

# beach babylon

## Macro-Friendly Day Menu

served from 8:00am – 4:00pm

### Brunch

gluten-free, dairy-free toast available,

- poached eggs on toast**..... 13  
**macros** - carbs 46g, protein 21g, fat 19g, total cals 446
- scrambled egg whites on gf toast**..... 14  
**macros** - carbs 37g, protein 17g, fat 6g, total cals 265
- smoked salmon bagel** with cream cheese, citrus dressed rocket, capers & chives..... 23  
**macros** - carbs 32g, protein 29g, fat 19g, total cals 634
- smashed avocado on grain toast** with beetroot purée, pickled beetroot, sprouts, toasted pumpkin seeds, lemon & feta..... 23  
**macros** - carbs 54g, protein 19g, fat 29g, total cals 560
- maura's salmon & avo on gf toast** with citrus dressed rocket, capers, 3 poached egg whites & chives..... 27  
**macros** - carbs 35g, protein 29g, fat 18g, total cals 439
- granola bowl** housemade toasted oat-nut-seed granola, plum-blueberry compote, coconut yoghurt, chia seeds & oat milk ..... 17  
**macros** - carbs 53g, protein 8g, fat 19g, total cals 454
- chilli-feta scramble** scrambled eggs, chilli oil, feta, micro-cress, crispy shallots, chilli jam, sourdough..... 21  
**macros** - carbs 56g, protein 27g, fat 31g, total cals 607
- chilli-feta egg white scramble on gf toast** scrambled egg whites, chilli oil, feta, micro-cress, crispy shallots, on gluten-free toast..... 23  
**macros** - carbs 40g, protein 27g, fat 25g, total cals 465
- smoked chorizo omelette** roasted red peppers, feta, rocket, red onion & herb oil..... 24  
**macros** - carbs 6g, protein 26g, fat 40g, total cals 464
- egg white smoked chorizo omelette** roasted red peppers, feta, rocket, red onion & herb oil..... 25  
**macros** - carbs 7g, protein 31g, fat 19g, total cals 314
- keto breakfast** free-range poached eggs, bacon, halloumi, mushrooms, avocado, spinach & hollandaise..... 29  
**macros** - carbs 6g, protein 26g, fat 40g, total cals 734

### Lunch

- winter salad bowl** – rocket, crispy kale, roasted sweet potato, pickled beets, crispy chickpeas, puy lentils, avocado-ranch dressing, toasted seeds..... 23  
**macros** - carbs 55g, protein 15g, fat 18g, total cals 406
- winter salad bowl with shredded chicken breast** – rocket, crispy kale, roasted sweet potato, pickled beets, crispy chickpeas, puy lentils, avocado-ranch dressing, toasted seeds..... 30  
**macros** - carbs 55g, protein 38g, fat 21g, total cals 530
- winter salad bowl with halloumi** – rocket, crispy kale, roasted sweet potato, pickled beets, crispy chickpeas, puy lentils, avocado-ranch dressing, toasted seeds..... 30  
**macros** - carbs 57g, protein 31g, fat 38g total cals 656
- smoked salmon sweetcorn fritters** with rocket, avocado, pickled onion, cherry tomato, sprouts, pumpkin seed salad, topped with smoked salmon & citrus crème fraîche..... 26  
**macros** - carbs 54g, protein 18.5g, fat 29g, total cals 560
- bacon sweetcorn fritters** with rocket, avocado, pickled onion, cherry tomato, sprouts, pumpkin seed salad, topped with bacon & citrus crème fraîche..... 26  
**macros** - carbs 35g, protein 14g, fat 41g, total cals 569
- halloumi sweetcorn fritters** with rocket, avocado, pickled onion, cherry tomato, sprouts, pumpkin seed salad, topped with halloumi & citrus crème fraîche..... 26  
**macros** - carbs 36g, protein 24g, fat 52g, total cals 712
- vegan sweetcorn fritters** with romesco, portobello mushrooms & chives with a rocket, avocado, pickled onion, cherry tomato, pumpkin seeds & sprout salad..... 26  
**macros** - carbs 54g, protein 18.5g, fat 29g, total cals 560

### Dietary Requirements

 onion free

 vegetarian

 vegan  
(on request)

 dairy free  
(on request)

 nut free  
(on request)

 garlic free  
(on request)

 gluten free  
(on request/not celiac 'safe')








we proudly use free-range meats & eggs, compost, recycle & minimise food waste!

