



Menu

Verdurous @ Flower Power Penrith
E | verdurouspenrith@gmail.com

Drinks

HOT BEVERAGES

Flat White	R \$4	L \$5
Cappuccino	R \$4	L \$5
Latte	R \$4	L \$5
Long Black	R \$4	L \$5
Hot Chocolate	R \$4	L \$5
Chai Latte	R \$4	L \$5
Dirty Chai	R \$5	L \$6
Mocha	R \$5	L \$6

Short Black	\$4
Piccolo/Macchiato	\$4
Babychino	\$3

Dilmah t-Series

Cup	\$4	Pot	\$7
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Brilliant Breakfast
The Original Earl-Grey
Rose with French Vanilla
Pure Peppermint
Green Tea with Jasmine Flowers
Italian Almond
Cylon Young Hyson Green Tea
Pure Camomile



Extras

Extra shot espresso	\$1
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Milk Options	\$0.80
Oat, Almond, Soy, Lactose Free	

Flavors	\$0.80
Hazelnut, Vanilla, Caramel	

COLD BEVERAGES

Cascade Ginger Beers 330ml	\$4.50
Cascade Lemon Lime & Bitter 330ml	\$4.50
Coca Cola classic 330ml	\$4.50
Coca Cola no sugar 330ml	\$4.50
Fanta 330ml	\$4.50
Fuze peach black ice tea 500ml	\$5
Keri apple 300ml	\$4
Keri orange 300ml	\$4

Water Still	\$3
Water Sparkling	\$4

Iced Coffee	\$6
Iced Chocolate	\$6
Iced Mocha	\$7
Iced Latte	\$7
Iced Long Black	\$6

Milk Shakes

Vanilla	\$8
Chocolate	\$8
Strawberry	\$8
Caramel	\$8

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Breakfast

Served from 8:30am - 11:30am

Oven Baked Scones \$8

Served with tripple berry jam & whipped cream

Banana Bread \$8

Pan toasted with butter

Mashed Avacado on Toast \$12

With crumbled feta cherry tomato & snow pea tendril

Bacon and Egg on a Roll \$13

With hash brown

Smoked Salmon Bagel \$19

With smoked salmon, cream cheese, onion, crispy capers, dill

Egg and Veggie Breakfast \$21

Poached eggs, asparagus, rosemary feta, avocado, semi-dried tomato with sourdough toast

Eggs Benedict \$16

Poached eggs, baby spinach, hollandaise on sourdough toast

Classic Breakfast \$19

Bacon, egg (fried, poached or scrambled), hash brown with sourdough toast

Big Breakfast \$25

Fried eggs, bacon, mushrooms, sausage, halloumi, grilled tomato, spinach, hash browns & sourdough toast

Triple Stack Pancakes \$19

Served with berries, gelato & maple syrup

Spinach & Mushroom Omelette \$22

With spinach, onions, sautéed mushrooms & mozzarella, American cheddar served with toasted sourdough

ADD-ONS

Bacon, Eggs, Sausages, Hash Brown \$3 each
Sourdough Toast, Avocado, Grilled Tomato, Spinach, Cheese

Smoked Salmon \$4

Lunch

Served from 11:30am onwards

STARTERS

Bowl of French Fries \$8

With tomato sauce

Sweet Potato Fries & Feta \$12

Garlic Bread \$10

Buffalo Style Chicken Wings \$19

With celery & ranch dressing

Fried Calamari \$19

With aioli, fresh chili, lemon & garnished with parsley, sprinkle of sweet paprika



MAINS

Classic Beef Nachos \$19

With homemade chili con carne, jalapenos, melted cheese, sour cream, guacamole & tomato salsa

Grilled Chicken Salad \$24

Marinated chicken with parsley cherry tomato, halloumi, cucumber, capsicum, onion, radish with a pomegranate molasses dressing

Roasted Pumpkin, Avacado, Quinoa and Feta Salad \$22

Honey glazed pumpkin, onion, avocado, trio of quinoa, lettuce, tomato, pumpkin seeds with honey mustard dressing.

Wagyu Beef Burger \$21

Wagyu beef patty, lettuce, tomatoes, pickles, onions, tomato & mustard sauce and melted cheese served with chips

Verdurous Crumbled Fish Burger \$24

Crispy fish fillet served on bed of apple and fennel slaw served with chips and aioli

Chicken & Avocado Melt \$23

Marinated chicken, avocado, grilled capsicum, onion jam & melted cheese on a sourdough toast with tomato, radish salad & chipotle mayo

Porterhouse Steak \$28

Cooked to your liking and seasoned with melted garlic herb butter & served with chips

Spaghetti Bolognese \$25

Steaming hot spaghetti mixed with rich and smooth bolognese sauce, sprinkled with parmesan & parsley

Grilled barramundi \$32

Barramundi fillet served with sauteed seasonal vegetables, boiled chat potatoes & capers lemon butter sauce.

Fish & Chips \$28

Deep fried panko crumbed flathead served with capers, dill, radish salad, chips & tartare sauce

Verdurous Big Chicken Schnitzel \$28

Parmesan & herb crumbed chicken schnitzel (250g) served with chips & gravy

TOPPERS

Parmigiana \$31

Bacon, napolitana sauce, mozzarella cheese

Bolognese \$32

Bolognese sauce, mozzarella cheese

Avocado \$33

Bacon, Avocado, hollandaise sauce, mozzarella cheese

SAUCES

Gravy \$2

Aioli \$2

Ranch \$2

Tartare \$2

Honey mustard mayo \$2



Kids

Served all day

Chicken Nuggets & Chips \$13

Chicken nuggets served with chips & tomato sauce

Mini Cheeseburger \$12

Served with chips & tomato sauce

Fish & Chips \$13

Battered fish fillet served with chips & tomato sauce

Kids Pasta \$11

With Napolitana sauce



Desserts

Loaded Ice Cream Cup \$12

Vanilla gelato loaded full of candy surprises

Affogato \$14

Creamy vanilla gelato, strong punch of espresso & splash of frangelico, garnished with crushed pistachios & wafer stick

Caramel Brownie Sundae \$17

Vanilla gelato with chocolate brownie, peanuts & salted caramel popcorn

Belgian Waffle \$17

A warm Belgian waffle served with caramalised bananas, strawberries & blueberries, with Belgian chocolate sauce & vanilla gelato