

# CAT & COW

## ABOUT US

We unite specialty coffee & delicious local food with a passion for Zero Waste.

We hope to develop a circular economy in which we promote a sense of communal responsibility and connection.

*please order & pay at the counter*

## ALL DAY BREAKFAST

HOUSE GRANOLA or Vo, DFo 18.5  
BANANA BREAD CRUMBLE

with greek yoghurt, home-made compote & coconut flakes.

(Vo) coconut yoghurt +2.

add peanut butter +2 | almond butter +3

SEASONAL BREAKFAST OATS V, DF 18.5

see specials board.

CAT & COW WAFFLES DF, GF 23

with coyo, fresh fruit, almond butter & honey.

*For GFo, ask for Nonie's charcoal & quinoa bread*

TOAST, Sourdough Vo, GFo, DFo 8.5

two slices with butter & a choice of:

vegemite | jam | home-made compote |

MMMore peanut butter.

SMASHED AVO V, GFo, DF 18.5

freshly smashed avocado on two slices of toast, with hemp seeds & seasoning.

add egg +4 | goat's cheese +5 | halloumi +5

SOFT BOILED EGGS GFo, DFo 16

two soft boiled free-range eggs on two slices of toast with butter.

add avo +6 | miso mushrooms +6 | halloumi +5

BREKKY ROLL 16.5

soft-boiled egg, caramelised onion, cheese, spinach & sriracha aioli on a milk bun with:

bacon OR halloumi

bacon & halloumi +5

## YOUR VISIT

In preparation for your visit, we have sourced all ingredients from responsible local suppliers and minimised disposable packaging.

We aim to minimise single-use food & drink packaging throughout our processes and compost what remains from your experience.

TOASTIES served with a side of pickles

*For GFo, ask for Nonie's charcoal & quinoa bread*

add leafy side salad +5

CHEESE & TOMATO OR HAM & CHEESE 13

MISO MUSHROOM TOASTIE V, DF, GFo 17.5

with caramelised onion, hummus, sriracha cashew cream & leafy greens.

CURRIED CAULI TOASTIE V, DF, GFo 17.5

with smokey tomato relish, pickled onions, hummus & leafy greens.

add halloumi +4

REUBEN TOASTIE GFo 17.5

with double smoked ham, sauerkraut, cheese & dijon mustard.

## LUNCH

NOURISH BOWL V, DF, GF 24

roasted seasonal veggies with avo, roasted chickpeas, french lentils & savoury tahini dressing on a bed of greens.

add egg +4 | hummus +5 | halloumi +5

VEGGIE QUICHE 16.5

see display case for today's flavour.

add leafy side salad +5

PASTRIES see display case.

TOASTED 6

plain | with butter | jam +1.5

cheese & tomato OR ham & cheese 10.5

BANANA BREAD 8.5

toasted with butter & a pinch of sea salt

## EXTRAS

Soft boiled egg. 4 Goat's cheese. 5 Halloumi. 5

Leafy side salad. 5 Bulgarian feta. 5 Bacon. 6

Miso Mushrooms. 6 House hummus. 5 Avocado. 6

Roasted Chickpeas. 5 Curried Cauli. 6 Tomatoes. 4



Follow our story at [catandcow.coffee](http://catandcow.coffee)

@catandcow.coffee

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## COFFEE

ask barista for our daily single origin

## BLACK MARKET ROASTERS

LIBERTY BLEND 4.8

milk coffees.

oat | almond | soy | extras +0.5

SINGLE ORIGIN 5.5

black coffees.

## THE NEW PARADIGM

BATCH BREW 5.3

light roast single origin.

## ICED COFFEE

Iced latte 5.3 | Iced batch 5.8 | affogato. 7.5

## CASA DE CHA TEA

iced +0.5

ENGLISH BREAKFAST TEA 5.5

GENMAICHA 5.5

toasted-rice green tea.

SPECIALTY TEAS 6.5

PAI MU TAN

premium white tea.

IRON GODDESS

premium chinese oolong.

HERBALS 5.5

AUSTRALIS PEPPERMINT

organic peppermint & wild australian river mint.

DEFENSE

lemongrass, turmeric, rosehip, lemon myrtle,

hibiscus, pawpaw leaf, ginger.

WILD WOMAN INFUSION

nettle, hibiscus, oatstraw, cinnamon & rose.

## CLOSING THE LOOP

Through initiatives such as our **Jar-Deposit** system, **Borrow-A-Mug** (BAM) and **Huskee-Swap**, we hope to develop a circular economy where all things end up where they began.

**JAR-DEPOSIT** \$2 deposit

**HUSKEE-SWAP** \$10 deposit

**BORROW-A-MUG** our charitable mugs are free to borrow *continue to rotate your borrowed vessel or return to receive your deposit.*

By sharing a coffee with us you are contributing to waste-reduction efforts that start small but end by resonating through a whole community.

*please notify our staff of any dietary requirements or allergies*

## SPECIALTY LATTES

TURMERIC LATTE 5.5

HOT CHOCOLATE 5

PRANA CHAI 6

oat | almond | soy | extras +0.5

## SMOOTHIES

add protein powder. +1

PLAIN Vo 10.5

milk & honey with banana | mango | berry

GREEN V 12.5

spinach, banana, mango, coconut water.

CAT & COFFEE V 12.5

banana, filter coffee, raw cacao, peanut butter, almond milk.

## FRESH JUICE

TURMERIC BOOST SHOT 5.5

turmeric, ginger, lemon, carrot & black pepper.

GREEN 10.5

spinach, apple, celery.

IMMUNITY 10.5

carrot, apple, ginger.

ORANGE JUICE 10

## COLD DRINKS

MILKSHAKES Vo

chocolate 9 | vanilla 9 | coffee 11

HOUSE FRUIT LEMONADE

small 5 | large 7

MY LOCAL KOMBUCHA

ask for available flavours 6

## Dietary Legend

V = Vegan | DF = Dairy Free | GF = Gluten Free | o = option