

BE GOOD.

Breakfast

Tickled Porridge \$16 VE
strawberry compote, coconut yoghurt, dried berries, coconut flakes, slivered almonds

Açai bowl \$18 VE
blend of Açai berries, blueberries, coconut yoghurt, peanut butter, dates, banana and nut milk, topped with seasonal fruits, coconut flakes and chia seeds

Chia Pudding \$15.5 VE
coconut chia, strawberry coconut yoghurt, maple granola and seasonal fruits

Apple and Coconut Bircher Muesli \$15.5 VE
maple syrup, coconut yoghurt and cinnamon

Toast \$7.5
sourdough, multigrain, Alasya Turkish bread, gf, fruit toast served with your choice of spread

"Loaded" Banana Bread \$16 VG
whipped honey cinnamon cream cheese, caramelised banana, seasonal fruits, maple granola

Berries Hotcake \$19.5 VG
mixed berries, toasted mixed seeds, maple syrup, serve with ice cream

The Tickler \$19
scrambled eggs with sujuk sausages, tomato confit, pickled chillies, sumac yoghurt drizzled with garlic and herb oil and side toast
+ Roasted Mushroom \$4

Eggs On Toast \$12.5 VG
sourdough, eggs your way, scrambled, fried or poached
+ Avocado \$5 + Grilled Halloumi \$4
+ Sautéed Spinach \$5 + Beef Bacon \$5
+ Grilled Tomatoes \$4 + Smoked Salmon \$6
+ Roasted Mushrooms \$4

Harissa Eggs \$19.5 VG
alasya bread, sweet and smoky mixed red pepper sauce, scrambled eggs, pickled red cabbage, fried halloumi chips
+ Beef Bacon \$5

Chilli Eggs On Croissant \$20.5 VG
in house chilli oil, feta cheese, fried shallots, sriracha aioli, pickled red chillies and smoked paprika
+ Beef Bacon \$5
+ Grilled Halloumi \$4

Mushroom Medley \$22.5 VO VG
alasya bread, assorted roasted mushrooms, feta cheese, cherry tomatoes, truffled pea puree, fried enoki, herb oil
+ Beef Bacon \$5 + Poached Egg \$2.5

Heirloom Tomatoes \$20.5 VO VG
sourdough, vine ripened heirloom tomatoes, citrus ricotta, olives, onions rings, crispy capers, basil and balsamic glaze
+ Poached Egg \$2.5

Smashed Avocado \$18 VG
sourdough, pomegranate seeds, feta cheese, cherry tomatoes, toasted sesame seeds
+ Poached Egg \$2.5

Oven Baked Omelette \$21.5 VG
dukkah spiced pumpkin, green beans, red capsicum, cherry tomatoes, parmesan cheese, side toast
+ Beef Bacon \$5 + Smoked Salmon \$6
+ Avocado \$5

Florentine Truffled Benedict \$16.5 VG
alasya bread, free range poached eggs, sautéed spinach, truffled hollandaise
+ Beef Bacon \$5 + Smoked Salmon \$6
+ Roasted Mushrooms \$4

Croque Madame \$19
sourdough, smoked ham, bechamel sauce, gruyère cheese, fried egg
+ Grilled Halloumi \$4

Lunch

Turkish Roll \$15.5 VG
alasya bread, spinach, evoo, tomato relish, roasted harissa, feta cheese, pickled cabbage
+ Fried Egg \$2.5
+ Roasted Mushrooms \$4
+ Grilled Halloumi \$4

Crusted Parmesan Rashers \$20
sourdough, velvet eggs, parmigiano, beef rashers, garlic aioli, hot honey
+ Sautéed Spinach \$4
+ Grilled Tomatoes \$4

Power Bowl VO GF
mixed mesclun greens, quinoa, wild rice, chickpeas, green beans, seasonal roasted vegetables drizzled with citrus vinaigrette and your choice of

+ Grilled Cajun Chicken \$22
+ Smoked Salmon \$23.5
+ Mushrooms \$21

Loaded Hummus Bowl \$21.5 VO GF
beetroot hummus, in house falafel, spinach, pickled cabbage, olives, tomatoes, cucumber sticks and citrus ricotta

