



# DRINK MENU

## NATURAL FRUIT SMOOTHIES

<b>BREAKFAST OF CHAMPIONS</b> 8.6 Granola, strawberry, banana, chia, coconut, milk, honey, cinnamon.	<b>JAMAICAN ME CRAZY</b> 8.2 Pineapple, mango, apple, banana, date, mint, organic almond milk.	<b>PEANUT BUTTER PROTEIN</b> 8.8 Protein powder (whey or pea), peanuts-only butter, banana, date, coconut, almond milk.
<b>VERY BERRY</b> 8.6 Strawberry, blueberry, raspberry, acai, natural yoghurt, banana, honey, organic soy milk.	<b>CLASSIC STRAWBERRY</b> 7.6 Strawberry, banana, natural yoghurt, honey, organic soy milk.	<b>SUPER BOOSTS</b> 1.0 Spirulina, protein powder (whey or pea), chia seeds, maca powder, dates.
<b>BLUE MANGO</b> 8.2 Blueberry, mango, banana, almond, chia, organic soy milk.	<b>GREENIE (AIN'T NO MEANIE)</b> 8.8 Apple, kale, banana, mango, cucumber, honey, spirulina, fresh mint, organic almond milk.	We will happily swap ingredients for vegans and other dietary needs. (V) (VF)

## FRESH FRUIT JUICES

<b>SIMPLY ORANGE</b> 6.5 100% fresh orange juice.	<b>IMMUNITY BOOST</b> 7.2 Carrot, ginger, apple, orange.	<b>CREATE YOUR OWN FROM 7.5</b> Create your own juice from any of the following ingredients:  Apple, orange, pineapple, carrot, kale, lime, lemon, mint, beetroot, cucumber, celery, ginger, spinach leaves, cayenne pepper, spirulina.
<b>ONLY APPLES</b> 6.5 As many apples as it takes.	<b>TROPICAL HEAT</b> 7.5 Pineapple, orange, carrot, celery, cayenne.	
<b>CLEAN GREEN</b> 7.5 Kale, cucumber, celery, lemon, apple.	<b>REFRESHER BLEND</b> 7.5 Kale, carrot, apple, lime.	
<b>TANGY BEATS</b> 7.2 Orange, beetroot, apple, lemon.	<b>GREEN TROPICS</b> 7.8 Lime, pineapple, kale, apple, mint.	

## SPECIALTY COFFEE & TEA

### ***ALLPRESS*** ESPRESSO

<b>SMALL 6OZ (SINGLE SHOT)</b>	<b>3.8</b>
<b>MEDIUM 8OZ (SINGLE SHOT)</b>	<b>3.8</b>
<b>LARGE 12OZ (DOUBLE SHOT)</b>	<b>4.4</b>

Carmelo blend by ALLPRESS.  
A medium roast coffee with lively acidity to provide balance when combined with milk, yet not be sharp as a black coffee.  
Roasted locally in Collingwood using custom made hot air roasting technology and specialty grade arabica beans.

**EXTRAS**  
Bonsoy / Almond / Lactose Free 0.5.  
Extra shot 0.6.

### ICED DRINKS

<b>ICED LONG BLACK</b>	<b>3.8</b>
<b>ICED ESPRESSO</b>	<b>3.8</b>
<b>ICED LATTE</b>	<b>4.4</b>
<b>ICED MOCHA</b>	<b>4.4</b>
<b>ICED CHAI</b>	<b>4.5</b>

Note: All iced coffees use double shots!

### OTHERS

<b>MATCHA LATTE</b>	<b>4.8</b>
Made with 100% pure matcha (non sugar mix) and Bonsoy.	
<b>HOT CHOCOLATE</b>	<b>3.8 / 4.4</b>
Made with 100% organic cocoa powder.	
<b>TURMERIC LATTE</b>	<b>4.8</b>
Golden Turmeric spiced latte with ginger, cardamom, cinnamon, chilli and vanilla.	

### CALMER SUTRA TEA

<b>CALMER CHAI</b>	<b>4.5</b>
Fresh wet chai made in Melbourne. An aromatic fusion of black tea, Indian spices, Victorian honey and fresh ginger root.	
<b>LOOSE TEAS</b>	<b>3.8</b>
100% organic & fair trade ingredients.	
<b>EVERMORE (ENGLISH BREAKFAST)</b>	
Complement your daily ritual with this versatile black tea, harvested from the pristine mountains of Sri Lanka.	
<b>LADY MELBA (EARL GREY)</b>	
Sri Lankan black tea leaves elegantly enhanced by the oil of bergamot.	
<b>PEPPERMINTLE (HERBAL)</b>	
Breezy peppermint leaves, enhanced with native lemon myrtle.	

