



# MEAT THE FISH

GOOD MORNING! BREAKFAST/BRUNCH SERVED FROM 9:00AM TO 12:30PM

## Organic Kamel Farm Eggs

### EGGS YOUR WAY \$6.5

2 eggs cooked your way,  
with sourdough toast on the side

+ Scottish smoked salmon \$8.5

+ sausage retail price

+ 1/2 avocado \$2.5

### TOMATO FETA OMELETTE \$13

omelette with Greek feta, baby rocca  
& sundried tomatoes, sourdough toast

### BACON 'N' EGGS KAAKE \$20 **NEW**

kaake bread, smoked bacon, cheddar,  
fondel, crispy eggs, tomatoes, arugula,  
Japanese mayo & sriracha

### SHROOMLETTE \$17 **NEW**

4 egg whites sautéed with spinach  
& white mushrooms, organic olive oil

### MTF SIGNATURE BREAKFAST \$32

avo on toast with poached eggs,  
ikura, chili flakes

### STEAK HACHÉ & FRIED EGGS \$17

200g chuck beef patty, fried egg on top  
with sriracha mayo & hand cut fries

### BREAKFAST TACO \$9

scrambled eggs, avocado, tomato,  
ground beef, sriracha mayo,  
chives, chili flakes

## Something Sweet

### PANCAKES \$12.5

fresh berries, cocoa nibs, with your choice of  
maple syrup, chocolate spread or honey

+ banana \$1.5

### AÇAÍ BOWL \$17

açaí berries, fresh berries,  
homemade granola, shredded coconut

### PBJ \$8

peanut butter & blackberry jelly on toast

### BERRY GRANOLA \$8.5

homemade granola, red berries,  
our homemade yoghurt

## Something Savory

### WHEN AVO MET HALLOUM \$15 **NEW**

avocado on toast topped with grilled halloumi,  
roasted sunflower seeds & Aleppo pepper,  
organic olive oil

+ 50 g crispy smoked bacon \$4

### THE BULGARIAN \$17 **NEW**

Bulgarian cheese mixed with tomatoes,  
green olives, Em Tarek zaatar & organic olive oil,  
sourdough toast

### SMOKED SALMON BAGEL \$20

open-faced plain bagel, with cream cheese  
& Scottish smoked salmon

### MISO EGG SALAD SANDWICH \$15

miso butter, egg salad, truffle oil,  
romaine lettuce, on sourdough toast

### ANNA MANCHEGO \$21

aged manchego, sun blushed tomatoes,  
crispy capers, mayo mustard, sourdough toast

### FETA & TOMATO TOAST \$16

summer tomatoes with smashed feta cheese,  
mayo mustard, on whole wheat toast, open-faced

### ZAATAR ON TOAST \$6

Em Tarek zaatar, organic olive oil, tomato, spring  
onions, arugula, open-faced, on sourdough toast

### BLT \$20

bacon, lettuce, tomato & dijonnaise,  
in a pretzel bun

## Drinks

### WATER \$2.5

### PERRIER \$4

### ESPRESSO \$3.5

### TEA \$3

### MOJU SHOT \$6

### ORANGE JUICE \$6

### POMEGRANATE JUICE \$10.5

### LEMONGRASS ZINGER \$16

ALL PRICES ARE VAT INCLUSIVE

CONSUMING RAW OR UNDERCOOKED SEAFOOD, MEAT OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS ESPECIALLY IF YOU HAVE A MEDICAL CONDITION