

## FROM THE GARDEN

### ROAST VEGETABLE SALAD

Beetroot, mix green salad, tomato, avocado, pumpkin, walnuts, feta. 24

### DETOX SALAD

Mix green salad, beetroot, avocado, carrot, raw slaw, cucumber, red cabbage, lemon 24

### RAW VEGAN SALAD

Mixed cabbage, lettuce, carrot, kale, avocado, tomatoes, Asian sesame dressing 24  
Add tuna – 5  
Add grilled chicken – 6

## FROM THE SEA

### SEARED TUNA POKÉ

Asian slaw, avocado, fried shallots, pickled ginger, sea weed, Asian sesame dressing 30

### BARRAMUNDI FILLET

Quinoa tabouli, pomegranate salad, avocado, lemon 30

### SALMON FILLET

Mix green salad, green olives, asparagus, tomato, pickles, onion, egg 30

### TUNA NICOISÉ

Sirena tuna, green salad mix, green olives, pickles, sun dried tomatoes, capers, dill, aioli, asparagus 25

### SMOKED SALMON SALAD

Green salad, avocado, asparagus, tomato, cucumber, onion, pickles 28

## FROM THE FARM

### MEDITERRANEAN CHICKEN SALAD

Mixed leaf salad, capsicum, feta pesto, olives, sun-dried tomatoes, cucumber, avocado 28

### PERONS CEASER SALAD

Mixed leaf salad, special dressing, egg, bacon, sun dried tomatoes 20  
add chicken 6

### PEAR & PROSCIUTTO SALAD

Mixed leaf salad, avocado, sun dried tomatoes, walnuts, asparagus, feta, parmesan 28

### - LIGHT BITE -

Two smashed eggs, avocado, spinach, roast tomato 16.5

Sourdough toast served with roast tomato, avocado, basil, feta & balsamic glaze 16.5

## SHARE PLATES

### MEX NACHOS

Vegetarian spicy beans, corn chips, avo smash, sour cream, sweet chilli 20

### MEZZ BOARD

Prosciutto, salami, Parma ham, olives, avo, brie cheese, corn chips, dip, bread sticks 30

### SHOE STRING FRIES

9

## MAINS

### FRITTATA OF THE DAY

Served with avocado & green salad 24

### TUSCAN TART

Layered roasted eggplant, pesto, feta, capsicum, cheese, roasted pumpkin & mixed salad 22

### SPICY INDIAN CHICKEN CURRY

Served with brown rice, pappadums, yogurt, fruit chutney 25

### PERONS BEEF BURGER

150g organic beef, lettuce, onion, tomato, cheese, pickles, beetroot, special BBQ sauce & shoe string chips or salad 25

### PERONS CHICKEN BURGER

Chicken breast, raw slaw, avocado, tomato, bacon & chilli mayo with shoe string fries. 25

### THE CLUB SANDWICH

Turkey, chicken, bacon, lettuce, tomato, cucumber, avocado, relish, seeded mustard, mayo w/ shoe string fries 25

### THE STEAK SANDWICH

Lettuce, tomato, fried onion, beetroot, avocado, beetroot, mayo, relish, seeded mustard w/ shoe string fries 25

### BARRAMUNDI FISH TACOS

Perons raw cabbage slaw, avocado, chipotle mayo, tomato, onion corn & salsa 25

### SPICY CHICKEN TACOS

Perons raw cabbage slaw, avocado, chipotle mayo, tomato, onion & corn salsa 22

## SANDWICHES

{15}

### TURKEY

lettuce, tomato, cucumber, avocado, cranberry

### CHICKEN

lettuce, tomato, cucumber, avocado, seeded mustard, mayo, chutney

### SALAD

lettuce, beetroot, carrot, cucumber, tomato mayo, cheese, chutney

### SALAMI

lettuce, tomato, cheese, beetroot, onion, pickles, mayo

### TUNA & EGG

lettuce, onion, avocado, tomato, pickles, mayo

### PASTRAMI

lettuce, sauerkraut, tomato, cheese, pickles, mustard

## OPEN SALAD SANDWICHES

{22}

### NEW YORKER

Green salad, cheese, roast tomato, cucumber, pickles, lemon dressing & seeded mustard.

### SHAVED TURKEY

Green salad, avocado, tomato, cucumber, cranberry sauce, sun dried tomatoes

### SMOKED SALMON

Green salad, egg, avocado, tomato, pickles, onion, capers, olives, dill.

### GRILLED CHICKEN

Green salad, tomato, cucumber, avocado, pesto, sun dried tomatoes.

## TOASTED CHEESE MELTS

{17}

(all served with green salad)

CHICKEN - cheese, mayo, avocado, chutney.

TURKEY - cheese, mayo, avocado, cranberry.

SALAMI - cheese, tomato, onion, sun dried tomatoes, pickles.

# D R I N K S

cafe perony



You mix it we make it  
9

Apple, cucumber, pineapple, lemon, ginger, mint,  
orange, carrot, celery, beetroot or kale

DETOX

apple, carrot, celery, ginger + beetroot

LIVER CLEANSE

pineapple, beetroot, apple + ginger

GREEN MACHINE

apple, celery, cucumber, kale, mint + lemon

TROPICAL

pineapple, watermelon + mint

REFRESHER

pineapple, orange + mint

FLU FIGHTER

oj, carrot, ginger + turmeric

GREEN ROOM

kale, pineapple, cucumber, ginger, lime

FRAPPES

{9}

Banana, oj & coconut water  
Mix berrys, banana, apple juice  
Mango, banana, OJ & coconut water

SMOOTHIE

{9}

BERRY BLISS

Berry, banana, yogurt, honey, almond milk

MANGO TANGO

Mango, banana, yogurt honey, almond milk

NUTTER BUTTER

Caco, peanut butter, banana, coconut water, dates

ACAI BERRIES

Banana, coconut water, apple juice, Coyo yogurt

GYM JAM

vanilla whey protein, berries, banana, coconut water. 10  
Option to have coyo (dairy free)



Vanilla .....	8
Strawberry .....	8
Chocolate .....	8
Banana .....	8
Caramel .....	8
Espresso .....	8



REGULAR 4 LARGE 5

MacaMilk, Soy, Almond	50c
Double Shot or Decaf	50c
Iced Latte	4
Iced Coffee (ice cream)	4
Chai Latte	5
Hot Chocolate	5

LOOSE LEAF TEA

Green	5
Punjabi Chai	5
Lemon-grass + Mint Refresher	5
Peppermint	5
Chamomile	5
Breakfast Tea	5

TEA BAGS

English Breakfast	4
Irish, Earl Grey	4
Green	4
Peppermint	4
Chamomile	4



Blood Orange	5
Pink Grapefruit	5
Ginger Bee	5
Angostura Lemon Lime + Bitters	8
Limonata	5
Coke	5
Lemonade	5
Coke Zero	5
Diet Coke	5
Coconut Water	4.5
Mineral Water Santa Vittoria	6S/9L



PERONI / LAGER  
9

APPLE CIDER  
9

APEROL SPRITZ  
15

MCCLURES BLOODY MARY  
14

VIRGIN MARY  
8