



quick · fresh · healthy

Breakfast Menu

Hot Drinks

Coffee - Your choice Reg 3.3
Lge 3.8



Flavoured Coffee Reg 3.8
Lge 4.5
Mochacchino, Vanilla, Caramel,
Irish Cream or Hazelnut

Hot Chocolate Reg 3.3
Lge 3.8
with or without marshmallows

Chai Pot 4.3
Sweetened loose leaf with milk honey
& sprinkled with cinnamon

Tea Pot 4.3
English Breakfast, Earl Grey, Chamomile,
Peppermint, Green, Lemon Grass

Continental

Homemade Muffin 3.5
Toasted Croissant with spread 4.0

Sourdough Toast, Multigrain,
Rye, Dark Rye, White 4.0

New York Bagel 4.5

Raisin Cinnamon, Multigrain,
Soy Linseed, Plain, Sesame, Blueberry,
Banana, Walnut Bread 4.5

Natural Muesli with mixed fruit 9.0
served with fresh banana and
97% fat free yoghurt

Bowl of Porridge served 9.0
with banana and honey

Bircher Muesli with fruit 9.0

Seasonal Fruit Salad 8.5
and 97% fat free yoghurt

Layered 97% fat free yoghurt 8.5
fresh seasonal fruit and natural muesli

Toasties

Cheese 4.0
Mini Egg & Bacon Focaccia 4.0
Mini Egg & Sausage Focaccia 4.0
Ham 6.0
Egg & Cheese 6.5
Egg & Bacon Toasted Sandwich 7.0
Ham & Cheese 7.0
Egg & Bacon toasted Focaccia 7.5
Ham, Cheese & Tomato 7.6
Smoked Salmon & Cream Cheese 8.5

Roti Wraps

Roti Wrap Served 9.5
with 3 rashers of bacon, 2 eggs and
homemade tomato relish.

Vegetarian Roti Wrap 9.5
Served with sautéed spinach,
tasty cheese and 2 eggs

Eggs

Eggs on toast 7.5
(plus sides to your liking)

Eggs & bacon on toast 9.5
Eggs & sausage on toast 9.5

Breakie Focaccia, 9.5
3 rashers of bacon, 2 eggs, tasty cheese,
tangy barbeque sauce and homemade
relish on wood fired focaccia

Kinetic Royal, 25.5
bacon, sausage, spinach, tomato served
with toast, regular coffee & breakfast juice

Kinetic Breakfast, 15.5
bacon or sausage, spinach, tomato and
mushroom, served with toast

Breakfast Zator 10.0
Scrambled eggs, tomato & bacon on
a traditional wood fired herb bread

Kinetic BLT 10.0
Bacon, lettuce & tomato with home made
mayo on wood fired turkish bread

Kinetic Atlantic 13.5
Soft poached eggs, smoked salmon,
creamy hollandaise on wood fired turkish bread

Breakfast Burger 13.5
Beef pattie, egg, bacon, cheese and
home made tomato relish

Vegetarian

Sautéed Mushrooms 13.0
with rocket, feta & pesto on toast

House made Baked Beans 13.0
with eggs and parmesan cheese on toast

Asparagus with Poached Eggs 13.0
and shaved parmesan cheese on toast

Omlette with fresh herbs 12.0
and picorino cheese on toast

Sides

Bacon 3.5
Avocado 3.5
Grilled Tomato 3.0
Feta 4.0
Mushrooms 3.0
Spinach 3.0
Sausage 3.5
Salmon 4.0

Selected Spreads
Jam, Vegemite, Peanut Butter, Marmalade,
Nutella or Low Fat Cream Cheese

Cold Drinks

Fruit Smoothies 5.5
97% fat free yoghurt,
Banana Strawberry

Orange Juice 5.5
freshly squeezed fresh fruit

Granny Smith – Apple Juice 5.0

Iced Tea (summer only) 5.5
ask for daily flavour

Frappe 5.0
Iced Coffee 5.0
Iced Chocolate 5.0
Milkshakes 5.5

NB: No substitutions on breakfast options

Please refer to counter for daily Specials * All breakfast served on sourdough light rye * All Eggs are from grain fed chickens * Please note we also have gluten free options * Turkish bread is woodfired

103 flinders lane, melbourne | **Open** mon - fri 5am - 5pm | tel: 9662 4533 | www.cafekinetik.com.au | facebook.com/CafeKinetic | Twitter @CafeKinetic

Breakfast Specials

Homemade muffin with coffee.....	6.80
Toast with selected spread.....	6.80
Toasted NY Bagel with selected spread and coffee.....	6.80
Toasted croissant with selected spread and coffee.....	6.80
Toasted turkish focaccia with selected spread and coffee.....	6.80
Mini egg and bacon focaccia and coffee.....	6.80
Mini egg and sausage with coffee.....	6.80
Toasted cheese sandwich and coffee.....	6.80
Toasted cheese and tomato sandwich and coffee.....	7.30
Toasted ham and cheese sandwich with coffee.....	9.30
Toasted ham, cheese and tomato sandwich and coffee.....	9.80
Big egg and bacon toasted sandwich and coffee.....	9.80
Ham and cheese croissant with coffee.....	9.30
Egg and Cheese with coffee.....	9.30
Big egg and bacon toasted focaccia and coffee.....	10.30

Selected Spreads

Jam, Vegemite, Peanut Butter

Nutella, Marmalade, Low Fat Cream Cheese

N.B All Breakfast specials come with a regular sized coffee and are served on Schwobs toast

café | kinetic

quick • fresh • healthy

Kinetic & Fairtrade

Kinetic Café believes in shaping a sustainable future through the little things that we do, which is why we have chosen to use fairtrade and Organic coffee in our café. More than 3 million Fairtrade coffees are made in the UK every day, and Kinetic Café is one of the first cafés in Australia to pick up on the growing trend here towards ethical coffee.

7 million people in Africa, Asia and Latin America benefit from the Fairtrade movement - farmers, farm workers and their families. Whilst we support the work of other socially responsible labelling system as it provides the most comprehensive benefits for Third World farmers and their communities.

Taste Profile: Our fairtrade Organic coffee is a blend of high altitude-grown South American and South-East Asian Arabica coffee beans, which are Fairtrade and Organic Certified and free of pesticides. Especially roasted and blended to produce a smooth, medium-bodied espresso. Justice never tasted so good.

LIBERATE YOUR LATTE - CHANGE TODAY
CHOOSE FAIRTRADE

