

COFFEE

<b>Powered by Inglewood Coffee Roasters</b>	
Single Origin Espresso	4.2
Single Origin Long Black	5.0
Sunset BLVD with milk	5.0

<b>Inglewood Coffee Supplements</b>	
Ghee Immunity booster	+2.0
Kickstart MCT oil	+2.0
Salted Caramel Collagen booster	+2.5

<b>Inglewood Armour coffee</b>	7.5
Ghee Immunity booster + Kickstart MCT oil + Inglewood Single Origin espresso	

Turneric Coconut Latte / Matcha Maiden Latte	5.0
Mocha / Hot Chocolate	5.0
Malibu Chai	6.5
Iced Coffee / Iced Chocolate	6.5
<i>with ice cream + 1</i>	
Cold Brew / Batch Brew	5.0
<i>Alternative Milks + 0.5</i>	

<b>Tea</b>	5.0
Tea by Malibu	
English Breakfast / Earl Grey / Peppermint / Chamomile / Sencha Green / Lemongrass & Ginger.	

<b>Juices</b>	6.5
Orange / Apple / Mango.	

<b>Smoothies</b>	11.0
Peanut Butter & Banana (VQ,GF)	
Banana, peanut butter, cacao, honey & almond milk.	

Mango (VG,GF)	
mango, coconut milk, yoghurt & honey.	

<b>Milkshakes</b>	7.5
Vanilla/ Strawberry / Nutella (N) / Salted Caramel / Espresso / Chocolate. <i>Alternative milks + 1.0</i>	

<b>Spiders</b>	8.0
Choice of coke or lemonade with vanilla ice cream scoop.	

<b>Drinks</b>	
Bobby Prebiotic Soft Drink	4.5
Berry / Ginger Beer.	

Coke / Diet Coke / Coke Zero / Sprite.	4.0
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Lemon, Lime and Bitters	7.5
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ALCOHOL

<b>House Wines</b>	
Positano Prosecco	12.0 / 60.0
Conversationalist Pinot Grigio	14.0 / 65.0
Vintelofer Rose	14.0 / 0
Fergusson Ned's Red Blend	13.0 / 60.0

<b>Tap Beer</b>	
Carlton Draught	7.0 / 13.0
Great Northern Super Crisp	6.0 / 11.0
Balter XPA	8.0 / 15.0
TGT Lager	6.5 / 12.0
Pirate Life Pale Ale	6.0 / 11.0
Brookvale Union Ginger Beer	7.0 / 13.0

<b>Cocktails</b>	
Aperol Spritz	10.0
Margarita	22.0
Mimosa	12.0

KIDS

<b>Toastie (GFO)</b>	9.0
Ham and cheese / Cheese	

<b>Egg on toast (VQ, GFO)</b>	8.0
Poached, scrambled or fried, bacon, soft white bread	

<b>Pancake (VQ)</b>	12.0
Buttermilk pancake, berries, maple	

<b>Penne napoli (VQ, VO)</b>	11.0
with parmesan	

<b>Dippy Eggs (VQ, GFO)</b>	11.0
with soft white bread	

SIDES

Bacon (GF) / Haloumi (VG, GF)	5.0
Potato rosti (VG) / Hashbrown (VG, V)	5.5
Grilled tomato (V, VG, GF)	5.5
Smoked salmon (GF)	6.5
Jalapeno Hollandaise (VG, GF)	3.0
Flaxseed sesame dukkah (V, GF)	3.0
Extra egg (VG, GF)	3.5
Two extra eggs (VG, GF)	5.0
Feta / Vegan feta (VG, GF, V)	4.5
Mushrooms (VG, GF, V)	5.5
Grilled Chicken (GF)	6.5
Avocado (VG, GF, V)	5.5
House seasoned chips - small/large	5.0 / 9.0

FOOD

<b>Toast</b>	9.5
Sourdough, multigrain or fruit toast with your choice of preserves.	
<i>Gluten free +1 / Nutella (N) +1</i>	

<b>Eggs your way (GFO)</b>	13.5
Poached, Scrambled, or Fried on sourdough.	

<b>ACAI BAR (GF, V, VG)</b>	14.5
Organic acai with buckwheat seeded granola, strawberries, banana.	

<b>Add something extra:</b>	<i>Coconut flakes +1</i>
<i>Passionfruit +2</i>	<i>Almonds (N) +1</i>
<i>Raspberries +2</i>	<i>Chia seeds +1</i>
<i>Blueberries +2</i>	<i>Goji berries +1</i>
<i>Hemp seeds +2</i>	<i>Nutella (N) +1</i>
<i>Cocoa nibs +2</i>	<i>Peanut Butter (N) +1</i>

<b>Porridge (N, VQ, VO)</b>	19.0
Rollled oats, chia, spiced berries, fig, pistachio puffed quinoa crumb, cranberry, mascarpone.	

<b>Chilli Scrambled (VQQ, GFO)</b>	21.0
Bacon, cherry tomatoes, parmesan, coriander, mint, fried shallots on thick cut sourdough.	
<i>Add rosti + 4</i>	

<b>Brunch Bowl (VQ, VO)</b>	21.0
Sauteed kale, broccoli, sugar snaps, edamame, whipped feta, herb yoghurt dressing, chilli fried egg, sesame avocado.	
<b>Vegan option (V, N)</b>	21.0
Whipped tofu & vegan feta & mushrooms & green goddess cashew dressing	

<b>Eggs Benedict (VQ, GFO)</b>	24.0
Braised beef cheek, jalapeno hollandaise, two poached eggs, chives, on a cheddar sweet potato waffle.	
<b>Swap beef for salmon</b>	24.0
<i>Add mushrooms +4</i>	

<b>Buttermilk Pancakes</b>	22.0
Whipped maple butter, maple syrup & sea salt.	
<i>Add crispy bacon +4</i>	

<b>Avocado (GFG, VQ, VO)</b>	21.0
Avocado, whipped chilli feta, herbs, flaxseed dukkha, finger lime sauce, on seeded sourdough.	
<i>Add egg +3 / Add crispy bacon +4</i>	

<b>Broccoli Salad (VQ, V, GF, N)</b>	23.0
Shaved raw broccoli, apple, fennel, cranberry, toasted almonds, mint, miso dressing tofu dressing.	
<i>Add grilled chicken +4 / Add bacon +4 / Add egg +3</i>	

<b>Chopped Chicken Sub (GFO)</b>	21.0
Hot grilled chicken, crispy bacon, cheese, tomato, lettuce, ranch mayo, ciabatta roll.	
<i>Add chips +4</i>	

<b>Soup of the Day</b>	19.0
Served with thick cut buttered sourdough	
<i>Gluten free bread +2</i>	

<b>Fish and Chips</b>	23.0
Fresh battered rockling, fennel & rocket, house dill tartar, lemon & chips.	

<b>Chicken Schnitzel</b>	19.0
Herb parmesan panko crumb, dill slaw.	
<i>Add chips +4</i>	

<b>Orecchiette Pasta (VQ, VO)</b>	21.0
Broccoli, lemon herb pangrattato, red pepper flakes, pecorino.	
<i>Add grilled chicken +4</i>	

<b>Filet-O-Fish</b>	19.0
Crumbed white fish, house tartar, smoked cheese, on a potato bun.	
<i>Add chips +4</i>	

<b>Beef Burger</b>	23.0
Beef pattie, red onion, burger sauce, cheese, shredded lettuce, pickle served on sesame milk bun with chips.	
<i>Add bacon +4 / Add fried egg +3 /</i>	
<i>Add extra patty +4.5</i>	

SALAD BAR

<b>Base of baby leaves, cucumber, tomato, plus your choice of 3 additions and 1 dressing.</b>	18.0
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<b>Choose 3 additions:</b>	<b>Choose 1 dressing:</b>
<i>Carrot</i>	<i>Honey Dijon</i>
<i>Broccoli</i>	<i>Cashew green goddess (V, N)</i>
<i>Sugar snaps</i>	<i>Lemon EVOO &amp; herb (VG)</i>
<i>Red capiscum</i>	
<i>Edamame</i>	
<i>Pickled red cabbage</i>	<b>Add something extra:</b>
<i>Shaved fennel</i>	<i>Hard boiled egg +2</i>
<i>Marinated olives</i>	<i>Lemon herb chicken +4</i>
<i>Mixed seeds</i>	<i>Crispy bacon +4</i>
<i>Sweet corn</i>	<i>Spiced tofu +3</i>
<i>Brown rice</i>	<i>Avocado +3</i>
<i>Vermicelli</i>	
<i>Feta / Vegan feta</i>	
<i>Pecorino</i>	
<b>Want extra? +3 each</b>	

SANDWICHES

TOASTED

<b>The B &amp; E</b>	11.5
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Streaky bacon, fried egg, cheese, grilled onion chutney, aioli on a fresh turkish roll.

<b>Bacon &amp; egg roll</b>	9.5
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Fried egg, bacon, American cheese, tomato relish, sesame bun.

<b>Bacon &amp; egg muffin</b>	7.5
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Fried egg, bacon, American cheese, marierose sauce.

<b>Chicken parma roll</b>	15.5
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Chicken Schnitzel, napoli, virginia ham, mozzarella, aioli, baby cos lettuce on a fresh turkish roll.

<b>Mediterranean roll (VG)</b>	14.5
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Chargrilled eggplant, artichoke, capsicum, halloumi, jalapeno sauce, aioli on a fresh turkish roll.

<b>Chicken toastie</b>	13.0
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Chicken salad, celery, sour cream, parsley, mayonnaise, swiss cheese on sourdough.

<b>HCT Toastie with Aioli</b>	10.0
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<b>HCT Croissant</b>	9.0
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CHILLED

<b>Rainbow salad sarnie (VG)</b>	9.0
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Lettuce, tomato, carrot, beetroot, tasty cheese, mayonnaise on fresh multigrain.

<b>Rainbow chicken salad sarnie</b>	12.0
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Chicken mix, lettuce, tomato, carrot, beetroot, tasty cheese, mayonnaise on fresh multigrain.

<b>Mini chicken roll</b>	6.5
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Poached chicken, herbed mayo, avocado on a mini ciabatta roll.

COLD

<b>Chia pot (GF, N, VG, V)</b>	9.5
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Soaked chia, rasperry coulis, almond flakes and fresh berries.

<b>Granola pot (GF, VG)</b>	9.5
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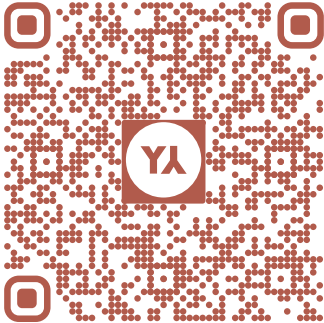
Natural yoghurt, passion fruit, granola and fresh berries.

TAKEAWAY MENU

PANTRY

GLEN IRIS

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N - Contains Nuts / GF - Gluten Free / GFO - Gluten Free Option / VG - Vegetarian / VGO - Vegetarian Option / V - Vegan / VO - Vegan Option /

All food is prepared in a kitchen where nuts, gluten and other known allergens may be present. Our team and our suppliers take caution to prevent cross-contamination, however, any product may contain traces. If you have a food allergy, please make this known at the time of ordering.

10% surcharge on weekends / 20% surcharge on public holidays.

HOT

<b>Dim sim</b>	1.5
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<b>Potato cake</b>	1.5
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<b>Breakfast Hashbrown</b>	2.0
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<b>Chips small / large</b>	5.0/9.0
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<b>Chicken tender</b>	3.0
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SALADS

<b>Lemongrass grilled chicken (GF)</b>	15.0
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Vermicelli noodle salad, coriander, red capsicum, pickled carrots, fried shallots, nuoc chum dressing.

<b>Grilled chicken salad (GF)</b>	15.0
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Cos lettuce, cherry tomatos, bacon, hard egg, cucumber, ranch dressing.

<b>Green goddess salad (VG, N)</b>	14.0
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Kale, quinoa, edamame, toasted almonds, cranberries, feta, lemon, cashew green goddess dressing.

SWEET

<b>Plain croissant (VG)</b>	6.0
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<b>Almond croissant (VG, N)</b>	7.0
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<b>Apricot danish (VG)</b>	5.5
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<b>Apple crumble danish</b>	7.0
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<b>Cinnamon scroll (VG)</b>	5.5
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<b>Mini donuts (VG, N)</b>	4.5
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<b>Protein ball (VG, N)</b>	4.5
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Granola, peanut butter, chia seeds, honey, cocoa powder & coconut.

<b>Raspberry &amp; white choc muffin (VG)</b>	6.0
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<b>House banana bread (VG)</b>	5.5
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<b>Vegan pistachio cake (N, GF, VG, V)</b>	11.0
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<b>Spiced carrot cake (N, VG)</b>	11.0
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<b>Lindt raspberry cheesecake (GF, VG)</b>	11.0
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<b>Choc chip cookie (VG)</b>	5.0
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<b>Smartie cookie (VG)</b>	4.5
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WEEKENDS ONLY

<b>Glazed and Confused donut</b>	6.0
<i>Brioche ring doughnut + vanilla bean glaze</i>	

<b>Strawberry Sprinkle donut</b>	6.0
<i>Brioche ring doughnut + strawberry glaze + sprinkles</i>	