



www.7thbake.com

02 6140 7037

V – Vegetarian DF – Dairy free GF – Gluten free NF – Nut free

7th Big Breakfast 25.9

Eggs the way you like, toast, bacon, chorizo, roasted tomato, mushroom, cooked spinach, hash brown.

Vegetarian options available

Eggs your way on Toast 11.9

Eggs how you like on your choice of bread
Scrambled eggs extra \$1

Kingston Bacon & Egg Roll 12.5 DF NF

Rasher bacon, sunny side up eggs on Panini with
7th BBQ Sauce

Foreshore Roll \$17 NF

Smashed avocado, hash brown, rasher bacon &
fried eggs on brioche bun with 7th BBQ and garlic
aioli

Granola Sundae \$17 V GF

House baked granola with mixed berry sundae and
seasonal fruits

Eggs Circa 1860

Poached eggs, hollandaise and salsa verde **N**

- Mushroom, kale & spinach **19.5**
- Shaved ham or rasher bacon **20.5**
- Spinach, kale and smoked salmon **22.5**

All Day Breakfast

Peach French Toast 19 V NF

Caramelized peach with maple bacon crumble,
maple, vanilla ice cream and seasonal fruits and
dressing

Pineapple mint hot cakes 18 NF

Pineapple glaze with seasonal fruits and vanilla ice
cream

Kingston smashed Avocado \$19.50 V

Poached eggs, toast, puffed grains, dukkha,
medley tomatoes with crumbled feta

Sides

Bacon, Chorizo, smoked salmon, prosciutto,
haloumi, avocado +4

Hash brown, tomato, mushroom, kale, spinach,
zucchini, roasted veggie, Rosted cauliflower, fetta+3
Eggs +2

Gluten +1



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Lunch

Burger All burgers come with chips

Southern Fried Chicken Burger 20

Crispy bacon, lettuce, tomato & sriracha mayo

Wagyu Beef Burger \$20 NF

Caramelized onion, pineapple, bacon, cheese, pickle, mustard and ketchup

Steak Sandwich \$21 NF, DF

Marinate steak, Crispy bacon, lettuce, tomato, Relish and BBQ

Bliss bowl \$19 VG DF

Sweet potato, broccoli, tabouli, sesame coated avocado, crispy kale and hummus

Add meat Lamb/chicken **\$22**

Pulled lamb salad \$22

Moroccan lamb and cous cous, mixed greens, roasted cauliflower hummus with dukkah, verde and yoghurt dressing

Salmon burrito bowl \$24 NF GF

Brown rice, crispy skin salmon, grilled pineapple, mixed leaves, corn salsa, with guacamole and sour cream

Sides

Hot Chips 7 V GF DF NF

Seasoned potato Wedges 9 GF NF V

Garden Salad

Small 5 Large 9

Please let us know if there is any dietary requirement



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Classic Milkshake 7

Caramel, Vanilla, Chocolate, Strawberry, Coffee
Thick +I

Signature Milkshakes 8.5

Barry White

- Salted caramel, ice cream, whipped cream,
caramel popcorn & pretzels

James Brownie

- Ice cream, rich chocolate, whipped cream &
chunks of brownie

Classic Smoothies 7.5

Banana, Mix berry or Strawberry with yoghurt

Signature Smoothies 8.5

Oh Em Gee

- Orange, Mango & Strawberry Yoghurt

Green Colada

- Pineapple, Spinach, Coconut Cream

Peanut Butter Banana

- Milk, Banana, Peanut butter & Honey

Tropical Fruit Slush

- Passion fruit, Mango, Guava

7th Mocktail 8

Lemon Lime Bitters

- Lemonade with lime and bitters

Mojito

- Lime, mint, sparkling water, honey

John's Secret

- Orange, lemon, soda water

Drinks

Our Coffee Blend is "The Cats Pyjamas" by
Seven Miles Coffee Roasters

Cold Brew Iced Tea 7.5

Frappes 8

Watermelon Mint

-Watermelon juice, mint, Raspberry Sorbet

Lemon Mint

Matcha Lover

- Almond Milk, Japanese Matcha, Honey

Freshly Squeezed Juice

Kingston Wake Up 8

- Orange, Pineapple & Ginger

Mt. Majura Sunrise 8

- Watermelon, apple & lemon

Super Green 9

- Spinach, Cucumber, Celery, Lemon, Ginger,
Apple, Mint

Add one shot of coffee **+0.5**

Add Protein Powder **+I**

Alternative milks available for smoothies and
shakes **+2**



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Hot

	Cup	Mug
Short Black	3.5	
Piccolo/Macchiato	3.5	
Latte/Flat White	4.5	5.5
Long Black/Cappuccino	4.5	5.5
Single Origin Espresso	+1	
Shotgun Coffee	6	
Double-shot, grass-fed butter MCT Oil		
Dirty Chai/Mocha	5	5.5
Ginger Bread Latte	5	5.5
Butterscotch Latte	5	5.5
Nutella Latte	5	5.5

Alternatives

without caffeine

Belgian Hot Chocolate	4.5	5.5
Milk, dark		
Turmeric	4.5	5.5
Taro	4.5	5.5
Chai	4.5	5.5
Matcha Latte	4.5	5.5

Loose Leaf Tea by T2 5 per Pot

English Breakfast, Earl Grey, French Earl Grey, Peppermint, Green, Chamomile, Chai, Lemongrass Ginger, Japanese Fruit Oolong

Infused **+0.5**

Cold Bottled Drinks

Coke, Coke No Sugar, Sprite, Lift **3.5**
Still Bottled Water **3**
San Pellegrino Sparkling **small 4 Large 8**

Drinks

Our Coffee Blend is "The Cats Pyjamas"
by Seven Miles Coffee Roasters

Cold

House Cold Brew **5**

Espresso Spritz **5.5**

Double-shot on sparkling water

Iced

Long Black **5**

Latte **5.5**

Coffee cream/ice-cream **7.0**

Chai/Chocolate **6**

Mocha **6.5**

Additions

Extra Shot **+0.5**

Syrups **+0.5**

Vanilla, Caramel, Hazelnut,
Butterscotch, Gingerbread

Milks **+0.7**

Soy, Almond, Coconut, Macadamia,
Oat, Lactose-free



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Little Bakers Menu

Pancake Stack 12

With seasonal fruit & icecream

Kids Scrambled Egg 8.5

Served on White Bread

Lil' Cheese Burger 13.5

Beef Patty, tasty cheese & tomato sauce
served with chips

Chicken Nuggets 11

Served with chips

Mini Milk Shake 4.5

Vanilla, Chocolate, Caramel, Strawberry

Kids Juice Bag 5

Orange, Apple, or Mix

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