OUR COFFEE

The Shed Blend is sweet, rich and creamy. A duet of Colombia (60%) and Guatemala (40%) roasted to deliver flavours of Cacao, dried fruits and nougat.

Black / White 4.2

Alternative Milks 0.7
Almond, Lactose Free, Bonsoy, Oat

CHOCOLATE

A powerful chocolate with cocoa sourced from the exclusive West African regions. A rich flavour with lovely tones of berries, malt + vanilla.

Hot Chocolate 4.2

Mocha 4.7

White Chocolate Mocha 4.7

Nutella Latte 4.7

CHAI

Chai Latte 4.2

Dirty Chai 4.7

LOOSE LEAF TEA

English Breakfast, Earl Grey, Chamomile, Peppermint, Chai, Green, Lemongrass & Ginger 4.2

EXTRAS

Decaf, Mug, Syrups, Extra Shot 0.5

COFFEE HAS MY BACK

theshed®

www.theshedcafe.com.au

MILKLAB®

KIDS MENU

Kids under 12 only

Kids Pancakes (V) 2152 KJ 13.5
Topped with Maple Syrup, Ice-Cream & Fruit

Kids Waffle (V) 1638 KJ 12
Served with Strawberries, Nutella Sauce & Ice Cream

Kids Breakfast (VO, GFO, DFO) 2804 KJ 10
1 Scrambled Egg, Toasted Slider Bun, Hashbrown, and 1 Rasher of Bacon

Kids Nuggets & Chips 3566 KJ 10
5 Chicken Nuggets & Fries, with Tomato Sauce

Kids Cheeseburger Slider & Chips 2102KJ 10
Beef Slider with Cheese, Chips and Tomato Sauce

Kids Fruit Salad (V, VG, GF, DF) 503 KJ 8.5
Mixed Seasonal Fruit and Berries

PLEASE ORDER & PAY AT THE COUNTER

ALLERGEN INFO

All items are processed in an area that is exposed to dairy, nuts, gluten, chilli, pork + eggs.

Please notify staff if you have any allergies, dietary requirements or if you are pregnant.

THE SHED PARRAMATTA
8/45 Macquarie St, V By Crown Building,
Parramatta NSW 2150
parramatta@theshedcafe.com.au

LET'S GET SOCIAL

Check in and tag us in your food snaps!

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PM0924

COFFEE HAS MY BACK

theshed®

PARRAMATTA

BREAKFAST

Served all day

Bacon & Egg Burger (VO, GFO, DFO) 2434 KJ — 10
Seeded Burger Bun, Bacon, Fried Egg, American Cheese, Barbeque Sauce

Add Hashbrown +2.5

Loaded Bagel (GFO, DFO) 3622 KJ — 16.5
Toasted Everything Bagel w/ house-made Chicken Sausage Patty, Scrambled Egg, Cheese, Tabasco & a Hashbrown

Eggs Your Way (V, GFO, DFO) 1899 KJ — 11.5
2 Slices of Buttered Sourdough, with 2 Eggs of Your Choice (Poached, Fried Or Scrambled)

Corn Fritters (V) 3424 KJ — 19.5
Zucchini & Corn Fritters, Smashed Avocado, Haloumi, Zucchini Salad, Lemon Aioli, topped with a Poached Egg

Add Bacon +5.5

Classic Smash (V, VGO, GFO, DFO) 1738 KJ — 14
Sourdough Toast, Topped with Smashed Avocado, Feta, Pomegranate, Housemade Zataar

Mushroom Tartine (V, VGO, GFO, DFO) 3026 KJ — 18.5
Sauteed Portobello & Button Mushrooms On Toast w/ Labneh, Pomegranate, Walnuts And Poached Eggs

Vegetarian Breakfast (V, VGO, GFO, DFO) 2572 KJ — 19
Poached Egg, Avocado, Asparagus, Grilled Haloumi W/ Romesco And A Kale Couscous Salad

Add Sourdough +2

Omelette (V, GFO) 2678 KJ — 18.5
3 Egg Omelette with Mushroom, Spinach, Cherry Tomato, Feta and Toast

Add Chicken or Chorizo +3.5

Eggs Benedict (VO, GFO, DF)
Sauteed Spinach, 2 Poached Eggs, and Hollandaise On Sourdough, with Your Choice of:

Bacon 3575 KJ — 21
House-made Pulled Ham 2912 KJ — 21.5
Smoked Salmon 2326KJ — 22.5

Bruschetta (V, GFO, DFO) 2210 KJ — 18.5
Soy-Linseed Sourdough with Smashed Avocado, Diced Tomato & Onion, Mint, Feta & 2 Poached Eggs

The Big One (VO, GFO, DF) 4237 KJ — 24.5
2 Eggs, Bacon, Chorizo, Spinach, Cherry Tomato, Mushrooms, Hashbrown on Sourdough

Add Avocado +5

THE SWEET STUFF

Chicken & Waffles 1779 KJ — 21
Belgium Waffle, Fried Chicken, Maple-glazed Hand-cut Coleslaw, Diced Apple, Topped with a Fried Egg and Chilli Aioli

Add Bacon +5.5

Apple Crumble Pancakes (V) 3785 KJ — 18.5
Buttermilk Apple Pancakes, With Apple Compote, Cinnamon Ice-Cream, Maple Syrup and Roasted Almonds

Ricotta Toast (V) 3431 KJ — 19
Toasted Thick-Cut Brioche, Topped With House-Made Whipped Ricotta & Mascarpone, Berry Compote, Honey And Mint

Acai Bowl (V, VG, DF, GF) 2706 KJ — 19.5
Tropical Brazil Acai, with Housemade Granola, Chia Seeds & Seasonal Fruit

