

FOOD

Open 7 Days from 7am
icaro.au
@icaro.apollobay

We offer table service inside. If you are dining outside, please order at the counter with your table number located on the QR code sticker on your table, or scan the QR code to order directly from your table.

PLEASE NOTE

10% surcharge applies on weekends
20% surcharge applies all public holidays
Thank you for understanding and for your support

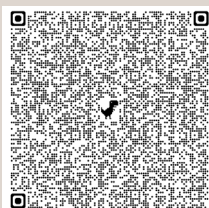
ALLERGEN ADVICE

Our kitchen is an open environment where all items are made fresh in house and every product in our store may contain allergens.

If you have an allergy, please let us know when you order.

ENJOYED YOUR VISIT?

Scan to leave us a
Google Review —
it takes 30 seconds
and means the world to our team.



Your support goes a long way
for a small local business.
Thank you.

BREAKFAST & LUNCH

CHILLI SCRAMBLE (v, gfo, dfo, nf) **22.9**
Soft-Folded Free Range Eggs, Goat Feta, Chilli Jam,
Crispy Fried Onion, Sourdough
+8HR BEEF BRISKET 10.0

AVOCADO TOAST (v, gfo, dfo) **22.9**
Smashed Avocado, Smashed Avocado, Goat Feta, Chimi-
churri, Dukkah, Pickled Onion,
Greens, Toasted Sourdough
+ FREE RANGE EGG +4.5

TAMARI MUSHROOMS (v, gfo, df) **22.9**
Mixed Mushrooms, Sage & Shallot, Cashew Cream,
Sourdough
+ FREE RANGE EGG +4.5

SMOKY SHAKSHUKA (v, gfo, dfo, nf) **23.9**
Free Range Eggs Baked in Smoky Tomato & Capsicum,
Goat Feta, Spring Onion, Parsley, Sourdough for Dipping

HASH STACK FLORENTINE (v, gf, nf) **24.9**
House-Made Hash, Two Poached Eggs, Sautéed Spin-
ach & Kale,
Hollandaise
+ HOUSE-CURED SALMON OR 8HR BEEF BRISKET +10.0

BRIOCHE FRENCH TOAST (v) **22.9**
Poached Pear, Scorched Pistachio, Cinnamon, Maple,,
Vanilla Ice Cream

BUFFALO MOZZARELLA (v) **16.9**
Lemon, Garlic Herb, Barossa Bark Crackers

CHIPS & AIOLI (v, gf, nf) **12.0**

KING PRAWN Ceviche (gf, df) **26.0**
Avocado, Finger Lime, Pine Nuts, Tiger Milk, Corn Tor-
tilla

TAPAS PLATE (nf) **27.0**
Kangaroo Salami, Marinated Olives, Manchego, White
Anchovies, Stuffed Dates, Guindilla, Barossa Bark

MASALA LAMB RIBS (gf) **20.9**
Two Spiced Ribs, Turmeric Rice, Cumin Labneh,
Fennel, Shallots, Greens

LOCAL CRISPY CALAMARI (df, nf) **23.0**
Herb Salad, Lemon Myrtle, Pickled Onions, Chipotle Aioli

DUCK CONFIT CARBONARA (nf) **22.9**
Pappardelle, Egg Yolk, Pecorino, Chives, Crisp Panko

CHICKEN NOURISH BOWL (gf, df, nf) **24.9**
Turmeric Rice, Hummus, Beetroot, Pickled Cucumber,
Green Tahini

8HR BEEF BRISKET (df, nf) **26.9**
Slow-Cooked Eight Hours, Polenta Chips,
Celeriac Remoulade, Horseradish

TOASTS

ORGANIC SOURDOUGH (v, gfo, dfo, nf) **12.5**
Organic 'Zeally Bay' Sourdough Toast Served With
Butter.

GFO - GLUTEN FRIENDLY TOAST (+2.0)

EGGS YOUR WAY (v, gfo, nf) **17.5**
Organic 'Zeally Bay' Sourdough Toast Served With
Two Eggs Your Way (Poached/Fried/Scrambled)
GFO - GLUTEN FRIENDLY TOAST (+2.0)

ADD ONS

GLUTEN FRIENDLY TOAST OPTION (v, gf, df, nf)
+2.0

EGG (v, gf, df, nf) +4.5

HASH BROWN (v, gf, df, nf) +5.0

MUSHROOMS (v, gf, df, nf) +5.0

TOMATO (v, gf, df, nf) +4.0

SPINACH (v, gf, df, nf) +4.0

HALF AVOCADO (v, gf, df, nf) +5.0

GOAT FETA (v, gf, nf) +5.0

CHILLI JAM (v, gf, df, nf) +3.0

SEASONAL JAM (v, gf, df, nf) +3.0

PEANUT BUTTER (v, gf, df) +3.0

TOMATO RELISH (v, gf, df, nf) +3.0

TOASTIES

THE REUBEN **18.5**
Pastrami, Sauerkraut, Horseradish, Gherkins, Cheddar

THE MUSHROOM (v) **18.5**
Mushrooms, Pickled Onion, Cheese, Rocket Pesto

THE CHICKEN **18.5**
Chicken, Kimchi, Aioli, Gherkins, Swiss Cheese

ASK FOR OUR KIDS MENU

DRINKS

COFFEE

We use ST. ALI 'Feels Good' organic beans as default and cow's milk (skinny on request)

LONG BLACK	6.0 / 7.0
LATTE	6.0 / 7.0
FLAT WHITE	6.0 / 7.0
CAPPUCCINO	6.0 / 7.0
MAGIC	6.0
PICCOLO	5.5
MOCHA	6.0 / 7.0
MACCHIATO	5.5
HOT CHOCOLATE	6.0 / 7.0
ESPRESSO	5.0
BABYCHINO	3.0

