

# CIEL

df - dairy free  
v - vegan  
vo - vegan option  
gf - gluten free  
gfo - gluten free option

## 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 15

Seasonal fruit smoothie, almond milk Bircher, granola, green apples, topped with mixed seasonal fruits

### THE BREAKFAST ROTI 15

Maple bacon steak, scrambled eggs, rockets, peanuts, house made chilli jam

### AVO GARDEN vo gfo 17

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

### DESAYUNO QUESADILLAS 16

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

### NOURISH BOWL v gfo 18

Charred kale & broccoli, couscous & black quinoa, avocado, grilled potatoes, carrots and blistered cherry tomatoes

### SMASH BROS vo gfo

Roasted sweet potato, pumpkin, caramelised onions, pepitas, peanuts, coriander, chives and sour cream, broad beans, kale chips, served on sourdough

### EGGS BENEDICT 20

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

### PANCAKES 18

Double stack pancakes with white chocolate ganache, mixed berries, orange curd, lime meringue, citrus segments topped with vanilla ice cream

### EGGS YOUR WAY gfo 10

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

## SIDES 16

Chilli Jam	3	Half avocado	5
Hollandaise		Maple bacon steak	
Lime Mayo			
BBQ Sauce			

Extra Eggs	4	Sweet potato chips	7
Mushrooms		Spiced potato wedges	

Feta  
Chorizo  
Cherry tomatoes  
Wood smoked bacon

## 18 LUNCH 11am onwards

### PHAT BEEF BURGER 19

Beef burger with Mornay sauce, Swiss cheese, crispy bacon, cos lettuce, tomatoes, smoky BBQ sauce & mayo served with potato wedges

### PRAWN PASTA 18

Zucchini & spinach pesto with sautéed prawns, chorizo, shaved parmesan, sorrel & micro basil

### FRIED CHICKEN BURGER 20

Tempura battered chicken thigh, brioche, lime mayo, cos lettuce and jalapeño, served with potato wedges

### VEGAN BOWL v gfo 19

Vegetable fritters, quinoa with red wine vinaigrette, zucchini and carrot noodles, torched broccoli, broad beans, and roasted pumpkin smash topped with coconut chipotle and pepitas

### TEXAS BBQ PORK RIBS 23

Sous vide pork ribs, house barbeque sauce, torched corn with aged cheddar and parmesan, served with potato wedges

### CHICKEN POT PIE 20

Pan fried chicken, garden vegetables, filo pastry, fried egg and deep fried roti

## 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

**MOCHA** 4.5

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

**CALMER SUTRA CHAI** 5

**CHOCOLATE CHAI** 5.5

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**ICED LATTE / FILTER** 5

*Brewed and bottled inhouse*

**ICED CHOCOLATE** 5

**ICED MOCHA** 6

**ESPRESSO TONIC** 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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**THANKYOU WATER** 3

**SPARKLING WATER** 4

*Calm & Stormy 300ml*

 [ciel.cafe](http://ciel.cafe)

 [@ciel.cafe](https://www.instagram.com/ciel.cafe)

 [hello@cielcafe.com.au](mailto:hello@cielcafe.com.au)