



## ALL DAY BREAKFAST

### POST SAUSAGE MUFFIN 16

House sausage patty, folded scrambled egg, crispy golden hash brown, American cheese and Special post sauce

### EGGS YOUR WAY 14

Two free range eggs with cultured butter served with Sonoma sourdough

### TURKISH EGGS 21

Two poached free range eggs, zesty labneh, chilli oil & herbs served with turkish toast

### CHILLI EGGS 22

Two free range eggs scrambled, chilli oil, Danish feta, crispy shallots served on Sonoma sourdough

### SHAKSHUKA 24

slow-simmered spiced tomato sauce with eggplant, zucchini & capsicum, topped with baked eggs, feta & za'atar, served with toasted sourdough.

### EXPRESS EGGS BENEDICT 22

Two free range eggs poached, flambé spinach, house made hollandaise sauce on Sonoma sourdough

#### ADD ON

— Smoked Salmon +9

— Bacon +6

### AVOCADO AND EGGS 24

Two free range poached eggs seated on a bed of zesty smashed avocado, Danish feta on Sonoma sourdough

### ZUCCHINI & CORN FRITTERS(GF) 24

zucchini and corn fritters stacked on a bed of green goddess dressing, served with fresh spinach & avocado topped with za'atar and chilli flakes.  
+ Poached egg \$4

### MEDITERRANEAN AFFAIR 26

Soft scrambled eggs with feta, fresh cucumber, tomato, pickles & olives, served with labneh, hash brown & bread

## SIDES

|                 |   |                  |   |
|-----------------|---|------------------|---|
| Grilled Tomato  | 4 | Mushrooms        | 5 |
| Free Range Egg  | 4 | Sautéed Spinach  | 4 |
| Smashed Avocado | 6 | Halloumi         | 7 |
| Hashbrown       | 4 | Ham              | 6 |
| Sujuk           | 7 | Smoked Salmon    | 9 |
| Zesty Labneh    | 4 | Sonoma Sourdough | 4 |
| Bacon           | 6 |                  |   |

### BIG BREAKFAST 32

Two free-range eggs your way with double rashers of Bacon, Sujuk, Hash Brown, sautéed mushrooms, Spinach, roasted tomato & toasted sonoma sourdough

### THE MAKKA STACK 28

Sonoma sourdough stacked with fresh tomato, cucumber, smashed avocado & danish feta, finished with labneh, a poached egg & crispy hash brown

### POST OMELETTE 24

Silky free range omelette folded with sautéed capsicum, mushrooms, spinach, tomato, onion finished with herbs, sprinkled cheese and a toasted sonoma sourdough

### CANADIAN PANCAKE 22

Fluffy Canadian style pancake, served with crispy bacon scrambled egg and maple syrup.

### BREAKY BURGER 20

Crispy bacon, fried egg, avocado salsa, hash brown, cheese & house tomato relish packed in a a toasted bun milk bun

### RICOTTA PANCAKES 26

Post cafes signature fluffy ricotta pancake served with strawberry compote, cranberry, mixed berries & side of maple syrup

### ACAI BOWL 22

Refreshing açai purée, seasonal fruit and house granola, coconut flakes, with peanut butter

Please note a surcharge applies on weekends and public holidays.

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# MAINS

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## POST STEAK SANDWICH 28

Juicy 150g MB2+ steak layered with caramelised onions,fresh iceberg lettuce, tomato, melted cheese on toasted Turkish bread served with crispy hand cut fries

## CHICKEN QUINOA SALAD 26

Grilled chicken tossed through a leaf mix with roasted chickpeas, cherry tomatoes, Spanish onion, avocado, capsicum & chefs house dressing finished with a garnish of Gruyère.

## CHICKEN WRAP 18

Grilled chicken with iceberg lettuce, tomato , cheese , mayo on a soft tortilla bread.

## CLUB SANDWICH 22

Grilled tender chicken, bacon ,avocado, lettuce & cream cheese on Sourdough bread

## HOOKE ON FLATHEAD 26

*Crispy tempura battered flathead fillets, fries, garden salad, tartare sauce & lemon wedge*

## ADD ONS

Condiments 2

Side Salad 6

Steamed Rice 6

Mushroom Sauce 5

Roasted Veggies 7

Baked Potatoes 8

Bowl of Fries 11

## POST MALONE BURGER 28

150g Angus juicy beef patty, iceberg lettuce, tomato, American cheese, pickles, caramelised onions & our special sauce on a toasted milk bun served with fries

## SCHNITZEL FOCCACIA 24

crispy golden schnitzel layered with pickled onions, melted cheese, fresh iceberg lettuce & creamy mayo on toasted Turkish focaccia with a side of fries

## GRILLED CHICKEN BURGER 24

Tender grilled chicken breast with avocado, fresh lettuce,tomato,tasty cheese & creamy mayo on a toasted bun served with fries

## SOUVLAKI PLATE 32

Popular souvlaki boys lamb skewers, Greek salad, fries, warm pita bread, tzatziki sauce

## POST NUTRITION PLATE 28

250g juicy famous marinated chicken breast served aside fluffy steam rice, roasted vegetables & our signature house made chilli/mayo sauce.

