



We love local and use Rohdes Free Range Eggs, B.D Farm Paris Creek Dairy and Wildfire Organic Tea. 100% of our food waste goes to the Semaphore Compost Network or local hungry chickens! Our coffee grinds are also free to take home for mulch, body scrubs - anything you like!



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## COFFEE

Coffee // Cup 5.2 / Mug 6.2

Extras

Specialty milk 1

*coconut, soy, oat, almond & zymil*

Extra shot / decaf / syrups 0.8

Iced Latte 6.5 / Iced Coffee 9

Iced mocha / chocolate 9

Milkshakes 8.5

Chocolate / vanilla / caramel

Wildfire organic

tea range Mug 4 / Pot 6

Hot chocolate Sm 5 / Lg 6

Lattes (VG/GF) Sm 5.2 / Lg 6.2

- 7 spice organic chai

- Turmeric latte

- Matcha latte

House Special

Peach Iced Tea 5

Scul Kombucha on tap 7.5

*330ml, ask staff for current flavours*

## SMOOTHIES

**Breakfast smoothie** (+\$0.8 coffee shot) 10

*banana, oats, honey, LSA, chia and your choice of milk*

**Golden glow** 9

*mango, orange & pineapple*

**Mojito** 9

*pineapple, lemon, mint, apple*

**PB & J** 10.5

*banana, strawberries, peanut butter, almond milk, honey & chia*

**Berry bliss** 10.5

*blueberries, raspberries, orange, coconut yogurt, banana & coconut water*

**Green goddess** 10.5

*spinach, kiwi, apple, mint, pineapple, chia, spirulina & coconut water*

**Salty date** 10.5

*banana, almond milk, peanut butter and Medjool dates*

*1.0 extra for alternative milks. 1.5 extra for vegan protein.*

## KIDS

**Fruit bowl** 8

**Egg on toast** 9

*poached, fried or scrambled*

**Nutella toast** 9

**& banana**

**Bacon & egg** 10

**English muffin**

*bacon, fried egg & tomato sauce*

**Kids Pancake** 9

*maple syrup, strawberries and ice-cream*

monday - friday 7am - 3pm (kitchen closes at 2:30pm)

saturday 8am - 2pm, sunday // closed

132 St Vincent St, Port Adelaide SA

GF = Gluten free? Just ask us!

VG = Vegan / Vegan Option

V = Vegetarian

\*Please note 10% surcharge on Sundays\*

# BRUNCH

## Free range eggs on toast (V) 15

(+ \$0.5 scrambled)

poached or fried, served on sourdough, choose your sides - see right side of page

## Sourdough or raisin toast (V) 6

served with your choice of butter, jam, peanut butter, vegemite or honey

## Double bacon & egg roll 16

Turkish roll with tomato, relish or BBQ sauce

## Chilli scrambled eggs (V) 22

(add pork belly \$7 / add kimchi \$3)

on shallot pancake with soft herb salad, crushed avo & chilli oil

## Roasted herb mushrooms on rye (V) 22

poached eggs, pesto & shaved pecorino

## House made crumpets (V) 20

orange maple butter, ricotta, orange segments & almonds

## Granola (VO) 17

house made granola with seasonal fruit, seeds, with your choice of milk OR yoghurt (Greek or coconut)

## Eggs benedict 22 (+\$6 bacon / +\$5 hash)

English muffin, leg ham, poached eggs, hollandaise & herbs

## Smoked salmon & avo on rye 23

pickled onion, baby capers, dill cream cheese & herbs

## Greens bowl (VG) 22

(+ \$5 haloumi / + \$3 poachie)

sauteed broccolini, kale, asparagus & green beans with zucchini salad, avo, hummus & bagel crisps

## Steak sandwich (+\$5 fries or salad) 23

braised brisket, bacon, cheese, red cabbage, tomato sauce, smokey BBQ sauce & aioli on Turkish roll

## Brekkie burger 19

choice of bacon OR haloumi, free range fried egg, hash, relish, cheese & greens on brioche

## Haloumi & mushroom burger (V) 20

(+ \$5 fries)

spinach, avo, pickles & lemon herb mayo on brioche

## Crispy fried chicken burger 21

(+ \$5 fries / + \$6 bacon)

herb mayo, pickles, crisp lettuce on brioche

## Grilled falafel wrap (V) 18

(+ \$2 make it a salad)

with hummus, pickled cabbage, cous cous & yoghurt dressing

## Pancakes 18

(+ \$6 bacon)

triple stack, strawberries, maple & ice cream

## Fries with rosemary salt 9 //

## Tots 9

## Smoothie bowls (VG, GF on request) 17

Choice of:

**Greenpeace** - spinach, spirulina, kale, banana, pineapple & coconut water OR

**Berry Banana** - berries, banana, almond milk & chia seeds OR

**Cacao** - banana, peanut butter, raw cacao blended with coconut milk

All topped with coconut, seasonal fruit, seeds & granola

## Sides // prices are per item

\$2 options - Beetroot relish // Hummus // Gluten free toast

\$4 options - Roast tomato // Spinach // Mushrooms // Beans

\$5 options - Haloumi // Hash Browns // Avocado

\$6 options - Bacon // Smoked Salmon // Chorizo // Eggs

**\*\* Want more options? Check out our Bagel menu next to the front counter. \*\***

## After plant based? Try these:

- Greens Bowl
- Smoothie bowls
- Granola
- Grilled falafel wrap

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# BAGEL MENU

**Toasted with cream cheese 8**

**Ham 13**

*with cheese, tomato, relish & greens*

**Halloumi 15**

*with hommus, beet relish, spinach & avo*

**Roast Pumpkin 14**

*with pesto, zucchini & pickled onion*

**Chilli Mushrooms 15**

*with Swiss cheese and greens*

**Cheesy Broccolini 14**

*with cream cheese, Swiss & tasty cheese,  
pickled onion & dijon*

**Tuna Melt 15**

*with tasty cheese, greens & mayo*

**Smoked Salmon 15**

*with cream cheese and grilled asparagus*

**Pastrami 16**

*with sauerkraut, Swiss cheese, pickled & dijon*

**Chicken Parmi 16**

*with mozzarella, tomato sugo & greens*

**Smoked Chicken BLT 16**

*with bacon, tomato, greens & mayo*

**Roast Pork 16**

*with kimchi, fried egg, greens & mayo*

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