

ALL DAY BREAKFAST

EGGS YOUR WAY | GFO | \$14

Two Free Range Eggs, Poached or Fried on Stone Baked 48 hour Sourdough Toast.

ADD YOUR FAVOURTIE SIDES

Free Range Poached or Fried Egg | \$3

Scrambled | \$3

Sourdough Toast | \$3.5

Bacon Rasher | \$3.5

Hashbrown | \$3.5

Halloumi (2 slices) | \$4

Sliced Avocado | \$5

Mushroom | \$3

Tomato | \$3

Sautéed Baby Spinach | \$3

Half Cheese Kransky | \$3

Housemade BBQ Sauce //

Tomato Relish | \$2

Housemade Hollandaise

Sauce | \$3

Tomato sauce // Aioli | \$2

SOURDOUGH TOASTIE | GFO | \$12

Ham & Cheese | Ham, Cheese & Tomato | Ham & Tomato | Bacon & Egg \$15

BETTER WITH BRUSHETTA | GFO V | \$18

Toasted Sourdough, Pesto, Roasted Cherry Tomatoes, Burrata, Chilli Oil, Balsamic
Add 2 Poached Eggs \$6

BENNY BOY | GFO | V0

Bacon \$26 | Smoked Salmon \$28 | Mushroom \$24

Two Free-Range Eggs Poached, Sautéed Spinach, Housemade Hollandaise, and Chives on a Toasted Butter Croissant.

AVO GOOD DAY | GFO V VEO | \$26

Smashed Avocado on Sourdough with Poached Eggs, Cherry Tomatoes, Pickled Onion, Creamy Feta Cheese, Roast Beetroot Hummus & Sweet Potato Shards.

NALOU BIG BREKKY | GFO VO | \$32.5

Two Poached or Fried Eggs on Sourdough, Hashbrown, Two Bacon Rashers, Sautéed Mushrooms & Tomato, Cheese Kransky, Sautéed Spinach.

VEGO BIG BREAKY: Halloumi, Smashed Avo

HOLY FRITTER | V | \$24

Two Sweet Potato and Zucchini Fritters, Poached Egg, Lime Whipped Ricotta, Seasoned Rocket, Pickled Onion, Fried Shallots and a Balsamic Glaze

CHILLI FOLDED EGGS | GFO V | \$23

Chilli Folded Eggs on a Toasted Bagel, Topped with Fried Shallots, Caramelised Onion, Chives, Fresh Parmesan & Fresh Chilli

SWEETS

CRÈME BRÛLÉE BANANA BREAD | V GFO | \$18

House made Banana Bread, Vanilla Creme Brulee, Caramelised Banana, Berries, Caramel Sauce and Caramelised Pecans

CHIA LATER | GF VE | \$18

Vanilla Chia Pudding, Poached Rhubarb, Coconut Yoghurt, Seasonal Fruits, Granola

COCOFLOW BOWL | V

Nalou Bowl | V GFO | \$16

Large Cocoflow served with Granola, Seasonal Fruit, Chia & Maple Syrup.

Biscoff Babe | V | \$18

Large Cocoflow with Granola, Banana, Strawberries, Biscoff & Biscuits.

Bueno Baddie | V | \$20

Large Cocoflow served with Banana, Strawberries, Nutella & White Choc hazelnut spread, Choc granola, Bueno

LUNCH

FROM 11AM

CAESAR SALAD | GFO | \$20

Grilled Chicken \$5 | Slow Cooked Lamb \$5

Sourdough Croutons, Grilled Bacon, Fresh Parmesan Cheese, Poached Egg, Caesar Dressing, on a bed of Lettuce.