## THANKS FOR VISITING POPPY & SEED BAGELRY!

📍 205 Carlisle St, Balaclava.  
☎ 03 9531 5157 🏠 poppyandseed.com.au  
📷 @ poppyandseedbagelry  
🕒 Open 7 days

We serve traditional boiled bagels with house-made spreads and scrumptious fillings alongside specialty coffee, fresh juice and natural smoothies.





# BAGEL MENU

## CHOOSE A BAGEL



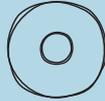
POPPY SEED



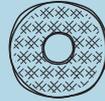
SESAME SEED



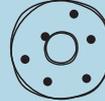
EVERYTHING



PLAIN WHITE



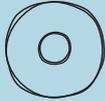
DARK RYE



BLUEBERRY



CINNAMON RAISIN



GLUTEN FREE

## PICK A SPREAD

### SIMPLY BUTTERED 🌱 4.0

Toasted bagel of your choice with butter.

### BASIC SPREADS 🌱 🌱 5.0

Butter plus your choice of: Vegemite, Nutella, peanuts-only butter, jam.

### AVOCADO 🌱 🌱 7.5

Simple fresh smashed avocado, with or without Vegemite or cream cheese.

### GRILLED CHEESE 🌱 5.5

Open bagel topped with grilled tasty cheese, with or without Vegemite.

### CREAM CHEESE 🌱 5.0

Traditional cream cheese.

### VEGAN CREAM CHEESE 🌱 🌱 6.0

Smooth and delicious vegan cream cheese made from a soy base.

### FANCY CREAM CHEESE 🌱 6.0

Choose one of our house-made schmears or cream cheese blends:

*Dill & caper cream cheese*

*Everything Bagel schmear*

(cream cheese, seeds, garlic, chives)

*Raspberry lemon schmear*

(cream cheese, raspberry, lemon)

## OR CHOOSE A SANDWICH FILLING

### — EVERYDAY BAGELS —

#### HAM CHEESE TOMATO 7.5

Toasted bagel with shaved ham, tasty cheese and sliced tomato.

#### BREAKFAST BAGEL WITH HAM 7.9 9.9

Baked omelette with hungarian salami, tasty cheese, tomato relish and fresh spinach leaves. Also available in vegan 🌱 and vegetarian 🌱 varieties.

#### CHICKEN CHEESE TOMATO 9.5

Seasoned sliced chicken breast, grilled cheese, fresh tomato and spinach leaves.

#### VEGGIE PATCH 🌱 🌱 8.9

Beetroot with cream cheese (or vegan cream cheese), caramelised onion relish, tomato and plenty of fresh greens.

### — SPECIALTY SANDWICH BAGELS —

#### SMOKED SALMON 10.9

Top grade smoked Tassie salmon, house made lemon dill cream cheese with capers and cracked pepper, topped with fresh spinach leaves.

#### CLASSIC CHICKEN AVOCADO 10.9

Roasted sliced chicken breast, smashed avocado, tasty cheese and fresh greens.

#### TUNA MELT 9.9

Skipjack tuna with whole egg mayo, beetroot, double melted cheddar cheese and fresh greens.

#### SPICY CAJUN CHICKEN 10.9

Cajun-spiced sliced chicken breast with roasted red capsicum, fresh tomato, cheddar cheese and greens.

#### (NOT A) REUBEN 11.9

Stacked sliced corned beef with American mustard, melted cheese and everything schmear with pickled gherkins.

#### VEGAN IS MY SUPERPOWER 🌱 🌱 10.9

Roasted red capsicum, baby spinach, fresh tomato, vegan cream cheese with spiced pepitas and alfalfa sprouts.

#### WHEN YOU GOTTA AVOCADO 🌱 🌱 8.9

Smashed fresh avocado, cream cheese (or vegan cream cheese), spiced pepitas and alfalfa sprouts.

#### SLOW COOKED MEXI-BEEF 11.9

Slow cooked pulled beef with mexican spices, double cheese and roasted capsicum.

## THEN CHOOSE A SIDE

#### PRETZELS & GHERKIN 🌱 🌱 FREE!

We serve savoury pretzels and a sweet spiced gherkin with every sandwich bagel.

#### SWEET POTATO CHIPS 🌱 🌱 4.0

Super delicious sweet potato chips served with creamy chipotle mayo.

#### BEER BATTERED CHIPS 🌱 🌱 3.5

Hot beer battered chips seasoned and cooked to order.

## DIETARY NOTES

🌱 vegetarian 🌱 🌱 vegan / can be vegan  
Look out for these icons throughout our menu for vegetarian and vegan options.

All our bagels may have some traces of seeds, even our non-seeded bagels. If you have a seed allergy please do not order our bagels.

All bagels contain gluten from wheat flour, except for our special gluten free bagel. All bagels are prepared in the same kitchen.