



In France, we love to start the day with a delicious breakfast of crepes - whether healthy or decadent! Our galettes are made with home-milled buckwheat flour that's gluten free and nutritious. Our sweet crepes are made with wheat flour (or buckwheat flour on request - ask your friendly wait staff).

BREAKFAST

GALETTES made with Home-milled buckwheat flour

Vegemite, Swiss cheese, cherry tomato & avocado	14
<i>Add egg 3</i>	
Spinach, feta, smashed avo & sesame seeds	14
<i>Add egg 3</i>	
Two eggs, spinach, salmon, hollandaise sauce & chive	17
Bacon, egg, cheese & smashed avocado	15
Bacon, sausage, two eggs, mushroom & Swiss cheese	17
<i>Add avocado 3</i>	
Egg, feta, cherry tomato, smashed avocado, pesto & sesame seeds	15
<i>Add salmon 3</i>	

CRÊPES Sweet choices

Buckwheat crêpe, banana, grilled almonds, honey	14
Two crêpes jam & cream (fig or strawberry)	10
Blueberry, Strawberry, mixed berry Coulis & toasted almonds	15
Banana, maple syrup, vanilla ice cream & walnut	15
Granola, fresh fruit, yoghurt, cinnamon & honey	14
Nutella, strawberry, blueberry, & crushed pistachio	15

COLD PRESSED JUICES

by Nectar

Green: Apple, celery, spinach, kale, lemon, cucumber, parsley	8
Tropi cool: Pineapple, apple, orange, mint, Lemon	8
Up beet: Carrot, beetroot, apple, celery, lemon, ginger	8
Orange juice	7
Apple juice	7

SMOOTHIES

Blueberry	8.5
Strawberry	8.5
Milkshake (homemade syrup)	7.5
Strawberry, Salted caramel, Nutella, Belgian Chocolate, Coffee, French Vanilla	

HOT DRINKS

	Small	Large
Coffee	3.5	4.5
Hot Belgian chocolate	3.5	4.5
Hot Nutella	3.5	4.5
Spiced chai latte	3.5	4.5
Selection of loose tea		4.0
Soy, almond milk, decaf or extra shot		50c

Main menu available

EST • 2012

FOUR FROGS
— CRÊPERIE —