TACO 'BOUT IT (SERVE OF THREE) | GFO VO | \$26

Southern Fried Chicken - Served with Corn salsa, Chipotle Aioli, Slaw & Smashed avocado
Fried Halloumi - Beetroot Hommus, Fried Halloumi, Rocket

NA-LUXE BURGER | GFO | \$26

Southern Fried Chicken, American Cheese, Bacon, Lettuce, Tomato, Onion, House Sauce. Served with Fries
Try Adding Pineapple \$2

NALOU BURGER | GFO | \$26

Double Beef Pattie, American Cheese, Tomato Relish, Mustard, Red Onion, Tomato, Lettuce. Served with Fries

CHICKEN RANCH WRAP | \$20

Southern Fried Chicken, Shredded Cheese, Bacon, Lettuce, Tomato & Ranch Sauce
Add Fries \$5 Add Onion Rings \$5

MY BIG FAT OPEN YIROS | GFO VO | \$20

Slow Cooked Lamb | **Marinated Chicken** | **Falafel**
Greek Salad, House Made Tzatziki, Pitta
Add Fries \$5

STEAK SANDWICH | GFO | \$26

Seasoned Scotch Fillet, Caramelised Onion, Rocket, Tomato, Garlic Aioli In a Toasted Panini Roll. Served with Fries

TUNA BOWL | GF | \$20

White Rice, Tuna, Pickled Cucumber & Carrot, Edamame, Seaweed Seasoning, Sriracha Aioli

BOTTOMLESS LUNCH? AVAILABLE FROM 12PM
SATURDAY & SUNDAY
40PP | 1.5HR PACKAGE | 2PPL MIN
BOTTOMLESS COCKTAIL JUGS

TO SHARE

FROM 11AM

BOWL OF CHIPS | GFO | \$12

Fries, Curly Fries or Sweet Potato Fries

With your Choice of Sauce - Basil Aioli, Chipotle Aioli, Sun-dried Tomato & Roast Capsicum Aioli

ARANCINI BALLS | \$14

Flavour of the Day (3 Arancini's).

MINI COB LOAF | \$14

Cheesy Spinach Cob Loaf Served with Toasted Breads

TRIO OF SLIDERS | \$15

Southern Fried Chicken | Cheeseburger | Southern Fried Halloumi

CRACK'N CORN RIBS | \$14

Served with Grated Parmesan and Chipotle Aioli

NACHO BUSINESS | GF V | \$20

Add Pulled Pork \$5 Add Slow Cooked Lamb \$5

Corn Chips topped with Vegan Beans, Corn Calsa, Spring Onion, Smashed Avo, Mozzarella, Sour Cream & Chipotle

KIDS MENU

UNDER 12 ONLY

All kids meals come with drink of choice

Apple or Orange juice, Hot Chocolate, Milkshake or Babychino

MINI HOTCAKES | \$15

Kids serve of Hotcakes served with Whipped Cream, Maple Syrup & Seasonal Fruits

JORDY'S LITTLE BREKKY | \$15

White Bread, Bacon, Hash Brown and a Fried Egg

COCOFLOW | GF | \$12

Mini Cocoflow Bowl served with Seasonal Fruit & Maple Syrup

POPCORN CHICKEN | \$15

Popcorn Chicken served with Fries & Tomato Sauce

JUNIOR BURGER | \$15

Chicken or Beef with Cheese & Tomato Sauce. Served with Fries

PLEASE ADVISE STAFF OF ANY FOOD ALLERGIES WHEN ORDERING

GLUTEN FREE GFO-GLUTEN FREE OPTION
V-VEGETRIAN VE-VEGAN VEO-VEGAN OPTION



HOT STUFF

ESPRESSO

Cup \$5 Mug \$6

Alternate Milks & Extras Available

INDULGE WITH US

Belgium Hot Chocolate, Mochachino, Chai Latte or Matcha Latte Cup | \$6 Mug \$7

Biscoff Latte or Nutella Hot Choc | Cup \$7 Mug \$8

TEA

Cup \$4.5 Pot \$7.5

English Breakfast, Peppermint, Green Tea or Earl Grey



ICE ICE BABY

ICED LATTE & ICED LONG BLACK | \$7

ICED COFFEE, ICED MOCHA, ICED CHOCOLATE | \$10

Topped with Vanilla Ice Cream & Whipped Cream

Hint: Ask for it as a Frappe

BERRY OR PEACH ICED TEA | \$8.5

ICED MATCHA | \$9.5

ICED STRAWBERRY MATCHA, ICED BLUEBERRY MATCHA | \$10

MILKSHAKES | \$8.50 | THICKSHAKES
TOPPED WITH WHIPPED CREAM | \$10

Chocolate, Strawberry, Vanilla, Caramel, Coffee, Banana or Blue heaven

Biscoff or Nutella | \$12

SMOOTHIES

FUNKY MONKEY | \$10

Banana, Protein, Honey, Cinnamon & Milk. Add peanut butter \$1

THE DAILY GRIND | \$10

Banana, Protein, Espresso Shot & Milk. Make it a Mocha \$1

COOKIE MONSTER | \$10

Banana, Protein, Oreos & Milk. Add Nutella \$2

BISCOFF BLISS | \$10

Banana, Protein, Biscoff & Milk. Add whipped cream \$1

BERRYLICIOUS | \$10

Banana, Strawberry, Dragonfruit, Honey, Apple Juice & Cocoflow

MANGO LAVA FLOW | \$10

Strawberry Puree, Tropical fruits, Cocoflow, Mango Nectar

JUNGLE JUICE | \$10

Spinach, Mango, Pineapple, Banana, Cucumber, Blue Spiralina, Apple Juice

ALCOHOL

MORE OPTIONS ON DRINKS MENU

SPARKLING WINE

Grace Under Pressure

Piccolo \$15 | Glass \$10 | Bottle \$45

WHITE WINE

Sauvignon Blanc - Radis Estate 'Kelpie'

Pinot Grigio - Longview 'Queenie'

Glass \$10 | Bottle \$40

Moscato - Flowers for Lucy, Koonara, Coonawarra

Glass \$10 | Bottle \$35

RED WINE

Cabernet Sauvignon - Blockers, Brand's Laira, Coonawarra

Shiraz - Villain & Vixen, Hentley Farm, Barossa

Glass \$10 | Bottle \$40

BEER | \$9

Pale Ale - Pirate Life, South Coast, Coopers

Cape Ale - Loophole

Pacific Ale - Stone & Wood

Sepa - Little Ripper

Carlton Dry

Hahn Superdry

Carlton Draught

Great Northern 3.5

Cider - Somersby Apple | Somersby Blackberry | \$9

COCKTAILS

MIMOSA | \$12

Grace Under Pressure, Orange Juice

Margarita (or Spicy Marg) | \$18

Tequila, Cointreau, Lime Juice, Sugar + Salt

Espresso Martini | \$22

Vodka, Kahlua, Frangelico, White Whales Espresso, Sugar

Cosmopolitan | \$16

Vodka, Cointreau, Lime Juice, Cranberry Juice, Sugar

French Martini | \$18

Vodka, Chambord, Pineapple Juice

Passionfruit Mojito | \$16

Barcadi, Passionfruit Liqueur, Mint, Lime, Passionfruit Puree

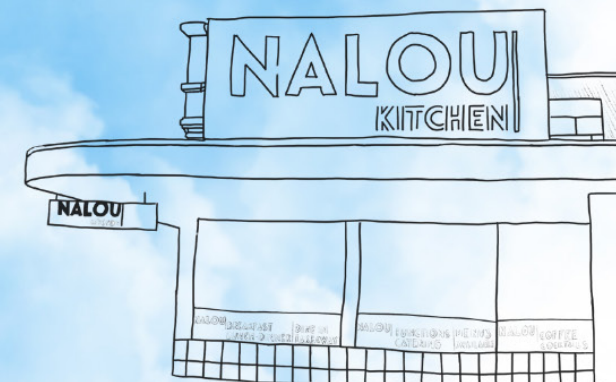


WIFI: NalouKitchen
PASSWORD: HeyNalou



NALOU

BRUNCH MENU



ORDER ONLINE HERE



15% SURCHARGE APPLIES ON PUBLIC HOLIDAYS.
CARD SURCHARGES APPLY