## STEAK & EGGS 38

250g MB2+ steak cooked to your liking, served with two fried eggs , chimichurri and roasted potatoes

## CRISPY SALMON 36

200g salmon fillet, dill rice, roasted veggies and teriyaki sauce

## CHICKEN FUNGI 26

Famous marinated grilled chicken pieces smothered with our popular mushroom sauce all a-top crispy hand cut fries.

## BOSCIOLA BLISS 26

Creamy penne pasta with mushrooms, crispy bacon, eschalots, garlic & parmesan.  
• Add Chicken \$7

## POST SCHNITZEL 28

250g house battered crispy chicken shnitzel, fries, garden salad & mushroom sauce

*Please note a surcharge applies on weekends and public holidays.*

*Best Cafe.*

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♦ PRODUCT FOR THE NEIGHBOURHOOD ♦

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*Est. 20*

HOT DRINKS

|                                                                   | R   | L    |
|-------------------------------------------------------------------|-----|------|
| Cappuccino / Latte                                                | 5   | 5.5  |
| Flat White / Long Black                                           |     |      |
| Espresso                                                          | 4.5 |      |
| Chai Latte                                                        | 5   | 5.5  |
| Mocha                                                             | 5.5 | 6    |
| Matcha Latte                                                      | 5.5 | 6    |
| Dirty Chai                                                        | 5.5 | 6    |
| Affogato                                                          | 8   |      |
| Piccolo                                                           | 4.5 |      |
| Macchiato                                                         | 4.5 |      |
| Hot Chocolate                                                     | 5   | 5.50 |
| Batch Brew                                                        |     | 6.50 |
| Loose Leaf Tea                                                    |     | 6    |
| English breakfast / Green / Earl Grey /<br>Peppermint / Chamomile |     |      |

OVER ICE

|                                 |      |
|---------------------------------|------|
| Cold Brew                       | 7    |
| Iced Long Black                 | 7    |
| Iced Latte                      | 7.5  |
| Iced Chai                       | 8    |
| Iced Dirty Chai                 | 9    |
| Iced Matcha<br>+ strawberry 2.5 | 7    |
| Batch Brew                      | 6.50 |

FRAPPES

Blended with ice and ice cream, topped with cream

|                |     |
|----------------|-----|
| Iced Coffee    | 9.5 |
| Iced Chocolate | 9.5 |
| Iced Mocha     | 10  |

FRESH JUICE

|                                                          |    |
|----------------------------------------------------------|----|
| Trophouse (watermelon, pineapple, orange, coconut water) | 11 |
| Cleanser (orange, apple, carrot, ginger)                 | 11 |
| Green Machine (celery, green apple, cucumber)            | 11 |
| BuildYour Own (choice of 4 ingredients)                  | 11 |
| kids juice (apple or orange)                             | 6  |

SMOOTHIES

**Mad Mango Smoothie**  
sweet mango cheeks blended with creamy vanilla ice cream and mango nectar.

12

**BANANA SMOOTHIE**  
fresh banana blended with honey & vanilla ice cream for a smooth creamy classic

12

**BERRY SMOOTHIE**  
mixed berries and banana blended with coconut water, topped with coconut flakes.

12

**PROTEIN SMOOTHIE**  
Almond milk blended with whey protein, banana,peanut-butter & honey for the perfect post workout boost

14

**Acai Smoothie**  
Pure Amazon açai blended with banana & coconut water topped with crunchy granola and coconut flakes

14

MILKSHAKES 9/ THICKSHAKE 12

Classic milkshakes all blended with vanilla ice cream

- CHOCOLATE
- STRAWBERRY
- CARAMEL
- VANILLA
- BANANA

EXTRAS

|                                            |     |
|--------------------------------------------|-----|
| Extra Coffee Shot / Decaf / Honey          | 0.7 |
| Syrups / Soy / Oat / Almond / Lactose Free | 1   |