

BREAKFAST All Day

SEE PHOTOS OF EVERY DISH!



Plus ingredient definitions, dietary filtering, and language translations.

Head to mryum.com/majorsprout or scan the QR code in your iPhone camera or Google Lens.

GRANOLA GF|DF|VE|RSF 18

Yuzu coconut yoghurt, dehydrated sponge cake, balsamic strawberry puree, fruit

FREE RANGE EGGS ON TOAST VE 12

Poached, scrambled, or fried on house-made bread
OR Freedom Loaf* **2**
ADD House-cured slab bacon **6**
ADD Sautéed herbed mushrooms **5**
ADD Avocado **5**
ADD Extra egg **3**

GREEN EGGS BENEDICT VE AVAILABLE 21

Poached eggs, potato rosti, spinach
Choose from:
House-cured slab bacon OR Sautéed herbed mushrooms OR Avocado
Half eggs benedict **12.50**

LUNCH

BUTTERNUT TORTELLINI VE 22

Red chilli cream, hazelnut, tomato
ADD Toast **3**

NOT QUITE MINCE ON TOAST 23

16-hour beef cheek ragu, ndjua, soft poached egg, rosemary and parmesan crumb, garlic chips on house-made bread
ADD Sautéed herbed mushrooms **5**

FROM THE CABINET

MADE TO ORDER SANDWICHES

Bacon, egg, spinach, relish, aioli, house-made bap **10**
Pulled beef, tomato, ndjua, spinach, house-made roll **11**
Avocado, tomato, spinach, sambal, house-made roll **9**

FRITTATA VE|GF 7

Roasted seasonal vegetables & cheddar cheese

CHEESE SCONE VE 4

SWEET TREATS

BLACK BEAN BROWNIE VE|GF 7

GLUTEN FREE BROWNIE GF 7

BANANA LOAF VE|DF 5

PEANUT SLAB VE|DF|GF 6

CHIA PUDDING VE|DF|GF 7

CARROT CAKE VE 6

CHOCOLATE BERRY MUFFIN VE 4

Kitchen closes 2pm daily

* Freedom Loaf is a gluten, dairy refined sugar egg and yeast free bread
GF Gluten Free|DF Dairy Free|VE Vegetarian|RSF Refined Sugar Free

Please be aware that while we make every attempt to ensure a low allergen environment, we cannot guarantee against cross contamination. Please advise your server of any allergies

COLD DRINKS

ANTIPODES

Sparkling
Still

550mL | 5.5

SIX BARREL SODA

Raspberry Lemon
Cola
Cherry & Pomegranate
Strawberry Ginger Ale

All 6.0

BOTTLED DRINKS

Coaqua Coconut Water
Allmighty Juice
Batchwell Kombucha
Ginger Beer

5.0
5.5
7.5
5.0

NON ALCOHOLIC

COFFEE

Short/Long Black/Long Mac/Americano
Flat White/Latte/ Cappuccino
Mochaccino
Brew

Reg Lrg
4.5
5.0 5.5
5.5 6.0
5.5

Iced Latte
Iced Americano
Cold Brew

6.0
5.5
5.5

OTHER HOT DRINKS

Hot Chocolate
Chai Latte
Ginger Latte
Matcha Latte
Turmeric Latte
Lemon, Honey and Ginger

4.5 5.0
4.5 5.0
4.5 5.0
6.0 6.5
6.0 6.5
5.0

ORGANIC TEAS

English Breakfast
Vintage Earl Grey
Chamomile
Peppermint
Almond Macaroon Green
Coconut Chai
Berry Cassis

ALL 5.0

SUPERFOOD SMOOTHIES

BLUEBERRY & BASIL

Blueberries, fresh basil, mango, apple juice

9.0

STRAWBERRIES & CREAM

Strawberries, coconut cream, dates, banana,
almond milk

9.0

SPROUTING GREEN

Kale, spirulina, mango, avocado, pineapple juice

9.0

PEANUT BUTTERCUP

Banana, peanut butter, cacao powder,
medjool dates, almond milk

9.0

VERY BERRY

Blueberries, raspberries, strawberries, apple juice

9.0

MOCHA MACA

Espresso shot, cacao powder, maca powder,
Medjool dates, banana, coconut milk

9.0

All of our smoothies are organic, dairy free, gluten free and refined sugar free

Almond milk +0.8 | Soy +0.5 | Coconut +0.5

Decaf +0.5