

BRUNCH

OPEN FRI-TUE
7:30am - 3:00pm
WED/THU 7.30-11.30
takeaway only
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 direct from your table.

PLEASE NOTE

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

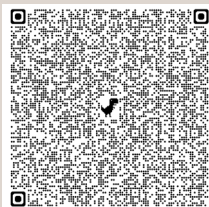
ALLERGEN ADVICE

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.

BRUNCH

CHILLI SCRAMBLE (gfo, dfo, nf) 25.9
Seeded Dukkah, Meredith Goat Feta, House Chilli Jam, Marinated Greens, Organic Sourdough.

AVOCADO TOAST (gfo, dfo, nf, vo) 24.9
Smashed Avocado, Meredith Goat Feta, Marinated Greens, Chimichurri, Seeded Dukkah, Organic Sourdough
ADD AN EGG (+4.5)

MUSHROOM OMELETTE (gfo, dfo, nf) 25.9
Chimichurri, Meredith Goat Feta, Marinated Greens, Seeded Dukkah, Organic Sourdough

CURED SALMON HASH STACK (gf, nf, df) 27.9
Crispy House Hash Brown, House Cured Wild Salmon, Horseradish Cream, Chives, Seeded Dukkah.
ADD AN EGG (+4.5)

SHAKSHUKA (gfo, dfo, nf) 26.9
Roasted Tomato Sauce, Capsicum, Poached Eggs, Meredith Goat Feta, Spring Onion, Parsley, