

Crispy spiced chicken, lime mayo, rockets & jalapeno in toasted croissant, served with chips

### HONEY GLAZED PORK 19

Sous vide pork loin, charred cos lettuce, rockets & carrots, roasted asparagus with honey-soy garlic glaze

### TWO PEAS ON A STACK *v df gf* 18

Polenta hash, green pea & chickpea falafel stack with coconut tzatziki, cherry tomatoes, sweet corn, seasonal greens with red wine & citrus vinaigrette

### BURGER STEAK 16

Beef burger steak with creamy mushroom sauce, potato mash & parmesan crisp

## KIDS MENU

NUGGETS & CHIPS 8

MAC & CHEESE 9

WAFFLES with ICE CREAM 10

Nutella & Strawberry

*gf - gluten free*

*gfo - gluten free option*

*df - dairy free*

*v - vegan*

## COFFEE

Darkhorse blend by Five Senses Coffee  
*Chocolate, orange citrus, caramel*

**WHITE** 4

**BLACK** 3.8

Single origin .5  
Decaf .5  
Bonsoy/Almond milk .5

**BATCH BREW** 5

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**HOT CHOCOLATE** *Kali 40%* 4

**DARK CHOCOLATE** *Kali 60%* 5

**CALMER SUTRA CHAI** 5

**MOCHA** 4.5

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**ICED LATTE / FILTER** 5

*Brewed and bottled inhouse*

**ESPRESSO TONIC** 6

**ICED CHOCOLATE** 5

**ICED MOCHA** 6

## TEA

### CHAMELLIA ORGANIC TEAS

English Breakfast  
Earl Grey  
Lemongrass & Ginger  
Peppermint

### CHAMELLIA RESERVE TEA SELECTION

*2nd infusion highly recommended*

### YUZU KUKICHA

Smooth young green tea, mandarin, delicate & lingering yuzu aftertaste

### XIANG SI TENG OOLONG

Toasty, mineral, robust oolong

### WILD ANCIENT BLACK TEA

Jasmine, feijoa, white peach

### ASAM TRES

Sweet, malty, round and lingering rock sugar, pumpkin

## FRESH JUICES

4.5 **ORANGE / APPLE** 7

**ORANGE SUNRISE** 8

*Orange, carrot, lemon, pineapple*

**REFRESHER** 8

*Watermelon, apple, lime*

**LEAN GREEN** 8

*Apple, cucumber, celery, ginger*

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6 **REMEDY KOMBUCHA** 6

*Apple Crisp*

*Hibiscus Kiss*

*Raspberry Lemonade*

*Cherry Plum*

6 **APPLETISER / GRAPETISER** 4.5


**CASCADE SODAS** 4.5

*Lemon, Lime & Bitters*

*Spiced Pear & Bitters*

*Sarsaparilla*

*Ginger Beer*

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