

## Juice Bar<sup>63</sup>

**Orange and Apple Juice 5/4**

**Federer Frappe 5/4**

Ice | apple | orange

**Freshly Squeezed Juice 7/5**

Watermelon

Pineapple

Carrot

Tropical fruit

**Screw the Scrum**

Pineapple | watermelon | mint

**Kick Off**

Carrot | apple | lime

**Smoothies 7/5**

Mango | Banana | Mixed berry

**Fruit Frappe 7/5**

**Muhammad Ali**

Orange | pineapple | apple | mixed berry

**Jackie Chan**

Orange | apple | mango

**Line Out**

Mango | lime | pineapple | orange

**Hooker**

Pineapple | ice | orange | mint

## Bar<sup>63</sup>

### Wine

	<b>B</b>	<b>G</b>
Oyster Bay Sparkling Cuvée Brut	30	
Oyster Bay Sauvignon Blanc	30	7
Oyster Bay Chardonnay	30	7
Oyster Bay Merlot	30	
Barossa Valley Estate Shiraz	30	7

### Beers & Cider

XXXX Gold, James Boag's Premium Light 5  
Heineken, Corona, Peroni, James Squire Golden Ale,  
Monteith's Apple Cider 7

### Spirits 7

Smirnoff Vodka | Bundaberg Rum | Johnnie Walker  
Red Label | Bombay Sapphire Gin | Jack Daniel's  
Bourbon

[with mix Coke, Tonic, Soda, Dry Ginger Ale, Sprite]

# monk & grind<sup>63</sup>

Plumridge House

## Menu

### Business Lounge Cafe

Ground floor of Plumridge House  
174 Barry Parade  
Fortitude Valley

Ph: 1300 63 63 00

### Opening Hours

Mon - Fri 5:30am - 5:00pm  
Sat - Sun 5:30am - 3:00pm

Public Holidays  
5:30am - 3:00pm

Wi-Fi password – "happyhour"

## Take away

### Roll 3

Bacon (1) | fried egg

### Wrap 3

Bacon (1) | fried egg

### Shooter 3

Bircher muesli top w berry compote | Greek yoghurt  
| roasted macadamia nuts

### FT 6

Fruit toast (2)

### Oscar 6

Banana bread (2)

### Tarzan 6

Toasted sandwich bacon (1) | melted cheese |  
tomato

## All Day Breakfast

### Toast 3

Whole grain	Farmhouse white
Damper roll	Gluten free

### Fruit Salad 5

### Megan 6

Pancakes (4) | maple syrup | garnish strawberry

### KK 6

Burger bacon (1) | fried egg | hash brown | BBQ  
sauce

### Ascot 6

Scones (2) | whipped cream | garnish strawberry |  
jam on the table

### ET 8

Eggs fried or scrambled | toast

### BE 10

Bacon (1) | eggs fried or scrambled | toast

### John Walker 12

Bacon (1) | scrambled eggs | haloumi (1) | toast

### Merino 12

Slow cooked lamb shoulder (100g) | bacon (1) |  
scrambled egg | toast

### Extras<sup>63</sup>

Mashed avo 2

Feta 3

Hash browns (2) 4

Smoked salmon 4

## Lunch

### Queenie 8

Pumpkin soup & whole grain toast

### Green & Gold Burger 8

Burger mayo | green leaves | tomato | beef patty |  
melted cheese | bacon (1) | hash brown

### Rugby 8

Wrap chicken breast | green leaves | tomato |  
creamy parmesan dressing

### Signwriter 8

Toasted whole grain sandwich mash avo<sup>63</sup> | cream  
cheese | smoked salmon

### Toner 8

Toasted whole grain sandwich chicken breast |  
mash avo<sup>63</sup> | green leaves | tomato | mayo

### Rome 8

Salad chicken breast | green leaves | bacon |  
creamy parmesan dressing | parmesan cheese

### Netball (GF) 8

Salad chicken breast | green leaves | cherry  
tomatoes top w mango lime & chilli dressing

### Driver 8

Wrap chicken breast | mash avo<sup>63</sup> | cheese |  
bacon (1) | green leaves | tomato | mayo

### New York 8

Wrap slow cooked lamb shoulder (100g) | spicy  
mayo | green leaves | tomato | feta

## Coffee, Chocolate, Chai

Short Black | Short Macchiato | Piccolo 3

Long Macchiato | Affogato 4

Flat White | Cappuccino | Latte | Long Black |  
Chai Latte | Dirty Chai Latte 4 mug 5

Mocha | Hot Chocolate 5

### Iced Coffee 7/5

Espresso coffee | ice cream | milk top w whipped  
cream

### Iced Mocha 7/5

Espresso coffee | chocolate | ice cream | milk top w  
whipped cream

### Iced Chocolate 7/5

Chocolate | ice cream | milk top w whipped cream

### Iced Long Black 5/4

Espresso coffee | water | ice

### Iced Latte 5/4

Espresso coffee | milk | ice

### Melbourne Cup Frappe 7/5

Espresso coffee | chocolate | ice | milk top w  
whipped cream

### Cox Plate Frappe 7/5

Espresso coffee | caramel | ice | milk top w whipped  
cream

### Herman the Strong Frappe 7/5

Chai powder | milk | ice

### Tea 4

English Breakfast | Earl Grey | Green | Peppermint |  
Premium Blend (BOP)

### Soft Drinks

Coke | Diet Coke | Coke Zero | Sprite | Fanta 3  
Lemon Lime & Bitters | Ginger Beer 5  
Sparkling Water 5

### Milk Shakes 5/3

Chocolate | Caramel | Strawberry | Vanilla