

# ethos | menu

weekly menu  
items will be changing daily

## hot

ETHOS ESPRESSO ...*Proudly serving Vittoria organic*

REG. | 3.20

LGE. | 3.80

JUMBO. | 4.50

WESTPAC STAFF

REG. | 3.0

LGE. | 3.50

ORGANIC LOOSE LEAF TEAS

REG | 3.20

LRG | 3.80

GREEK MOUNTAIN TEA | 4.00

*(served with organic honey)*

HIPSTER THE GREEK COFFEE | 4.00

- add cinnamon .50c

- add cardomon .50c

*Get a serious energy boost with HIGH INTENSITY COFFEE, served with organic butter*

REG | 4.50

LRG | 5.00

NUTELLA HOT CHOCOLATE

REG | 4.0

## cold

COLD PRESSED ORGANIC JUICES & SUPER SMOOTHIES FROM | 5.50

*Green hulk-* kale, spinach, broccoli, celery, alovera & coconut water

*Super berry-* organic mixed berries, Greek yoghurt, chai seeds, milk & honey

*Spiced banana-* banana, yoghurt, milk & cinnamon

*Santorini sunset-* pineapple, coconut water, strawberries & lemon

*Organic sun warrior protein,* chai seeds, almond milk & yoghurt

*Watermelon, apple & mint*

*Apple, kale, lemon & parsley*

*Beetroot, celery & apple*

*Carrot, ginger & orange*

ICED FRUIT CRUSH GRANNITAS | 5.50

MILKSHAKES | 5.50

-*New York peanut butter*

-*Salted caramel*

-*Vanilla bean*

-*Espresso coffee*

SEASONAL FRUIT SALAD | 5.50

topped Greek yoghurt & farmer joe burnt fig & almond muesli | (extra 2.5)

BREAKFAST CHAI POT

chai seeds soaked in almond milk with granola fresh berries & Greek yoghurt | 5.50

Dairy free coconut yoghurt pot with paleo muesli | 5.50

Chai pot, chai seeds coconut milk, strawberries | 5.50

Fruit salad topped with quinoa | 5.50

add babushkas probiotic yoghurt | (extra 2.50)

banana, chocolate chai pudding | 5.50

THE ATHENIAN BREAKFAST PLATTER | 13.90

Fresh watermelon, figs, haloumi, spinach and cheese pie, walnuts, greek honey yoghurt

## hot bar

ALL ZATAAR | 4.00

- ham & cheese

- Haloumi, tomato & spinach

BACON EGG TOASTIES/ BACON & EGG ROLLS | 6.0

ALL BREAKFAST WRAPS | 6.50

- poached egg, bacon, spinach & aioli

- bacon, egg, cheese & bbq

- green eggs, pesto, spinach, mushroom & feta

BREKKIE BURGER | 7.00

- smoked salmon, scrambled eggs, dill and and haloumi

- rustic chorizo, scrambled egg, spinach, chives & onion jam

- mixed beans baked & served with poached egg

- vegetarian scrambled eggs, broccoli, zucchini, carrots, quinoa and greek feta served with rye toast

JOHNNY'S HIGH PROTEIN BREAKY | ?\$

scrambled egg whites, turmeric, salmon fillet, asparagus, quinoa, served with protein bread

SCHAWARZENEGGER EGG WHITE HIGH PROTEIN OMELETTE | 10.90

smoked salmon, spinach, asparagus, capers served with protein bread

FARMERS OMELETTE | 10.90

baby carrots, broccoli, tomato, feta cheese

ALL JAFFLES | 5.00

- chorizo & scrambled egg

- croque Monsieur

- spinach, ricotta & mushroom

- banana, strawberry & Nutella

ETHOS HOUSE SPECIAL | 7.90

greek feta wrapped in filo pastry lightly fried, with sesame seeds and drizzled with organic honey

SPINACH & CHEESE TRIANGLES | 6.00

BREAKFAST PALEO FRITTATA | 7.0

PALEO BREAKFAST BOWL | 11.90

2 boiled egg, spinach, smashed avocado, broccoli, mushroom served with poached chicken or smoked salmon, with apple cider dressing

SKILLETTS

- *baked eggs, tomato*

- *baked egg, cannellini beans & bacon*

CROISSANTS | 6.00

- *ham & provolone*

- *turkey, tomato Brie*

TOAST | 3.50

- *sourdough*

- *spelt rye,*

- *quinoa & soy,*

- *sour cherry*

*with a variety of spreads*

BREKKIE PITA PIZZA | 7.90

bacon, egg, tomato & mozzarella cheese

HOT CAKES | 7.00

- *organic berries, ricotta, maple syrup*

- *zucchini, almond & feta fritters*

## sweet bar

SUGAR DADDY *who said being bad can't be good...* Sweeties from | 3.50

*Daily assortment of freshly baked cakes, banana breads, pastries, muffins & slices.*

*Available in gluten free, dairy free & paleo*

ASSORTED SOURDOUGH SANDWICHES, ROLLS & GLUTEN FREE ORGANIC WRAPS | 9.00  
gluten free | extra 1.50      organic gluten free | extra 2.50

- deluxe Rubén
- poached chicken & smashed avocado
- smoked leg ham & relish
- pulled lamb & Greek salad
- chickpea & pumpkin rissoles with hommous
- pea & haloumi fritter with tahini
- turkey Caesar
- smoked salmon, Persian fetta & chives
- cuban pork sandwich, swiss cheese, pickles ham and mustard.
- the Tuscan sandwich, perscutio, fresh rocket, tomato, poached eggs, shaved piccorino, extra virgin olive oil served on sour dough
- greek street lamb pitta wrap, 8 hour slow roast lamb shoulder, tomato, onion, tatziki and fries,
- befteki wrap, greek style lean beef rissole, served with onion, tomato relish, and greek yoghurt tatziki
- thai prawn baggette
- lettuce cups with any of your choice of fillings, served with crunchy fresh lettuce

## hot bar

SLOW COOKED MEATS from | 11.50

- greek style pulled lamb
- pulled pork
- asian sticky pork
- off the bone Portuguese chicken
- beef brisket
- pork belly

CURRIES served with rice REG | 9.0 LRG | 11

- thai Red chicken
- lamb rogan josh
- beef vindaloo
- beef massaman
- lamb kofta
- green fish

PASTAS REG | 9.0 LRG | 11

- spinach & ricotta ravioli
- roasted vegetables pesto
- pumpkin ravioli
- beef ragu
- pumpkin, spinach, quinoa lasagne
- preserved lemon, pea & asparagus risotto

ASIAN REG | 9.0 LRG | 11

- oriental noodles w/ egg & vegetables
- chicken & vegetable Hokkien noodles
- chicken & cashew stir fry
- thai style fried rice w/ tofu
- chicken bryani
- stir fried vegetables /w sesame
- chilli lime vegetable zucchini noodles

MEALS from | 12.50

- *grilled salmon, chips & vegetables*
- *grilled fish lemon & ginger*
- *homemade pie of the day*
- *beef mushroom rissoles*
- *lamb & haloumi rissoles*
- *poached chicken, brown rice & quinoa*
- *cabbage wrapped salmon with greens*
- *traditional greek cassarole slow cooked off the bone pork or lamb with wild greens and traditional spices*
- *greek traditional style (kleftiko) slow roast lamb shoulder served with oregano and lemon roast potatoes*
- *southern fried chicken burger, served with fries or sweet potato wedges*
- *harvest Veggie burger roasted eggplant, zucchini, spinach, mushrooms, spanish onion and bircher and waite tomato relish.*
- *portugese style burger, free range chicken breast, tasty cheese, lettuce tomato, house chilli aoli*

## salad bar

SALADS REG | 9.0 LRG | 11

- *super food poached chicken salad*
- *quinoa, fetta & bean*
- *roasted baby beetroot, goats cheese & spinach*
- *lamb, quinoa & tabouli salad*
- *cabbage & fennel*
- *thai beef & basil*
- *chicken, haloumi & spinach*

RAISING THE SALAD BAR REG | 9.0 LRG | 11

### CALIFORNIAN SUPER FOOD SALAD

Tri coloured quinoa, shredded kale, brown rice, charred corn, salted ricotta & tomatoes lime & chilli dressing

### FAME GRILLED MEXICAN SALAD

Quinoa, black beans, coriander, fresh corn, corn chips, mint & preserved lemon vinaigrette

### SALMON NICIOSE

Boiled egg, green beans, olives, potato, tomato & mixed leaves

### SUMMER

Grilled chicken, avocado, mango, fennel with citrus Mayo

### GRILLED HALOUMI & AVOCADO SALAD

Mixed beans, red capsicum, cucumber, walnuts with citrus balsamic dressing

### SMOKED CHICKEN SALAD

Shredded bokchoy, crispy bean shoots seasoned with sesame, black pepper & white malt dressing

### VERMICELLI NOODLE SALAD

Lemongrass pork or Vietnamese chicken, mushrooms, fried tofu

### ETHOS CABBAGE SALAD

Pecorino, cabbage, radish, pea with mint chilli & lemon juice dressing

### MOROCCAN CARROT SALAD

Beluga lentils, green olives, Harrissa, mint & duakka

CILANTRO, LIME RICE SALAD

CHOPPED ZILLION

Grilled chicken, salami, garbanzo beans, cherry tomatoes, tortilla strips & ranch dressing

deli bar

DELI ITEMS from | 8.50

- *gluten free frittata*
- *assorted fillos*
- *beef lasagne*
- *stuffed capsicums*
- *beef moussaka*
- *spinach & cheese pita*
- *greek style stuffed cabbage rolls, with rice and lean beef mince, cooked in a lemon sauce served with greek yoghurt.*
- *pork & fennel rolls*
- *quinoa, zucchini & cheese tart*