

Poinciana Spring Menu

local, organic, sustainable,

Breakfast 8-11:45am

Organic sourdough toast w house made jam & cultured butter	7
Almond Road fruit toast w honey labneh & fresh berries	11
Grilled spray free avocado, w fresh tomatoes, sprouts, herbs, seeds, sauerkraut, organic sourdough toast, lemon	15
Breakfast burrito	15
local bacon, poached egg w tomato, roast pumpkin, wild rocket, house relish	
Sweet corn fritters w smashed avocado, house relish, poached egg, coriander, mint, chilli, lime	17
Fry up w local bacon, sausage, eggs, tomatoes, mushrooms, smashed chats, kale, sourdough, brown sauce	19

Extra

sauerkraut / kimchi	2
sourdough or gluten free toast	3
eggs your way (2)	4
avocado / mushrooms/ sauteed greens / roast pumpkin	5
local bacon / butchers sausage / vegan sausage	5

Lunch 12-3pm

Farm green leaf salad, parmesan, grilled pear, balsamic	12
Miso broth, mixed greens, silken tofu, togarashi	15
Spice rubbed sweet potato, coconut turtle beans, jungle salad, pickles & ferments on the side	17
Taco pescado, sustainable fish, slaw, avocado, pico de gallo, jalapenos, lime	2 for 15
or/ tempeh *v	3 for 19
Poinciana beef burger, organic panini roll, cheddar, cos, tomato, pickles, beetroot, mustard, sauce, sweet potato chips	19
Poinciana portobello burger, smoked eggplant, organic panini roll, cos, tomato, beetroot, house relish, green tahini, sweet potato chips	19
180g local grain fed sirloin, farm vegetables, sauerkraut, jus	23

kids

Build a Breakfast kids til noon	-
Rigatoni neopolitana, parmesan	10
Cheeseburger	10

please order at the Bar ♥ join-local-loyalty-club (20% cashback)
check out our DAILY SPECIALS & BAR MENU for more options
streaming video channel: poincianamullum

Coffee by Campos

Cup Latte / Flat White (8oz takeaway) 4
Mug Latte / Flat White (12oz takeaway) 4.50
Bonsoy, almond, coconut milk
organic milk option .50c

All Black Coffee / Cold Drip 3.50

Extra Shot all Coffee .50c

Tea

Pot Of Tea for One by Mayde Organic 5

Organic Earl Grey

English Breakfast

Digest - *Peppermint, Licorice, Fennel, Calendula*

Sencha & Jasmine Rose – *Green Sencha, Jasmine Flowers, Rose Petals*

Rooibos Turmeric Chai - *Rooibos, Turmeric, Hand-Ground Mixed Spices*

Energise - *Lemongrass, Papaya Pieces, Ginger, Cinnamon*

Smoothies \$13

JEDI JUICE

**Kale, Mango, Spirulina, Bee Pollen, Hemp
Seeds Apple Cider Vinegar, Coconut Water**

*High protein, Vit A / C / D / B6 / B12,
Calcium / Iron / Magnesium*

MISS SCARLET

**Acai, Banana, Chia, Lacuma Powder,
Coconut Water, Raw Honey**

*Immunity, digestion, weight loss, heart health,
high anti-oxidant, anti-aging*

THE DARK KNIGHT

**Cacao, Mesquite, Banana, Raw Honey,
Peanut Butter, Coconut Water**

*Magnesium, Iron, Vitamins D / B6 / B12,
High Protein, Fibre, Calcium, Magnesium*

Cocktails

explore our cocktail list or connect
with our barstaff for special concoctions

Beers

ON TAP Schooner \$7

Coopers Pale Ale, Stone & Wood Pacific Ale

check the bar for rotating craft beers

Chai

Chai Latte

Cup (8oz takeaway) 4

Mug (12oz takeaway) 4.50

Pot of Brewed Chai (sticky)5

Speciality

Matcha Green Tea Latte

Golden Milk Turmeric Coconut Latte

5.50 cup 6 mug

Mylk Shakes \$8

1. matcha powder, coconut ice-cream
coconut mylk, raw honey

2. turmeric blend, coconut ice-cream
coconut mylk, pepper, raw honey

3. cacao & lacuma, coconut ice-cream, coconut mylk

4. local raw honey, cinnamon, coconut ice-cream,
coconut mylk

Cold Drinks

Organic Wort Ginger Beer \$5

Organic Wort Lemon Myrtle \$5

Merito Organic Coconut Water \$5

Kombucha on tap 12oz \$7

Good Juju cold pressed juices \$9

Vestal filtered sparkling water 1L \$5

Wines

see our blackboard for current
range of organic sulphate free wines