

Breakfast (all day)

Simply Toast	6
<i>Organic, artisan white, seeded or light rye sourdough, gluten free or chunky fruit toast with your choice of butter, vegemite, jam or honey.</i>	
Free Range Eggs^{gfo}	9
<i>Two eggs cooked the way you like (poached, fried or scrambled) served on sourdough.</i>	
Smashing Avo^{dfo, gfo, vo}	17
<i>A nutritious avocado smash on light rye sourdough with two poached eggs, feta & corn, tomato, lime & chilli salsa.</i>	
Add chorizo	21.5
Omelette^{gfo}	16.5
<i>With bacon, mushrooms, tomatoes & Swiss cheese on sourdough toast.</i>	
Add bacon	20.5
B.L.E.T.^{gfo}	13
<i>Crispy bacon, lettuce, two fried eggs, tomatoes & mayonnaise on Turkish bread.</i>	
Brekky Roll^{gfo}	14.5
<i>Fried egg, crispy bacon, avocado, Swiss cheese, a hash brown, wild rocket & tomato relish on a Turkish roll.</i>	
French Toast^{gfo}	14.5
<i>French toast with caramelised bananas, fresh seasonal berries, crème fraîche, spiced orange syrup, crumbed pistachios & seeds.</i>	
Add bacon	17.5
Uttapam^v	15.5
<i>Indian style savoury pancake with sautéed vegetables, avocado & spicy coconut chutney.</i>	
Zucchini & Corn Fritters^{dfo, gf, v, vo}	15.5
<i>Two fritters topped with a poached egg, black bean & avocado salsa & sour cream.</i>	
Add bacon	19.5
Add salmon	20
Crêpes^v	15.5
<i>Home made crêpes with caramelised bananas, salted caramel, vanilla bean mascarpone, coffee crumbs & seasonal fruit.</i>	
Trio of Potato Rostis	18
<i>Three potato rostis with smashed avocado, smoked salmon, crispy bacon and a poached egg, topped with hollandaise sauce.</i>	
Pumpkin Smash^{gfo, v, vo}	17
<i>Smashed Japanese pumpkin on light rye sourdough with two poached eggs, sautéed broccolini & tricolour quinoa.</i>	

Pork Shoulder Benedict	17
<i>Two poached eggs served on a bed of hearty potato rostis with shredded, slow cooked pork shoulder & home made apple cider hollandaise, topped with fresh pomegranate seeds & mint leaves.</i>	
Henry's Veggie Breakfast^v	19.5
<i>Two poached eggs on seeded sourdough served with avocado, vine ripe cherry tomatoes, sautéed mushrooms, spinach & crumbed halloumi.</i>	
Bircher^{gf, vg}	13
<i>Toasted quinoa bircher muesli with coconut yoghurt, lychee & seasonal fruit</i>	
Porridge^{gf, vg}	14.5
<i>Oats, chia seeds, tricolour quinoa and a dollop of peanut butter cooked in almond milk topped with seasonal fruit, a drizzle of honey & hazelnuts.</i>	
Extras	
Apple cider hollandaise	2
Egg / Hash browns	3
Mushrooms / Cherry tomatoes / Spinach	3.5
Bacon / Avocado & feta smash / Halloumi	4
Smoked salmon / Chorizos	4.5

Check out the display fridge!

We offer:

- a selection of delicious sweet treats.
- savoury gourmet rolls.
- toasties.
- and more.

Little People

Little Eggs	7
<i>One egg, poached, fried or scrambled served on square toast with bacon.</i>	
Mini Crêpes	7
<i>Served with bananas and Nutella or maple syrup & vanilla bean ice cream.</i>	
Cheese Toastie	6
Mini Avo Smash	7
<i>Two slices of square toast with smashed avocado.</i>	

IRON HENRY



Lunch (11 - 2.30)

Southern Fried Burger	16.5
<i>Crispy fried chicken in a brioche bun with bacon, fresh lettuce, jalapeños & spicy mayonnaise with a side of chips.</i>	
Add avocado	18.5
Falafel Wrap^{vg}	15
<i>Home made falafel, tomatoes, onions, sauerkraut, mixed leaves & smoky chipotle hummus in a wholemeal wrap & a side of chips.</i>	
Portobello Mushroom & Halloumi Burger	14
<i>A sautéed portobello mushroom, fried halloumi, smashed avocado, Spanish onion, rocket, mayonnaise & fresh chilli on a brioche bun.</i>	
Add chips	17
Steak Sandwich	17.5
<i>Scotch fillet with caramelised onion jam, cheddar, tomatoes, lettuce, seeded mustard mayonnaise in toasted Turkish bread with a side of chips.</i>	
Lamb Tacos	15
<i>Two soft shell tacos with grilled lamb, harissa yoghurt, Spanish onions, tomatoes & rocket.</i>	
Gnocchi	18
<i>Home made potato & parmesan gnocchi with chicken, avocado & spinach tossed in an aromatic pesto and cream sauce.</i>	

