

## BREAKFAST ROLLS

- 1. THE ORIGINAL** **10.00**  
(bacon and egg with mix lettuce. Choose your sauce: BBQ, tomato, mustard mayo, honey mustard chilli)
- 2. THE EGGLESS** **8.50**  
(bacon, cheese and tomato with mix lettuce, hash brown. Choose your sauce: BBQ, tomato, mustard mayo, honey mustard chilli)
- 3. THE BACONLESS** **8.50**  
(egg, cheese and tomato with mix lettuce, hash brown. Choose your sauce: BBQ, tomato, mustard mayo, honey mustard chilli)

## LUNCH PANINI ROLL **12.50**

(Served 11:00 am to 2:30 pm)

- 1. THE CONTINENTAL**  
(3 meats : ham, salami, mortadella. 3 pickle, provolone cheese & rocket. Choose your sauce: BBQ, mayonnaise, mustard mayo, honey mustard)
- 2. TUNA MADE**  
(tuna with pickle, cheese, rocket and balsamic. Choose your sauce: BBQ, tomato, mustard mayo, honey mustard)
- 3. BEEF SANDWICH**  
(cooked marinated corned beef, swiss cheese, cabbage pickle & gherkins. Choose your sauce: BBQ, tomato, mustard mayo, honey mustard)
- 4. PULLED PORK PANINI** **13.50**  
(pulled pork, confit asparagus, hollandaise, baby spinach on panini roll served with fresh salad,
- 5. MEDITERRANEAN STEAK SANDWICH** **14.50**  
Tender beef steak marinated in Mediterranean flavours served on a ciabatta roll with side salad (add chips 2.00)

## SALAD

- 1. YOUNG MUGS SALAD** **12.50**  
Your choice of protein with roasted beetroot, feta cheese capers, sweet balsamic, onion, cherry tomato, rocket, lemon extra virgin oil dressing.) choose your protein: chicken, smoked salmon/chorizo.

## YOUNG MUGS BURGER WITH CHIPS AND SALAD **13.90**

Sauce mayo and tomato

- 1. CHICKEN BURGER**
- 2. HAM BURGER**
- 3. PERI-PERI CHICKEN BURGER**
- 4. CHICKEN PARMIGIANA WITH CHIPS & SALAD**
- 5. FISH AND CHIPS** (served with salad and tartare sauce)

## KIDS LUNCH

- TOASTED SANDWICH**
- 6. Cheese & Tomato** **5.50**
  - 7. Cheese** **4.50**
  - 8. Ham & Cheese** **6.50**
- \*Please note all sandwiches are made with white bread unless request for particular bread.
- 9. Chicken Strips & Chips** **9.50**  
(crumbed chicken tenderloin strips served with chips)
  - 10. Fish & Chips** (crumbed fish served with chips) **9.50**
  - 11. Chicken Nuggets and Chips** **9.50**  
(6 pieces nuggets served with chips)
  - 12. Kathmandu Nauni** (Butter chicken with rice) **9.50**

## NEPALESE AUTHENTIC MO:MO AND CHOWMEIN

- 13. VEG/CHICKEN STEAM MO:MO** **12.00/14.00**  
(traditional Nepalese dumplings served with delicious tomato and ginger chutney)
  - 14. VEG/CHICKEN FRIED MO:MO** **12.00/14.00**  
(traditional Nepalese fried dumplings served with delicious tomato and ginger chutney)
  - 15. VEG/CHICKEN CHILLI MO:MO** **13.00/15.00**  
(deep fried dumplings then cooked with capsicum onion and chef's secret sauce)
  - 16. VEG JHOL MO:MO/ CHICKEN JHOL MO:MO / CHICKEN WITH PRAWN JHOL MO:MO** **13/15/17**
  - 17. VEG/CHICKEN CHOWMEIN** **11.50/13.00**
  - 18. PRWAN CHOWMEIN W/MIXED VEGGIES** **16.00**
  - 19. VEG COMBO** **12.50**  
(any veg curry from our menu with rice)
  - 20. NON-VEG COMBO** **14.50**  
(any non veg curry from our menu with rice or tawa roti)
- \*Choice of veg curry:  
-Aloo tama bodi (potato, bamboo shoot, black eyebeans)  
-Aloo chana (potato and chickpeas)  
-Paneer ko tarkari (Cottage cheese curry)
- \*Choice of non-veg curry:  
-Chicken/Lamb/Goat

# Young Mugs

## Cafe & Restaurant

We also undertake Catering Events and Functions with your own menu.

Monday – Closed

Tuesday to Friday - 6:30 am to 2:30 pm

Saturday – 7:00 am to 2:30 pm

Sunday – 7:30 am to 2:30 pm

## Breakfast & Lunch

Ph: 0432 779 597

5/329 ALEXANDER DRIVE, BALLAJURA, 6066.



For More Information Please Visit

Email: [info@youngmugscfe.com.au](mailto:info@youngmugscfe.com.au)

[www.youngmugscfe.com.au](http://www.youngmugscfe.com.au)

“Nothing is more important than your health.”



