

# Breakfast (all day)

<b>Simply Toast</b>	6
<i>Organic, artisan white or seeded sourdough, gluten free or chunky fruit toast with your choice of butter, vegemite, jam or honey.</i>	
<b>Free Range Eggs</b>	9
<i>Two eggs cooked the way you like (poached, fried or scrambled) served on sourdough.</i>	
<b>Smashing Avo</b>	16.5
<i>A nutritious avocado smash on pumpkin bread with two poached eggs, feta &amp; cherry tomato salsa.</i>	
<b>Power Omelette</b>	16.5
<i>With sautéed spinach, goat cheese &amp; sun-dried tomatoes on sourdough toast.</i>	
<i>Add bacon</i>	20.5
<b>Bircher</b>	13
<i>Home made bircher muesli topped with a rosewater poached pear, caramelised figs &amp; crumbed pistachios.</i>	
<b>BLET</b>	13
<i>Crispy bacon, lettuce, two fried eggs, tomatoes &amp; mayonnaise on Turkish bread.</i>	
<b>Brekky Burger</b>	14
<i>Fried egg, crispy bacon, avocado, Swiss cheese, a hash brown, wild rocket &amp; tomato relish on a brioche bun.</i>	
<b>French Toast</b>	14
<i>French toast with caramelised bananas, fresh seasonal berries, crème fraîche, spiced orange syrup, crumbed pistachios &amp; seeds</i>	
<i>Add bacon</i>	17.5
<b>Mango &amp; Banana Smoothie Bowl</b>	13.5
<i>A bowl of crunchy granola with fresh fruit &amp; seeds.</i>	
<b>Pea &amp; Halloumi Fritters</b>	15
<i>Two fritters with grilled zucchini &amp; rocket salad, a poached egg &amp; spiced yoghurt.</i>	
<i>Add bacon</i>	18.5
<i>Add salmon</i>	19.5
<b>Hot Cakes</b>	15.5
<i>Three buttermilk pancakes served with rich ricotta-coffee cream, crunchy hazelnuts, cocoa-coffee crumbs &amp; vanilla bean ice cream, topped with fairy floss.</i>	
<b>Pork Shoulder Benedict</b>	16.5
<i>Two poached eggs served on a bed of hearty potato rostis with shredded, slow cooked pork shoulder &amp; home made apple cider hollandaise, topped with fresh pomegranate seeds &amp; mint leaves.</i>	
<b>Trio of Potato Rostis</b>	17.5
<i>Three potato rostis with smashed avocado, smoked salmon, crispy bacon and a poached egg, topped with hollandaise sauce.</i>	

<b>Pumpkin Smash</b>	16.5
<i>Smashed Japanese pumpkin on seeded sourdough toast with two poached eggs, prosciutto, Danish feta &amp; hummus, topped with dukkah &amp; pomegranate seeds.</i>	
<b>Asparagus &amp; Peas</b>	17
<i>Asparagus &amp; peas on seeded sourdough with beetroot hummus, smashed avocado, Danish feta, sumac dukkah &amp; two poached eggs.</i>	
<i>Add bacon</i>	20.5
<i>Add salmon</i>	21.5
<b>Henry's Veggie Breakfast</b>	19.5
<i>Two poached eggs on seeded sourdough served with avocado, vine ripe cherry tomatoes, sautéed mushrooms, spinach &amp; a crispy hash brown.</i>	
<b>Extras</b>	
<i>Apple cider hollandaise</i>	2
<i>Egg / Hash browns</i>	3
<i>Mushrooms / Chorizos / Cherry tomatoes / Spinach</i>	3.5
<i>Bacon / Avocado &amp; feta smash / Halloumi</i>	4
<i>Smoked salmon</i>	4.5

## Check out the display fridge!

We offer:

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

## Little People

<b>Little Eggs</b>	7
<i>One egg, poached, fried or scrambled served on square toast with bacon.</i>	
<b>Mini Pancake Stack</b>	7
<i>Two pancakes with maple syrup &amp; ice cream.</i>	
<b>Cheese Toastie</b>	6
<b>Mini Avo Smash</b>	7
<i>Two slices of square toast with smashed avocado.</i>	

# IRON HENRY



## Lunch (11 - 2.30)

<b>Southern Fried Burger</b>	16.5
<i>Crispy fried chicken in a brioche bun with bacon, fresh lettuce, jalapeños &amp; spicy mayonnaise with a side of chips.</i>	
<i>Add avocado</i>	18.5
<b>Falafel Wrap</b>	15
<i>Home made falafel, tomatoes, onions, sauerkraut, mixed leaves &amp; tahini yoghurt in a wholemeal wrap &amp; a side of chips.</i>	
<b>Beef Brisket Burger</b>	17
<i>Slow cooked beef brisket, tomatoes, onions, lettuce, smoked cheddar cheese &amp; mayonnaise on a brioche bun with a side of chips.</i>	
<b>Steak Sandwich</b>	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>	
<b>Popcorn Chicken Tacos</b>	14.5
<i>Spicy buttermilk fried popcorn chicken with Asian slaw, jalapeños, sriracha mayonnaise &amp; fresh coriander.</i>	
<b>Vegetarian Potato Salad</b>	14.5
<i>Three types of potatoes, heirloom tomatoes, mozzarella cheese, kalamata olives &amp; basil leaves, tossed in a red wine vinegar &amp; shallot dressing.</i>	
<i>Add chicken</i>	19.5

## Little People

<b>Chicken &amp; Chips</b>	7.5
<b>Spaghetti Bolognese/Napoli</b>	7.5
<b>Mini Chicken Burger</b>	9.5
<i>Chicken tender loin, lettuce, tasty cheese &amp; tomato sauce served with chips.</i>	
<b>Chippies with Tomato Sauce</b>	6

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>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>	4
<i>English Breakfast, Earl Grey, Chamomile, Chai, Green, Lemongrass &amp; Ginger</i>	
<i>Hot Chocolate</i>	4
<i>Prana Chai</i>	4.5
<i>Iced Coffee</i>	5
<i>Iced Chocolate</i>	5.5
<i>Milkshakes</i>	5
<i>Chocolate, Strawberry, Vanilla, Caramel</i>	
<i>Soft Drinks</i>	
<i>Ginger Beer</i>	4
<i>Coke, Coke Zero, Fanta &amp; Sprite cans</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>Green Dreams - Apple/Celery/Pineapple</i>	

<i>Smoothies</i>	8
<i>Berry Mojito - Mixed berries/Mango/Passion fruit/Mint/Almond milk/Coconut water</i>	
<i>Cool Bananas - Banana/Dates/Chia/Milk</i>	
<i>Greenie - 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>	2.5
<i>Chocolate, Strawberry, Vanilla, Caramel</i>	
<i>Plain Milk</i>	2
<i>Hot Choco</i>	3.5
<i>Baby Chino</i>	1.5

## Beer & Cider

<i>Corona</i>	7
<i>Peroni</i>	7.5
<i>Asahi</i>	8

## Wine

<i>Sparkling</i>	8/40
<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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