



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 <i>Add egg 3</i>	14
Spinach, feta & smashed avocado <i>Add egg 3</i>	14
Salmon, hollandaise sauce, egg, spinach & chive <i>Add extra egg 3</i>	17
Bacon, egg, cheese & smashed avocado	15
Bacon, sausage, egg, mushroom, Swiss cheese & avocado <i>Add extra egg 3</i>	21
Egg, feta, cherry tomato, smashed avocado & pesto <i>Add salmon 3</i>	15

CRÊPES Sweet choices

Homemade strawberry jam	7
Buckwheat crêpe, banana, grilled almonds & honey	14
Strawberry, mixed berry coulis & toasted almonds <i>Add banana 3</i>	15
Banana, maple syrup & walnut <i>Add vanilla ice cream 3</i>	13
Homemade salted caramel, banana, whipped cream & grilled almonds	15
Nutella, strawberry & banana <i>Add vanilla ice cream 3</i>	15

COLD PRESSED JUICES

by Nectar

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

FOUR FROGS' FAMOUS MILKSHAKES

made with our homemade syrup

Strawberry	7.5
Salted caramel	7.5
Nutella	7.5
Belgian Chocolate	7.5
Coffee	7.5
French Vanilla	7.5

HOT DRINKS

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 —