DECAF OPTION +1.0
EXTRA SHOT +1.0
MILK OPTIONS +0.5
SINGLE ORIGIN (BEST FOR BLACK) +1.0

Bonsoy, The Alternative Oat, MilkLab Almond, Pure Harvest Organic Almond, Pure Harvest Organic Coconut

ICED DRINKS

LATTE	6.0 / 7.0
CHOCOLATE	6.0 / 7.0
CHAI	8.0
CEREMONIAL MATCHA	8.0 / 9.0
LONG BLACK	5.5 / 6.5
FRUITY ICED TEA	8.0
COCONUT COLD BREW	8.0

+ ADD VANILLA ICE CREAM +2.0
+ ADD COFFEE SHOT +1.0

THE ELIXIR BAR

SOMA SACRED SHROOM **8.0**
Lion's Mane, Chaga, Reishi, Shiitake, Cordyceps, Cacao, Maca, MCT, Your Choice Of Steamed Milk.
focus • immunity • vitality

MONKS CHAI **8.0**
Single Origin Sourced Organic Loose-Leaf Sticky Chai, Your Choice Of Steamed Milk.
warming • grounding • digestive

CEREMONIAL CACAO **10.0**
Organic Whole Bean Cacao. Served With Raw Honey, Your Choice Of Milk. 25g Dose.
heart-opening • mood • presence

CEREMONIAL MATCHA **9.0**
Ceremonial Grade Matcha, Maple, Your Choice Of Steamed Milk.
calm focus • antioxidant • clarity

ICARO BLANC **11.0**
Iced Espresso, Coconut Water, Spiced Orange and Cinnamon Syrup topped with Sweet Vanilla Cream Cloud.
energising • decadent • indulgent

BERRY MATCHA CLOUD **11.0**
Iced Ceremonial Matcha, House Made Sweet Strawberry Coulis, Cow's Milk topped with Sweet Vanilla Cream Cloud
antioxidant • uplifting • calm focus

SUN MILK **8.0**
High Potency Turmeric, Ginger, Black Pepper, Maple, Lion's Mane, Maca
digestive • anti-inflammatory • immunity

+ ADD SPAGYRIC BLUE LOTUS +3.0
+ ADD SPAGYRIC CHAGA +3.0
+ ADD SPAGYRIC FRANKINCENSE +3.0

JUICES

COLD PRESSED ORANGE **6.5**
COLD PRESSED APPLE **6.5**
FAMOUS SODA **7.0**
SEE CASE FOR OTHER DRINKS

MAYDE TEA

ENGLISH BREAKFAST **5.5**
Black Tea From Sri Lanka.

EARL GREY **5.5**
Black Tea With Bergamot Oil.

DIGEST **5.5**
Peppermint, Licorice, Calendula, Fennel.

ENERGISE **5.5**
Papaya, Lemongrass, Ginger, Cinnamon.

GREEN SENCHA **5.5**
Green Tea, Jasmine Flowers, Rose Petals.

CLEANSE **5.5**
Tulsi, Nettle, Dandelion, Red Clover, Cornflower.

AUSTRALIAN NATIVE **5.5**
Strawberry Gum, Lemon Myrtle, Peppermint Gum, Rosella, Aniseed Myrtle, Lemongrass.

HIBISCUS LEMON **5.5**
Lemon Myrtle, Rooibos, Hibiscus Petals, Jasmine Flowers.

SMOOTHIE BOWLS

CHOCOLATE ACAI BOWL (v, df) **24.9**
Organic Acai, Banana, Cacao and Berry Smoothie Bowl Base topped with Peanut Butter, Seasonal Fruit, Coconut, Chia and Goji *May not be available on our busiest days, sorry!

DAYTIME COCKTAILS

MIMOSA **14.0**
APEROL SPRITZ **16.0**
LIMONCELLO SPRITZ **16.0**
IRISH COFFEE **23.0**
GOOD MORNING NEGRONI **23.0**

SMOOTHIES

BERRY (v, gf, df, nf) **15.0**
Organic Acai, Raspberries, Strawberries, Blueberries, Banana, Dates, Coconut Water.
antioxidant • radiant • reviving

GREEN **15.0**
Banana, Mango, Avocado, Spirulina, Lemon, Spinach, Chia Seeds, Coconut Water.
alkalising • energising • cleansing

MANGO **15.0**
Mango, Pineapple, Coconut Yoghurt, Banana, Maca, Coconut Milk.
gut-loving • hormone-balancing • uplifting

CHOCOLATE (v, df) **15.0**
Cacao, Banana, Oats, Peanut Butter, Mesquite, Dates, Almond Milk
grounding • protein-rich • indulgent

+ ADD GRASS FED WHEY PROTEIN +3.0
+ ADD PREBIOTIC PLANT PROTEIN +3.0
+ ADD GREENS POWDER +2.0
+ ADD COLLAGEN POWDER +3.0
+ ADD CREATINE +4.0

BEER & WINE

ASAHI **9.0**
BALTER CERVEZA **8.5**
MOUNTAIN GOAT STEAM ALE **9.5**
STONE & WOOD PACIFIC ALE **11.0**
WHITE RABBIT DARK ALE **10.0**
PROSECCO **10.0**
RIESLING **11.0**
PINOT GRIS **14.0**
CHARDONNAY **13.0**
ROSÉ **10.0**
PINOT NOIR **15.0**
SHIRAZ **12.0**

ASK FOR FULL WINE LIST