

# ALL-DAY BREAKFAST

MON — FRI, 7:30 — 2:30

SAT — SUN, 8:00 — 2:00

## **PORK BELLY BENNY**

w. two poached eggs, crispy pork belly (or Kanmantoo triple smoked bacon), sriracha hollandaise, baby spinach, & jalapeno & cheddar cornbread. **26**

## **CHICKEN AND CORN WAFFLES.**

w. buttermilk fried chicken, housemade corn waffles, & buttered siracha maple **26**

## **NEW SCRAMBLED EGGS** VEGETARIAN.

w. chives and parmesan, beetroot hummus, beetroot relish, feta, rocket on toasted Turkish roll. **25**

## **VEGO BIG BREAKFAST** VEGAN.

Sautéed spinach, vegan BBQ beans, roasted tomato, roasted pumpkin, hashbrown, mushroom, & your choice of rye or white house made toast (2). **29**

## **BIG BREAKFAST**

Eggs of choice (2), Pony & Cole sweet & spicy pork sausage, Kanmantoo triple smoked bacon (2), roasted tomato, mushroom & hashbrown on rye or white house made toast (2). **32**

## **PANCAKES (2)** VEGETARIAN.

(See our specials board for this month's creation)

Fluffy buttermilk pancakes w. our topping of the month. **24**

## **MEXICAN CORN FRITTERS.**

w. chilli sauce, triple smoked bacon and creamy coriander and lime dressing. **26**

## **PONY AND COLES FRENCH TOAST** VEGETARIAN.

Thick cut brioche, cinnamon batter, caramel drizzle, coffee syrup, fresh banana, vanilla ice cream and chunky almond praline. **26**

## **BNE ROLL**

Kanmantoo triple smoked bacon, fried egg, cheese, smokey tomato sauce on a potato bun or gluten free bun with a hash brown **15**

Add spinach or tomato for **2** ea.

## **SWEET POTATO ROSTI** VEGETARIAN. GLUTEN FREE.

w. baby spinach, feta, pickled red onion and housemade dukkha. **25**

Add an egg. **3**

## **PONY AND COLE'S BREAKY SALAD** VEGETARIAN. GLUTEN FREE

Roasted Moroccan sweet potato, roasted beetroot, haloumi, baby spinach, rocket, herbs, beetroot hummus, cherry tomatoes, poached egg, green goddess dressing, toasted smoked almonds, dukkha. **26**

## **CHOICE OF TOAST (2)** VEGETARIAN.

Raisin toast, rye or white toast served with coulis, peanut butter or vegemite. **9**

## **CHOCOLATE PORRIGE** VEGAN.

w. almond milk, crunchy quinoa, nut clusters. **17**

## **FALAFEL BREAKFAST** VEGETARIAN.

w. zucchini falafel balls, housemade vegetable pickles, carrot hummus, spiced labneh, poached egg, & herbs **26**

## **EGGS OF CHOICE**

2 eggs poached, fried or scrambled, & your choice of rye or white house made bread. **15**

# LUNCH

MON — FRI, 11:30 — 2:30

SAT — SUN, 11:30 — 2:00

## **CHICKEN BURGER**

w gochujang glaze, slaw, & house made pickles on a potato bun **23**

## **PONY AND COLE STEAK SANDWICH**

Scotch fillet minute steak, beetroot relish, fried egg, cheddar, tomato, rocket, capsicum relish, caramelised onion & aioli, on house made white bread. **26**

## **ZUCCHINI FALAFEL BURGER** VEGAN.

w. sliced tomato, parsley & rocket salad, carrot hummus, beetroot relish, on a vegan bun **23**

## **GRILLED SALMON** GLUTEN FREE

w. mixed lettuce, rocket, baby tomatoes, sliced avo, toasted pepitas and creamy coriander and lime dressing, herbs. **32**

## **SMASHED BEEF BURGER.**

w. 2 all beef patties, cheddar cheese, tomato, house made pickles, lettuce, & jalapenos mayo, on potato bun **23**

## **LEMON HERB CHICKEN NOURISH BOWL** GLUTEN FREE

w. quiona, smoked almonds, avo, baby tomatoes, cucumber, feta, carrot hummus, and spiced chick peas with lemon dressing **27**

## **BOWL OF FRIES** VEGETARIAN.

w. choice of aioli, or smoked tomato relish. **12**

## **ADD**

Buttermilk fried chicken **10**

Pork belly or Smoked salmon **10**

Kanmantoo triple smoked bacon **7**

Pony & Cole sweet & spicy pork sausage **7**

House Made Potato hashbrown **6**

Grilled Halloumi, Avocado or Feta **6**

Roasted tomato, Vegan BBQ beans or sauteed Spinach **5**

Gluten free bread or roll, speciality breads **3**

Extra egg **3**

# KIDDIES ALL 10

## **SCRAMBLED EGGS ON TOAST**

## **CHEESE & TOMATO JAFFLE**

VEGETARIAN.

## **BOILED EGGS WITH SOLDIERS**

VEGETARIAN.

2 boiled eggs with toast soldiers

& tomato sauce.

## **NUTELLA JAFFLE** VEGETARIAN.

w. whipped cream & strawberries.

## **LIL PONY PANCAKES** VEGETARIAN.

3 lil Pony pancakes w. maple syrup, fruit compote & whipped cream.

