

Salad

Chicken Caesar Salad \$18.00

Grilled chicken breast, cos-lettuce, bacon, hard-boiled egg, croutons, parmesan cheese with Caesar sauce.

Mix salad \$7.00

Mix salad with lemon and olive oil dressing

Spinach Olive \$11.00

Spinach with cherry tomato, cucumber, feta-cheese with olive oil dressing



MATE'S CAFE & BAR

Food & Drinks

☎ 02 8407 9222

Extra

Small Rice \$3.00

Large Rice \$5.00

Pan toast Broccoli \$6.00

Desert

Kids Ice cream (2-scoop) \$6.00

Waffle \$12.00

Brownie \$12.00

DRINKS

Coffee and Chocolate \$4.5

Flat white, long black, cappuccino, latte

Espresso \$3.0

Chai Latte \$4.0

Hot Chocolate \$4.0

Espresso \$3.0

Matcha Latte/Dirty Chai Latte \$3.0

Mocha \$4.50

Ad-On: \$0.5

Soy/Almond Milk/Double Shot/Large

Tea \$4.50

English Breakfast/ Earl Grey/ Pepper Mint/ Camomile/Chai/ Lemon Grass & Ginger/Green Tea & Lemon

Iced Milk Drinks \$5.50

Iced chocolate, Iced coffee or Iced Mocha

Juice \$5.00

Apple/Orange/Pineapple

Milk Shake \$7.00

Chocolate/caramel / banana/ Vanila /coffee

Soft Drinks \$3.0

Coke/Fanta/Sprite/Lemonade/Bottle Water/Sparkling Water

Fresh Smoothies

Banana & Peanut Butter \$8.00

Berry Invasion \$8.00

Mango & Banana \$8.00



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9/10 Waterloo St, Narrabeen, 2101



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www.matescafe.com.au



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**Alert your server if you have special dietary needs.

Please inform us about any allergies and dietary requirements, not all ingredients are listed.

BREAKFAST

Banana Bread	\$5.0
Plain Croissant	\$4.0
Muffin	\$4.0
Toasted Bread (2 Pieces) With Condiments	\$8.0
Sourdough/Gluten-free Peanut butter/Strawberry jam /Honey	
Big Breakfast	\$20
Two free range eggs (poached/scramble/well fried/sunny side up), Avocado, Mushroom, Bacon and hash brown Served with Sourdough	
Ham Cheese Tomato Toasty	\$10
Smoked Ham, Tomato, Cheddar Cheese with Sourdough bread	
Bacon And Egg Roll	\$12
Aussie classic (Bacon, Sunny side egg, Spinach) with the choice of your sauce (ketchup/BBQ)	
Smash Avocado	\$16
Smash avocado on toasted sourdough with tomato, Feta, Poached egg finishing with olive oil and Italian glaze	
Egg Benedict	\$18
Two poached eggs on a base of Sourdough and Spinach, topped with Hollandaise sauce, Asparagus and garnished with the mix-herb and olive oil.	



Extras

Poached/ Fried Egg	\$2
Bacon	\$3
Mushroom/ Avocado	\$4

LUNCH & DINNER

Snacks

Edamame S/L	\$5.00/7.00
Steamed soy-beans serviced with pinch of seasoning Salt. GF, DF	
Salt and Pepper Cuttlefish	\$11.00
Ringed cuttlefish served with lemon, salt and pepper.DF	
Chips	\$9.00
Bowl of potato chips served with Japanese Mayo	
Sweet Potato Wedges	\$11.00
Bowl of wedges served with Aioli Sauce and sweet chili.	

Mains

Seared Atlantic Salmon	\$32.00
Grilled salmon w/roasted potato, asparagus with lemon GF	
Chicken Schnitzel	\$24.00
Freshly crumbed Chicken schnitzel served with chips and salad. DF	
Napolitana Pasta	\$22.00
Linguine served with house made Nap-sauce.	
Egg Fried Rice	\$18.00
Fried Rice with chopped coriander, shallot, onion, sweet soy sauce	
Add:	
Chicken	\$3.5
Prawns	\$4.5
DF	
Asian Fried Noodles	\$18.00
Noodles fried with broccoli, sweet soy sauce and hoisin sauce	
Add:	
Chicken	\$3.5
Prawns	\$4.5
Wok Tossed Beef	\$20.00
Marinated Beef tossed with Bean Sprouts DF	

Mate's Small

Spicy Fried Chicken	\$16.00
Spicy fried chicken tossed in Sticky honey and maple home made sauce served with Japanese Mayo	
Garlic King Prawns	\$22.00
Chopped Garlic, butter, chili served along with Garlic Bread Add Prawns \$4.5	
Choice of Burger (Chicken/Beef)	\$18.00
Burger served with sriracha mayo, tomato, cheese and Lettuce served with chips	
Fish and Chips	\$25.00
Beer battered Fish served with salad, chips, lemon, and Aioli sauce. DF	

Kids Special

Kids Fish and Chips	\$11.00
Beer Battered Fish Served with Tomato Sauce	
Kids Burger	\$11.00
Burger served with tomato sauce and cheese with chips	
Nugget and Chips	\$10.00
Deep fried nuggets and chips served with tomato sauce	

Dumpling

Chicken Dumplings	\$13.00
Home Made 4 pieces of dumplings stuffed with chicken mince, served with hoisin black vinegar sauce.	
Nepalese Dumplings	\$15.00
Nepali style 8 dumpling-with marinated chicken minced and vegetables mixed spices inside a flour pastry.	