

# the MENU

*lunch from 11am*

## let's share...

olives house marinated (gf) (v)	5
polenta chips w grated saganaki & aioli(v)	9
watermelon salad w stracciatella, seeds & basil(gf)	10
'cfc' cargo fried cauliflower w chipotle mayo(v)	12
loaded wedges w cheese sauce, bacon jam, spring onions & topped w sour cream	13
saganaki w grapes and balsamic (gf) (v)	14
trio of house made dips w warm flat bread (v)	15

## pots 'n' pans

carbonara pappardelle w bacon, parmesan, caramelised onion in a creamy sauce	18
penne w mushroom & thyme ragu w caramelised shallots finished w parmesan & soft herbs (v)	18
penne bolognese w a rich sauce of lamb, beef & pork, finished w parmesan, chilli oil & fresh herbs	18
<i>swap to gluten free buckwheat spiral pasta</i>	2
vegetable paella w char-grilled corn, capsicum, tomato, black beans, smoked paprika, saffron, onion and topped w fresh herbs & lemon (gf) (vg)	25
chicken and pork chorizo paella w char-grilled corn, capsicum, tomato, black beans, saffron, onion topped w herb salad & lime (gf)	30

## i'll just have a salad

caesar w baby cos, bacon jam, croutons, parmesan, egg, topped w white anchovy in a creamy dressing	18
+ crispy chicken	5
quinoa and grain w lentils, freekah, pinenuts, pomegranate, currants, red grapes, broccolini, edamame, seeds, avocado, miso dressing & honey yoghurt (v)	18
+ slow cooked lamb	5

## let's get serious

wagyu beef burger w american cheese, lettuce, tomato, aioli, red onion and pickles on a pain de mie bun w chips	20
+ istra bacon	4
crispy chicken burger w apple slaw, aioli and jerry's bbq sauce on a pain de mie bun w chips	20
+ istra bacon	4
huli-huli grilled chicken w capsicum, blackbean and corn salsa, caramelised pineapple, sour cream, lettuce wedge, lime & herb salad (gf)	24
open souvlaki slow cooked lamb shoulder w tabouleh, herb chips, yoghurt & flat bread	24

## something ON THE SIDE

garden salad/ chips	7
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## pizza from the stone oven

garlic, parmesan w herbs & mozzarella	14
margherita fior di latte, mozzarella on a san marzano tomato base & basil (v)	16
funghi wild mushrooms, field mushrooms, taleggio cheese on a mozzarella & olive oil base finished w truffle oil & fresh herbs (v)	18
the cargo double smoked ham, bacon, red onion, caramelised pineapple & finished w jerry's bbq sauce	19
capricciosa double smoked ham, black olives, mushrooms, white anchovy, mozzarella on a san marzano tomato base & finished w truffle oil	19
spicy chicken and pork chorizo sausage, capsicum, jalapeños, mozzarella on a san marzano tomato base finished w fresh herbs & chilli oil	20
lamb w za'atar, mozzarella, pomegranate & topped w rocket, yoghurt & sumac	22
piccante hot salami, pancetta, black olives, stracciatella on a san marzano base w white anchovy & chilli oil	22
a bit extra capsicum/ mushrooms/ olives/ white anchovy/ vegan cheese	3
spicy chicken/ chorizo/ ham/ pancetta/ hot salami/ gluten free pizza base	4

## something sweet

deconstructed passionfruit cheesecake w honey joy & biscuit crumb & mint (v)	12
violet crumble 'chocolate pot' w housemade honeycomb, vanilla ice cream & chocolate pearls (v)	12



only way to start the day...breakfast

<b>sourdough or 7 grain sourdough toast</b> w your choice of: jam, vegemite or peanut butter	6
<b>'toastie'</b> w double smoked ham, cheese in a pain de mie bun	10
<b>yoghurt bowl</b> w muesli, nuts and puffed quinoa roasted muesli w seasonal fruit and chia (gf) (v)	14
<b>breakfast burger</b> egg, bacon, fried green tomato, fresh tomato, lettuce, aioli and jerry's bbq sauce in a pain de mie bun	15
<b>avo'smash</b> w capsicum, black beans, corn, red onions and tomato served on toast w beetroot and lime (v)	16 + egg 2
<b>quinoa and grain</b> w lentils, freekah, pinenuts, pomegranate, currants, red grapes, broccolini, edamame, seeds, avocado, miso dressing topped w a honey yoghurt (v)	18 + egg 2
<b>sir benedict</b> double smoked ham, poached eggs, sriracha hollandaise, topped w tomato and coriander salsa, jalapenos and herb salad on toast	18
<b>vegie breaky</b> eggs how you like 'em, on toast w sauteed kale, avocado, mushrooms, hash browns w puffed quinoa and seeds (v)	18
<b>break-the-fast</b> eggs how you like 'em w bacon, chorizo, mushrooms and hash browns on toast	20
<b>eggs as you like 'em</b> served on toast fried, scrambled or soft poached	10
<b>a bit on the side</b> hash browns/ mushrooms/ gluten free bread/ sriracha hollandaise	3
<b>istra</b> bacon/ crushed avocado/ chorizo/ sauteed kale	4

*Our eggs are free range from*

**HAPPY chickens**

*To offer you the quality service you deserve, changes to the menu and split bills are not encouraged during busy periods, nor on weekends and public holidays*

coffee and other stimulants

latte, cappucino, flat white, short black, short macchiato, long black, long macchiato, piccolo, iced latte, hot chocolate	4
large	1
bon soy / milklab almond / milklab lactose free	.5
vanilla, caramel, mocha, hazelnut syrup	.5
'tea drop' tea pot (english breakfast, earl grey, green, peppermint and chamomile)	4
prana chai served w bonsoy	5
iced coffee, iced chocolate both served w ice cream	6
<b>milkshakes</b> vanilla, caramel, chocolate, strawberry	6.5

the story  
**BEHIND  
THE BEAN**

*Our coffees are made with our very own blend. A collaboration between our in-house baristas and a Q grade coffee roaster. Enjoy!*

<b>retail</b>	
250g coffee	15
250g bag prana chai	24

cold drinks

coke, coke no sugar, lift, sprite, lemon lime bitters, dry ginger ale, raspberry lemonade, tonic	4
<b>juices</b> orange, apple, pineapple, tomato	4
<b>virgin mary</b> tomato juice, tabasco, worcestershire	6
<b>bloody mary</b> tomato juice, vodka, tabasco, worcestershire	12

small freight kid's menu

<b>kids breakfast</b>	
<b>coco-pops</b> w icy cold milk	5
<b>cheese toastie</b>	6
<b>kids breakfast</b> fried egg on toast w hash brown and bacon	9
<b>kids lunch/dinner</b>	
<b>kids cheese burgers</b> (2) w tomato sauce and chips	12
<b>kids penne bolognese</b> w a rich sauce of lamb, beef & pork, finished w parmesan	12
<b>little hawaiian pizza</b> mozzarella, double smoked ham, caramelised pineapple on a san marzano tomato base	12
<b>little margherita pizza</b> mozzarella on a san marzano tomato base	12
<b>kids dessert</b>	
<b>2 scoops vanilla ice cream</b>	5



**FYI...**

(gf) gluten free  
(v) vegetarian  
*allergy alert: while stringent precautions are taken, one should assume that contact with peanuts, tree nuts, seeds, wheat, eggs, milk, soy, shellfish and other allergens is possible.*