# A PONY WALKS INTO A BAR...

# COCKTAIL

## **MIMOSA**

Choice of passionfruit or strawberry with Tarot prosecco. **14**

## **BLOODY MARE**

Our take on an old favourite, topped with green olives, celery, lemon wedge & Kanmantoo triple smoked bacon. **18**

## **PASSIONFRUIT MOJITO**

Passion fruit, mint, white rum, lime, over crushed ice. **22**

## **STRAWBERRY, LEMON, BASIL MARGARITA**

Strawberries, tequilla, triple sec, basil. **22**

# BEER ALL 9.5 MISMATCH. 330ML

Pale Ale

Session Ale

Lager

# CIDER ALL 9.5

## **BAROSSA VALLEY CIDER CO. 330ML**

Apple Cider

Pear Cider

# 0% ALCOHOL ALL 9

## **PERONI LIBERA 0% 330ML**

## **HOLSTEN 0% 330ML**

## **HILLS CIDER 0% 330ML**

# WINE

## **DUNES & GREENE SPARKLING PICCOLO**

Dry & soft, with great fruit vibrancy.

PICCOLO **10**

## **ALPHA BOX & DICE TAROT PROSECCO**

Dry & crisp, effortlessly enjoyable.

GLASS **10** BOTTLE **45**

## **BIRD IN HAND SAUVIGNON BLANC**

Classic varietal notes of passionfruit, fresh green apple.

GLASS **12** BOTTLE **40**

# COLD DRINKS

## ICED

LATTE, COFFEE, CHOCOLATE,  
MOCHA, CHAI, DIRTY CHAI  
6 T/A 6.7

COLD DRIP/BATCH BREW OVER ICE  
5.5 T/A 6.2

ICED TEA  
Any leaf black tea or leaf fruit tea  
from the tea menu, served over ice,  
sweetened to your liking.  
5.7 T/A 6.7

## MILKSHAKES

VANILLA  
STRAWBERRY  
NUTELLA  
HONEYCOMB  
Milkshakes made w. whipped cream  
& strawberry.  
Non-dairy milk: +50¢  
ALL 9.5  
KIDS 250ML 7

## SOFT DRINKS

ANTIPODES SPARKLING WATER  
9

SIMPLE SODAS 330ML  
30% LESS SUGAR  
ORGANIC COLA,  
LEMON, LIME & BITTERS,  
GINGER BEER  
5.5

SOMERSAULT  
SLOW BREWED SODAS  
GINGER BEER  
LEMON SQUASH  
LIME AND PINEAPPLE  
5.5

## KOMBUCHA

SCULL KOMBUCHA ADELAIDE  
Made from local ingredients  
ELDERFLOWER  
GINGER & TURMERIC  
6.5

## JUICE

JUICE QUEST 330ML  
Fresh, on tap, cold pressed juice,  
locally made from Aussie fruit.  
FRUIT TINGLE  
Strawberry, orange, apple, lime.  
ROOTS & FRUITS  
Beetroot, ginger lemon, carrots,  
apple.  
WATERMELLON BLISS  
Watermelon, strawberry & lime.  
9

SIMPLE JUICES 330ML  
No colours, no added sugar,  
flavours, or preservatives.  
AUSSIE FRUIT  
Mango, banana, peach, pear, lime.  
ORANGE JUICE  
Pure orange.  
5.5

## HOUSE-MADE SMOOTHIES

VERY BERRY  
Mixed berries, chia, greek yoghurt,  
acai.  
MEAN GREEN  
Celery, green apple, cucumber,  
avocado, spinach  
STAUNCH BANANA  
Banana, almonds, dates, cacao,  
cinammon, rolled oats  
TROPICAL SMOOTHIE  
Banana, pineapple, passionfruit, flax  
seeds  
ALL 9

Smoothies made w. standard milk.  
Non-dairy milk: +70¢

# TEA POTS

## T TOTALER TEA

ENGLISH BREAKFAST TEA  
Organic & bio-dynamic  
Assam black tea & Ceylon black tea.

DAINTREE BLACK TEA  
Australian grown.  
Strong. Perfect w. milk.

FRENCH EARL GREY  
Black tea, rose petal, marigold  
flowers, hibiscus, blue corn flowers  
natural flavour of bergamot.

COCONUT LEMON SPLICE  
Sencha, lemon myrtle, coconut.

SENCHA GREEN  
Australian grown sencha green tea.

JUST ORGANIC MINT  
Peppermint.

FORAGING FOR BERRIES  
Strawberry, hibiscus, rosehip,  
blackberry.

ALL POTS OF TEA 5.7 T/A CUP 120Z 4.7

## MILK

Tweedvale full-cream  
Tweedvale skim

## NON-DAIRY

Bonsoy, MILKLAB Almond,  
MILKLAB Coconut, Califia Oat,  
MILKLAB Lactose Free.

# COFFEE

	80Z	T/A	120Z	T/A
SHORT BLACK	3.7	4	-	-
BATCH BREW	4	4.5	5.2	5.5
LONG BLACK	3.7	4	4.9	5
CAPPUCCINO	4.2	4.7	5.2	5.7
LATTE	4.2	4.7	5.2	5.7
FLAT WHITE	4.2	4.7	5.2	5.7
MACCHIATO	3.7	4.2	-	-
MOCHA	4.2	4.7	5.2	6
HOT CHOCOLATE	4.2	4.7	5.2	5.7
CHAI LATTE	4.2	4.7	5.2	5.7
DIRTY CHAI	4.2	4.7	5.2	5.7
GINGER & TURMERIC LATTE	4.7	5.2	5.7	6.2

BABY CHINO FREE  
EXTRA SHOTS 70¢

DECAF AVAILABLE

# BIG FLAVOURS BIG HOSPITALITY BIG HEART

# PONY AND COLE



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