Add Peanut Butter +1

LUNCH

SALADS

Moroccan Chicken (GF, DFO) 1846 KJ — 18.5
Grilled Moroccan Chicken Breast, Cos Lettuce, Pepita, Cherry Tomato, Feta, Beans & Pomegranate

Salmon Salad (DF, GFO) 1660 KJ — 22.5
Smoked Salmon, Pickled Apple, Pomegranate, Fried Pita, Mixed Leaves, Asparagus & Lemon Vinegarette

Add 1 Poached Egg +2.5

Lamb Kofta (GFO, DF) 2055 KJ — 20
Lamb Kofta Skewers, Cos Lettuce, Cherry Tomato, Sumac Onion, Pomegranate, Herbs and Fried Pita

Pumkin Feta (V, VGO, GFO, DFO) 3001 KJ — 17
Zataar Pumpkin, Mixed Leaves, Feta, Walnuts, Couscous, Pomegranate, Beetroot Hummus

Add Haloumi +5.5

BURGERS

All on our Seeded Burger Buns, served with Fries

Wagyu Beef (GFO, DFO) 150g 5813 KJ — 19.5
150g Wagyu Beef (Cooked Medium), Pickle, Cheese, Lettuce, Tomato & Our Secret Burger Sauce

Southern Fried Chicken (DFO) 4463 KJ — 19.5
Fried Chicken Tenders, Coleslaw, Pickle, Cheese & Chipotle Mayo

Fried Mushroom Burger (V, VG, DF) 3212 KJ — 18.5
Fried Portobello Mushroom Patty, Pickle, Lettuce, Tomato, House-Made Smoked Romesco

Peri-Peri Chicken (GFO, DFO) 5169 KJ — 18.5
Chargrilled Portuguese Chicken Breast, Cheese, Lettuce, Tomato & Chilli Aioli

UPGRADE Sweet Potato Fries 1341 kJ +2.5

Mini Sliders w/ Fries (DFO) — 17.5
Two milk-bun sliders and fries with your choice of
Marinated Moroccan Chicken 3888 KJ
Pulled Ham and Coleslaw 2705 KJ

Fish & Chips 2857 KJ — 18.5
Fresh Barramundi Nuggets lightly battered in Panko, served with Fries, Coleslaw & Lemon Aioli

SHED BOWLS

Barramundi Bowl (GFO, DFO) 1566 KJ — 23
Fresh 150g Humpty-Doo Farm Barramundi Fillet, Romesco, Couscous & Bean Salad, Charred Asparagus & Lemon

Vegan Bowl (V, VG, GFO, DF) 1909 KJ — 20
Smashed Avocado, Romesco, Pumpkin, Coleslaw, Pita Bread, Pickled Mushroom, Mushroom Fritters & Charred Asparagus

Add Falafel +5

Protein Bowl (GFO, DFO) 2809 KJ — 20
Marinated Portuguese Chicken, Labneh, Mixed Leaf Salad, Soy-Linseed Toast, Smashed Avocado and a Poached Egg

Add Extra Chicken +5.5

Large Bowl of Fries (V, VG, GF, DF) KJ — 9.5
Served with your choice of Aioli, Chilli Aioli, Tomato Sauce or BBQ Sauce

UPGRADE Sweet Potato Fries 1341 kJ +2.5

EXTRAS

Hashbrown, Fresh Cucumber or Tomato — 2.5
Sautéed Spinach, Sautéed Mushroom, Roasted Pumpkin, 2 Eggs — 4.5
Avocado, Falafel, Fried Mushroom Fritters — 5
Grilled Chicken Breast, Grilled Haloumi, Smoked Salmon, 2 Bacon Rashers, — 5.5

COLD DRINKS

Milkshakes — 7
Chocolate, Strawberry, Banana, Vanilla, Caramel, Nutella

Iced Latte — 6.5

Iced — 7
Mocha, Coffee, Chocolate

Frappes — 7
Coffee, Mocha, Chocolate

48 Hour Cold Brew — 6.5

Still Water — 3
Mount Franklin

Sparkling Water — 3.5

Soft Drink 390mL — 4.5
Coke, Coke No Sugar, Sprite

SMOOTHIES

Breakfast Buzz 2424 kJ — 8
Fresh Banana, Granola, Ice Cream, Milk, Ice & Honey

Add Espresso Shot 0.5

Mixed Berry 1602 kJ — 8
Mixed Berries, Milk, Honey & Ice Cream

Banana & Strawberry 2238 kJ — 8
Banana, Strawberry, Honey, Milk, Ice Cream & Ice

Acai Power 1603 kJ — 10
Acai Berry & Banana

Add Vanilla Whey Protein 482 kJ +3

FRESH JUICE

The Shed 862 kJ — 8.5
Watermelon, Pineapple, Orange & Apple

Cleanse Your Soul 1112 kJ — 8.5
Apple, Cucumber, Pear, Pineapple Lemon & Ginger

Sunrise 696 kJ — 8.5
Watermelon, Pineapple, Lime & Strawberry

Fresh Orange 709 kJ — 8.5

Design Your Own (Choose up to 4) — 8.5
Orange, Apple, Watermelon, Pineapple, Pear, Lemon, Ginger

A surcharge of 10% applies on Public Holidays & Sundays

V Vegetarian | **VG** Vegan | **GF** Gluten Free | **VO** Vegetarian Option
VGO Vegan Option | **GFO** Gluten Free Option | **DF** Dairy Free
DFO | Dairy Free Option

We also cater for other requirements, such as Halal and allergies.
Please make staff aware prior to ordering of any dietary requirements.