Little People

Chicken & Chips	7.5
Fish & Chips	7.5
Chippies with Tomato Sauce	6

gf - gluten free, gfo - gluten free option (\$2), df - dairy free
dfo - dairy free option, v - vegetarian, vg - vegan, vo - vegan option

Sorry, we do not split bills on weekends and during busy periods.



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Non-alcoholic

<i>Di Bella Coffee</i>	
<i>Espresso</i>	3
<i>Short Macchiato</i>	3.5
<i>Long Black / Latte / Cappuccino / Flat White</i>	3.8 / 4.3
<i>Moccha</i>	4 / 4.5
<i>Turmeric Latte</i>	4.5 / 5
<i>Soy / Almond</i>	0.5
<i>Caramel / Hazelnut / Vanilla</i>	0.5
<i>Extra shot</i>	0.5
<i>Decaf</i>	0.5
<i>Tea by T Bar</i>	
<i>English Breakfast / Earl Grey / Chamomile / Chai / Green Lemongrass & Ginger</i>	4
<i>Hot Chocolate</i>	4 / 4.5
<i>Prana Chai</i>	4.5
<i>Iced Coffee</i>	5.5
<i>Soy, Almond</i>	6.5
<i>Iced Chocolate</i>	5.5
<i>Soy, Almond</i>	6.5
<i>Iced Prana Chai</i>	5.5
<i>Soy, Almond</i>	6.5
<i>Milkshakes</i>	
<i>Chocolate brownie</i>	8
<i>Salted caramel & peanut butter</i>	
<i>Vanilla bean</i>	
<i>Strawberries & cream</i>	
<i>Soft Drinks</i>	
<i>Ginger Beer</i>	4
<i>Coke / Coke Zero / Fanta / Sprite</i>	3
<i>Hepburn Springs, natural or flavoured</i>	4

<i>Fresh Juice</i>	6.5
<i>C Bomb - Orange</i>	
<i>The Zinger - Apple / Carrot / Ginger</i>	
<i>Immune Booster - Orange / Ginger / Lemon</i>	
<i>Smoothies</i>	
<i>Berry Mojito^{df} - Mixed berries / Mango / Passion fruit / Mint / Almond milk / Coconut water</i>	8
<i>Cool Bananas - Banana / Yoghurt / Dates / Chia / Milk</i>	
<i>Morning Punch^{df} - Kale / Spinach / Cucumber / Cashews / Honey / Lemon / Coconut water</i>	
<i>Mad Mango - Mango / Mango nectar / Banana / Vanilla / Yoghurt</i>	

Little People

<i>Flavoured Milk Bottles</i>	3
<i>Chocolate / Strawberry / Vanilla / Caramel</i>	
<i>Plain Milk</i>	2
<i>Hot Choco</i>	4
<i>Baby Chino</i>	1.5

Beer & Wine

<i>Corona</i>	7
<i>Peroni</i>	7.5
<i>Asahi</i>	8
<i>Sparkling</i>	- / 40
<i>House White</i>	7 / 32
<i>House Red</i>	7 / 32

IRON HENRY



Who is Iron Henry?

Did you know the word Murrumbeena originates from the Aboriginal word *mirrambeena*, loosely translating to *land of frogs*? Yes? But what on earth does Iron Henry have to do with the land of frogs?

You may be familiar with the famous tale of *The Frog Prince*. The prince was turned into a frog by the spell of a wicked witch and it could only be reversed by a kiss from a beautiful princess. What you may not know, is that in the Grimm Brothers' version of the tale, the Prince had a best friend, one of his servants, a faithful and reliable companion by the name of Henry, or Faithful Henry.



The tale was told that when the Prince was turned into a frog, Faithful Henry was so distraught that he had three iron clamps placed around his heart, serving as a cage, to protect his heart from being broken. And from that moment Faithful Henry was known as Iron Henry.

Iron Henry is a symbol of the faithful service of a true friend.

Now, imagine that our beloved Murrumbeena is the Frog Prince...

Do you see where I am going with this?

A steadfast eating-house in the land of frogs, that has stood the test of time, weathered the adversities and stayed faithful and reliable to its friend. Withstanding trends, consistently delivering ironclad service and dependable fare - This here, is Iron Henry at your service.

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