## COFFEE & DRINKS

### HOT BREW

CUP (S/M) - 3.50 /4.50  
MUG - 5.00

- Espresso
- Long Black
- Flat White
- Cappuccino
- Mocha
- Café De Latte
- Chai Latte
- Dirty Chai
- Hot Chocolate
- Short Macchiato (Topped up Traditional)
- Long Macchiato (Topped up Traditional)

Add Syrup : \$0.50 (Vanila, Caramel, Hazzelnut)

EXTRA SHOT COFFEE 0.70

DECAFFEINATED 0.50

OTHER MILK OPTIONS 0.50

(Skim / Soy / Almond / Lactose Free / Oat Milk)

## POT TEAS

FOR ONE 5.00

FOR TWO 6.50

1. ENGLISH BREAKFAST (Milk/Black)

2. EARL GREY 4. PEPPERMINT

3. CHAMMOLIE 5. GREEN TEA

ICED DRINKS All served with Ice-cream 5.50

Add whipped cream \$0.20

- COFFEE
- CAFÉ LATTE
- LONG BLACK
- CHOCOLATE
- MOCHA
- CHAI LATTE

## SHAKES & SMOOTHIES

MILK SHAKES 5.00

1. VANILA SURPRISE

2. STRAWBERRY KISS

3. CHOCOLATE ROYALE

4. SPEARMINT BLITZ

5. BANANA COOL

6. CARAMEL

MAKE THICKSHAKE 0.50

PROTEIN SMOOTHIES (All Plant Bases) 6.50

1. BANAMORED (fresh banana chunks, combined with fresh peas, chia seeds infused with creamy vanilla yoghurt, garnished with fresh banana)

2. BERRY PEAR-FECT (rich and fresh juicy blueberries, combined with smoky cinnamon, adding smooth and creamy vanilla yoghurt.

3. KALE YEAH (fresh spinach smashed with kale puree rich and creamy yoghurt, rich honey blended with fresh milk Garnished with kale.

## ALL DAY BREAKFAST

Served 6:30 am 2:30 pm

1. PORRIDGE 9.50

Rolled oats served with varying seasonal fruit, seeds & nuts. (Granola - add \$ 1.00)

2. HOME MADE GRANOLA 9.50

Served with fresh, seasonal fruit, natural Greek yoghurt & milk.

3. EGG'S ON TOAST 8.50

(Eggs done your way on your choice of toast. Add side items as listed below)

4. HELLENIC MUSHROOM 13.50

Mixed mushroom, two poached egg, baby spinach, citrus yoghurt & paprika dressing on your choice of toast (Sauteed kale - add \$ 2,00)

5. MUSHROOM & KALE 12.50

### BRUSCHETTA

Medley mushroom, sauteed kale & cherry tomatoes topped with delicately flavored bocconcini on your choice of toast.

6. AVOCADO HALOUMI 13.50

Grilled haloumi, fresh avocado, roast tomato, pesto green on you choice of available toast (Egg(s) - Add \$2.00 / \$ 3.00) spinach on your choice of toast

7. MASHED AVOCADO 13.50

Smashed avocado bacon, one poached egg and accompanied with fresh green salad on your choice of toast

8. AVOCADO CORN FRITTERS 13.50

Smashed avocado corn fritters, one poached egg & fresh salad

9. OMELETTE OF THE DAY (Veg/Non Veg)

Non Veg: Bacon/chorizo/ham 14.50

(Choose only one) Cheese, Spinach and Cherry tomatoes)

Veg : Mushroom, Cheese, Spinach, 12.50

Onion and Cherry Tomatoes

10. EGGS BENEDICT 15.50

W/HAM or BACON

Cured ham, two poached eggs, fresh baby spinach & hollandaise sauce, on your choice of available toast.

11. EGG ROYAL 16.50

Smoked salmon, two poached eggs, fresh baby spinach & hollandaise sauce, on your choice of toast.

12. EGGS FLORENTINE 13.50

Poached eggs, fresh baby spinach & hollandaise sauce, on your choice of available toast.

13. YOUNG MUGS CAFÉ BREKKIE 17.50

NON VEG -Eggs done your way, bacon, chipolata sausage lightly roasted tomato, Baked beans hashbrown sauteed mushrooms & spinach with your choice of toast.

VEG -Eggs done your way, avocado, haloumi, lightly roasted tomato, baked beans, hashbrown, sauteed mushrooms and spinach on your choice of toast

choice of toast:

\*seeded sourdough

\*ciabiatta

\*white

\*wholemeal

\*gluten free

Allergies options:

V-(Vegetarian)

VG (Vegan)

DF-(dairy free)

GF-(Gluten free)

Add your sides:

\*Egg/s \$2.00/3.00

(poached, fried, scrambled)

\*Avo half sauteed

mushroom/sausage/smoked

salmon/grilled chorizo/bacon/

ham \$3.50 \* hash brown/feta/

baked beans/roasted tomato

\$2.50

\*wilted spinach/kale \$2.00

YOUNG MUGS TOASTED SANDWICH 8.50

1. HAM AND CHEESE TOAST

2. VEGETABLE TOAST (Cheese, Tomato, Avocado)

KIDS BREKKIE 8.50

(Includes kids fruits juice (Apple Pop Top)

1. ONE EGG & HAM/BACON or SAUSAGE

(Includes juice, one slice of toast and tomato sauce)

2. CHEESE OMELETTE

(Includes juice, one slice of toast and tomato sauce)

3. KIDS BREKKIE BURGER

(Bacon, egg and cheese, Choice of sauce: tomato, BBQ, mayo)

4. BUTTERMILK PANCAKES

(Includes juice, maple syrup, seasonable fruits, ice-cream and whipped cream.

5. HAM AND CHEESE TOASTED SANDWICH

YOUNG MUGS WRAP'S 10.00

1. TOMATO RELISH

(scrambled eggs on tortilla bread, bacon, cheese baby spinach)

2. HOLLANDAISE

(hollandaise sauce on tortilla bread, 2 fried egg, bacon, cheese and baby spinach)

3. BARBEQUE

(BBQ sauce, bacon, 2 egg, cheese and lettuce in burger bun)

4. BREKKY BURGER

(BBQ sauce bacon, 2 egg, cheese and lettuce in burger bun)