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


## Macro-Friendly Night Menu

served from 5:30pm

















### Snacks

- sticky soy-sesame cauliflower**, spring onions, sesame seeds, soy aioli.....   **14**  
**macros** - carbs 15g, protein 4g, fat 22g, total cals 270
- garlic butter charred market vegetables**, crispy chickpeas, roasted red pepper hummus.....   **14**  
**macros** - carbs 30g, protein 9g, fat 17g, total cals 305
- chilli-garlic prawns**, toasted herb crumb, green aioli.....   **16**  
**macros** - carbs 10g, protein 20g, fat 16g, total cals 265
- pan-fried halloumi**, nut dukkah, rocket, beetroot purée, lemon.....   **14**  
**macros** - carbs 8g, protein 17g, fat 26g, total cals 340








### Sides

- mashed potato**, jus.....   **9**  
**macros** - carbs 32g, protein 4g, fat 7g, total cals 215
- market green vegetables**.....   **10**  
**macros** - carbs 7g, protein 3g, fat 6g, total cals 95
- house salad**, herb dressing, toasted seeds.....   **9**  
**macros** - carbs 6g, protein 3g, fat 9g, total cals 120
- curly fries**, aioli, tomato sauce .....   **14**  
**macros** - carbs 111g, protein 12g, fat 86g, total cals 1200
- chunky fries**, aioli, tomato sauce.....   **13**  
**macros** - carbs 103g, protein 10g, fat 82g, total cals 1150

### Mains

- winter salad bowl with shredded chicken breast**    
rocket, crispy kale, roasted sweet potato, pickled beets, crispy chickpeas, puy lentils, avocado-ranch dressing, toasted seeds.....   **29**  
**macros** - carbs 55g, protein 38g, fat 21g, total cals 530
- winter salad bowl with vegan 'chicken'**    
rocket, crispy kale, roasted sweet potato, pickled beets, crispy chickpeas, puy lentils, avocado-ranch dressing, toasted seeds.....   **29**  
**macros** - carbs 58g, protein 47g, fat 26g, total cals 619
- eggplant & zucchini gratin**, vegan mozzarella, béchamel, sundried tomato arrabiatta sauce, wilted greens, pesto, cashew parmesan.....   **30**  
**macros** - carbs 48g, protein 13g, fat 43g, total cals 620
- sticky star anise wuxi **pork rib rack**, mashed potato, asian greens, spring onions, crispy shallots, black sesame seeds.....   **32**  
**macros** - carbs 50g, protein 56g, fat 29g, total cals 710
- herb crusted **market fish**, green harrissa cream sauce, charred market vegetables, mashed potato, crispy capers..   **32**  
**macros** - carbs 47g, protein 30g, fat 23g, total cals 515
- fillet steak**, umami butter, potato galette, charred market vegetables, sweet potato crisps, brandy jus.....   **34**  
**macros** - carbs 56g, protein 38g, fat 42g, total cals 745

### Desserts

- old school banana split**, vanilla ice cream, chocolate sauce, cream, nuts, pink wafer.....   **13**  
**macros** - carbs 61g, protein 8g, fat 34g, total cals 600
- sticky date pudding**, butterscotch sauce, vanilla bean ice cream, walnut crumble.....   **14**  
**macros** - carbs 95g, protein 7g, fat 29g, total cals 730
- loaded brownie**, warm chocolate brownie, salted caramel, vanilla ice cream, whipped cream, chocolate-frangelico sauce, hazelnuts.....   **15**  
**macros** - carbs 90g, protein 9g, fat 47g, total cals 890
- spiced apple crumble**, coconut custard, vanilla bean ice cream, almond crumble.....   **15**  
**macros** - carbs 75g, protein 8g, fat 28g, total cals 600

 all desserts can be vegan on request.

### Dietary Requirements

 **onion free**

 **vegetarian**

 **vegan**  
(on request)

 **dairy free**  
(on request)

 **nut free**  
(on request)

 **garlic free**  
(on request)

 **gluten free**  
(on request/not celiac 'safe')

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