

Breakfast (all day)

Simply Toast 6

Organic, artisan white or seeded sourdough, gluten free or chunky fruit toast with your choice of butter, vegemite, jam or honey.

Free Range Eggs 9

Two eggs cooked the way you like (poached, fried or scrambled) served on sourdough.

Smashing Avo 16

A nutritious avocado smash on pumpkin bread with two poached eggs, feta & cherry tomato salsa.

Omelette 16.5

With sautéed mushrooms, bacon, tomatoes, Swiss cheese & sourdough toast.

Bircher 12.5

Home made bircher muesli topped with a saffron poached pear & crunchy hazelnuts.

Baked Beans 16.5

Home made baked beans with a poached egg, Spanish chorizo, feta & sourdough toast.

BLET 13

Crispy bacon, lettuce, two fried eggs, tomatoes & mayonnaise on Turkish bread.

Brekky Burger 13.5

Fried egg, crispy bacon, avocado, Swiss cheese, a hash brown, wild rocket & tomato relish on a brioche bun.

French Toast 14.5

French style strawberry & ricotta stuffed brioche with crispy bacon & maple syrup.

Pea & Halloumi Fritters 14.5

Two fritters with grilled zucchini & rocket salad, a poached egg & spiced yoghurt.

Add bacon 17

Add salmon 19

Hot Cakes 14.5

Three pancakes served with a rich berry compote, vanilla bean ice cream & maple syrup, topped with rose fairy floss.

Pork Shoulder Benedict 16.5

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.

Eggs Florentine 14

Two poached eggs on English muffins with sautéed Spinach & home made apple cider hollandaise.

Add salmon 18.5

Henry's Veggie Breakfast 19.5

Two poached eggs on seeded sourdough served with avocado, vine ripe cherry tomatoes, sautéed mushrooms, spinach & a crispy hash brown.

Mushroom & Kale 16.5

Thyme & garlic roasted mushrooms with kale on seeded sourdough topped with two poached eggs, goats cheese, hummus & dukkah.

Extras

Apple cider hollandaise 2

Egg / Hash browns 3

Mushrooms / Chorizos / Beans / Cherry tomatoes / Spinach 3.5

Bacon / Avocado & feta smash / Halloumi 4

Smoked salmon 4.5

IRON HENRY



Check out the display fridge!

We offer:

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

Little People

Little Eggs 7

One egg, poached, fried or scrambled served on square toast with bacon.

Mini Pancake Stack 7

Two pancakes with maple syrup & ice cream.

Cheese Toastie 6

Mini Avo Smash 7

Two slices of square toast with smashed avocado.

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



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Lunch (11 - 2.30)

Southern Fried Burger 16.5

Crispy fried chicken in a brioche bun with bacon, fresh lettuce, jalapeños & spicy mayonnaise with a side of chips.

Add avocado 18.5

Steak Sandwich 17.5

Scotch fillet with caramelised onion jam, cheddar, tomatoes, lettuce, seeded mustard mayonnaise in toasted Turkish bread with a side of chips.

Gnocchi Lamb Ragù 18

Home made gnocchi tossed in an aromatic lamb ragù.

Portobello Mushroom & Halloumi Burger 14

A sautéed portobello mushroom, fried halloumi, smashed avocado, Spanish onion, rocket, mayonnaise & fresh chilli on a brioche bun.

Chicken Parmigiana 19

Crumbed chicken breast fillet topped with Napoli sauce & mozzarella served with salad & chips.

Pulled Pork Slider 15.5

Slow roasted pulled pork in a brioche bun with apple slaw, jalapeño mayonnaise & a side of chips.

Roasted Vegetable Salad 14.5

Cous cous with roasted vegetables.

New York Sandwich 10

Beef pastrami, Swiss cheese, sauerkraut with mayonnaise in a toasted seeded sourdough sandwich.

Add chips 13.5



Little People

Chicken & Chips 7.5

Spaghetti Bolognese/Napoli 7.5

Mini Chicken Burger 9.5

Chicken tender loin, lettuce, tasty cheese & tomato sauce served with chips.

Chippies with Tomato Sauce 6

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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