+ Grilled Cajun Chicken \$5
+ Poached Egg \$2.5
+ Smoked Salmon \$6

Moroccan Lamb Salad \$23.5 GF
lamb backs-trap fillet, mixed mesclun greens, olives, pickled vegetables, green beans, feta cheese, citrus vinaigrette, and sumac yoghurt

+ Poached Egg \$2.5

Poached Pear Salad VO GF
spinach, rocket greens, goji berries, slivered almonds, puffed quinoa, feta cheese, balsamic glaze and your choice of

+ Grilled Cajun Chicken \$21.5
+ Smoked Salmon \$22.5
+ Mushrooms \$20.5

Cheeseburger \$22
sesame brioche bun, wagyu pattu, tomatoes, spanish onions, greens, aioli and tomato sauce, served with chips

Shrimp Sub \$21.5
old-bay shrimp on milk sub with pineapple salsa, crispy shallots, rocket greens with side chips

Pea-mint & Halloumi Fritters \$22.5 VG GF
deep fried crusted fritters, spring salad, smoked pumpkin puree, poached egg, sumac

Chips \$11 GF
shoe string fries, tomato sauce, and aioli

Little Ticklers

Kids Toasties \$8
ham and cheese on sourdough or multigrain

Kids Eggs On Toast \$8
one slice of toast with one egg your way, scrambled, fried or poached

Kids Pancake \$8.5
maple syrup, berry compote, in-house granola

Nutella Hotcakes \$8.5
with banana, maple syrup and powdered sugar

Add More?

Avocado \$5
Roasted Mushrooms \$4
Sautéed Spinach \$5
Grilled Tomatoes \$4

Beef Bacon \$5
Smoked Salmon \$6
Grilled Halloumi \$4
Grilled Cajun Chicken \$5



VG VEGETARIAN VE VEGAN VO VEGAN OPTION GF GLUTEN FREE

15% PUBLIC HOLIDAY SURCHARGE | GOOD NEWS, WE SPLIT BILLS | ALL OUR MENU IS HALAL

tickled pink

Caffeine

Maddamimadam Coffee from \$4

Specialty Drinks \$4.8

Mocha, Hot Chocolate,
Turmeric Latte, Matcha Latte

Chai Latte, Affogato \$5
+ (Soy, Coconut, Almond,
or Lactose Free Milk, Caramel)

Hazelnut or Vanilla Syrup, \$0.70
Decaf Blend

Tea \$4.5

English Breakfast, Peppermint,
French Earl Grey, Chai Tea,
Honeydew Green, Oriental Jasmine
Green, Lemongrass and Ginger

Beverages

Simple Organic Soda's \$5
Organic Cola, Lemonade, Ginger Beer

San Pellegrino \$5
250ml Sparkling Water, Limonata,
Aranciata Rosa, Chinotto

Soft Drinks \$4
Coke & Coke Zero

Bottled Water \$4

Milkshakes

Strawberry, Choc, \$7
Vanilla and Caramel

Cold Pressed

Summer Green \$7.5
spinach, pineapple, kale,
apple, cucumber, mint

Ginger Ninja \$7.5
apple, carrot, ginger, turmeric

Jack Rose \$7.5
apple, lemon, strawberry, mint

Sunny Side \$7.5
orange, coconut water,
pineapple, passion fruit

Smoothies

Banana Man \$9.5 VO
banana yoghurt, skinny milk,
cinnamon
+ Mixed Berries \$1

Peanut Butter & Choc \$10.5 VE
banana, cacao, oats, peanut
butter, and macadamia milk
+ Protein Powder \$1
+ Espresso Shot \$0.50

Mango Passion \$9.5 VO
Mango, passion fruit, banana,
coconut milk, turmeric, honey

Add Ons:
Mixed Berries \$1 Substitute Milk \$0.70
Peanut Butter \$1 Soy, Almond, Coconut Milk,
Protein Powder \$1 or Lactose Free Milk
Espresso Shot \$0.50



BE GOOD.

ALL DAY EATERY

