

ALL-DAY BREAKFAST

MON — FRI, 7:30 — 2:00

SAT — SUN, 8:00 — 2:00

PORK BELLY BENNY

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

VEGAN CRUMPETS.

w.fresh seasonal berries, compote, banana, coconut yoghurt and matcha **23**

NEW SCRAMBLED EGGS VEGETARIAN.

w. chives and parmesan, beetroot hummus, 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). **30**

BIG BREAKFAST

Eggs of choice (2), Pony & Cole sweet & spicy pork sausage, Barossa Fine Foods smoked bacon (2), roasted tomato, mushroom & potato 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**

PEA AND ZUCCHINI FRITTERS

w madras seasoning, spiced yoghurt and a poached egg. **26**

ADD BACON 7

BNE ROLL WITH HASHBROWN

Barossa Fine Foods smoked bacon, fried egg, cheese, smokey tomato sauce on a potato bun or gluten free bun.with a hash brown **17**
Add spinach or tomato for **1**ea.

BREAKFAST BAGEL.

w. baby spinach, cream cheese, caramelised onion, chutney, bacon and a fried egg. **22**

CHOICE OF TOAST (2) VEGETARIAN.

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

BIRCHER VEGAN.

w. almond milk, blueberry compote, hazelnuts. **18**

EGGS OF CHOICE

2 eggs poached, fried or scrambled, your choice of rye or white house made bread. **16**

ADD

Buttermilk fried chicken, pork belly, smoked salmon **10**

Triple smoked bacon, **7**

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

Potato hashbrown, halloumi, avocado, feta **6**

Roasted tomato, vegan BBQ beans, mushrooms, sauteed spinach **5**

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

Extra egg **3**

LUNCH

MON — FRI, 11:30 — 2:00

SAT — SUN, 11:30 — 2:00

CHICKEN BURGER

w gochujang glaze, slaw, pickles on a potato bun **25**

PONY AND COLE STEAK SANDWICH

Scotch fillet minute steak, beetroot relish, fried egg, cheddar, tomato, rocket, capsicum relish & aioli on choice of white or rye. **26**

ZUCCHINI FALAFEL BURGER VEGAN

w. sliced tomato, parsley & rocket salad, beetroot hummus, beetroot relish, on vegan bun **24**

SMASHED BEEF BURGER.

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

LEMON HERB CHICKEN NOURISH BOWL

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

CRISPY PORK BELLY SANDO

.with Asian slaw, corriander and yellow curry sauce **23**

VEGAN NACHOS

w. vegan beans, cashew cheese, street corn salsa, corriander, . **26**

FALAFEL BOWL

w. pickled veg, beetroot hummus, quiona, rocket, baby tomatoes, chickpeas, cucumber and avo. **27**

BUTTERMILK CHICKEN TACOS (3EACH)

w.street corn salsa, crudo, corriander, and Spanish onion **27**

BOWL OF FRIES VEGETARIAN.

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

KIDDIES ALL 10

SCRAMBLED EGGS ON TOAST

CHEESE & TOMATO JAFFLE

VEGETARIAN.

CHICKEN NUGGETS AND CHIPS

NUTELLA JAFFLE VEGETARIAN.

w. whipped cream & strawberries.

LIL PONY PANCAKES VEGETARIAN.

3 lil Pony pancakes w. maple syrup, fruit compote & vanilla 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 & Barossa Fine Foods smoked bacon. **22**

SPIKED PEACH ICED TEA

Peach iced tea spiked with Rye Whiskey on ice. **22**

HOUSE MADE LEMONADE

House made lemonade over ice **10**
add a spike of vodka. **+7.50**

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 **10.50** BOTTLE **40**

COLD DRINKS

ICED

LATTE, COFFEE, CHOCOLATE,
MOCHA, CHAI, DIRTY CHAI , ICED
STRAWBERRY MATCHA

6.8

COLD DRIP/BATCH BREW OVER ICE

6.5

ICED TEA

Any leaf black tea or leaf fruit tea
from the tea menu, served over ice,
sweetened to your liking.

6

MILKSHAKES

VANILLA
STRAWBERRY
NUTELLA
HONEYCOMB

Milkshakes made w. whipped cream
& strawberry.
Non-dairy milk: +1.00

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,

MEAN GREEN

Celery, green apple, cucumber,
avocado, spinach

STAUNCH BANANA

Banana, almonds, dates, cinammon,
rolled oats

TROPICAL SMOOTHIE

Banana, pineapple, passionfruit,

ALL 9

Smoothies made w. standard milk.

Non-dairy milk: +.90C

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 12OZ 4.7

ORGANIC DETOX

Peppermint, ginger, rose,
chrysanthemum, calendula.

MASALA CHAI

Australian black tea, cardamom,
cloves, cinnamon, ginger, coconut
sugar, Australian black pepper.

MILK

Tweedvale full-cream
Tweedvale skim

NON-DAIRY .90C EACH

MILKLAB Almond, MILKLAB Oat
MILKLAB Coconut,
MILKLAB Soya,
MILKLAB Lactose Free.

COFFEE

SHORT BLACK

	80Z	120Z		
SHORT BLACK	4	4	-	-
BATCH BREW	5	6		
LONG BLACK	5	6		
CAPPUCCINO	5	6		
LATTE	5	6		
FLAT WHITE	5	6		
MACCHIATO	4.5	5.5	-	-
MOCHA	5	6		
HOT CHOCOLATE	5	6		
MATCHA LATTE	5	6		
CHAI LATTE	5	6		
DIRTY CHAI	5	6		
GINGER & TURMERIC LATTE	5	6		
BABY CHINO	FREE			
EXTRA SHOTS	90¢			

BATCH BREW

LONG BLACK

CAPPUCCINO

LATTE

FLAT WHITE

MACCHIATO

MOCHA

HOT CHOCOLATE

MATCHA LATTE

CHAI LATTE

DIRTY CHAI

GINGER & TURMERIC LATTE

BABY CHINO FREE

EXTRA SHOTS 90¢

BIG FLAVOURS BIG HOSPITALITY BIG HEART

PONY AND COLE



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