

# THE LOBBYIST

## BREAKFAST

Two slices of The Grounds sourdough (vg, gf optional) <i>Served with butter and your choice of spread</i>	7
Apple & almond bircher muesli (vg) <i>Maple syrup, coconut flakes, fresh fruit</i>	8.5
Granola bowl (v) <i>Maple syrup, fresh fruit, coconut flakes</i>	8.5
Ham & cheese croissant / toastie (gf optional)	9
Cheese & tomato croissant / toastie (gf optional)	8
Egg roll (gf optional) <i>Toasted bun, fried egg, baby spinach, relish</i>	7
<i>Triple smoked bacon + 3</i>	
<i>Cold smoked salmon + 4</i>	
<i>Cheese + 2</i>	
<i>Avocado + 2</i>	
<i>Roasted mushrooms + 2</i>	
<i>**Nonie's gluten free bread + 3</i>	

Two eggs on The Grounds sourdough (v, gf optional) <i>Choice of soft boiled or poached eggs</i>	10
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Avocado on The Grounds sourdough, feta, soft herbs <i>(v, gf optional)</i>	9
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## SIDES

Cold smoked salmon	6.5
Blackforest smokehouse triple smoked bacon	6
Fresh avocado, lemon	4
Roasted mushrooms	5
Poached or soft boiled egg	3.5
<b>**Nonie's gluten free bread</b>	+3

## FRESHLY BAKED

The Grounds Pastry selection	
<i>Croissant</i>	6
<i>Danish, raisin snail, hazelnut snail</i>	7
White chocolate and berry muffin	5
Banana & oat crumble muffin	5
Butter Boy cookie	7
Gluten free tea cakes	7

## SALADS

Avocado salad (vg, gf optional) <i>Mixed leaves, avocado, tomatoes, soft boiled egg, cucumber, maple dressing, toasted sourdough</i>	15
Roasted vegetables (vg, gf optional) <i>Roasted pumpkin &amp; cauliflower, mixed leaves, crispy chickpeas, quinoa, pomegranate molasses</i>	15
<i>Add:</i>	
<i>Poached egg or soft boiled eggs</i>	+3
<i>Cold smoked salmon</i>	+5
<i>Poached chicken breast</i>	+5
<i>Fresh avocado, lemon</i>	+3
<i>The Grounds sourdough slice</i>	+3

## SANDWICHES

All sandwiches can be made GF

Chicken & avocado sandwich <i>Poached chicken breast, sourdough, avocado, mustard mayo, soft herbs</i>	14.5
<i>Cheese + 2</i>	
Beef brisket toastie <i>Slow cooked brisket, sourdough, cheddar, onion jam, pickles</i>	14.5
Mushroom toastie <i>Roasted mushroom, sourdough, double cheese, relish</i>	13.5
Vegan wrap <i>Roasted pumpkin, cauliflower, soft herbs, hummus, harissa</i>	12.5

## COFFEE BY REFORMATORY LAB

White	4
Black / guest single origin	4
Filter / cold brew	5
<i>Rotating feature brew – see board</i>	
Iced coffee / chocolate / mocha (served with ice-cream)	7
+ extra shot / decaf + 0.5	
+ almond milk / bonsoy / macadamia milk / oat milk + 0.5	

## WARM ELIXIRS

Raw honey soaked chai latte	5
Golden turmeric latte	5
Matcha latte	5
Hot chocolate	4.5

## TEA BY CHAMELLIA

English breakfast	4
Earl Grey	4
Lemongrass & ginger	4
Peppermint	4
Gunpowder green	4
Masala chai	4

## FRESHLY SQUEEZED JUICE

Orange	7
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## SOFT DRINKS

Coke, Coke No Sugar, Lemonade, LLB	4
Bundaberg Ginger Beer	5

**WE ARE CASHLESS!**

Catering is available from The Lobbyist within the Parramatta area.  
Ask our staff for more information.

THE  
LOBBYIST

@THELOBBYISTSYD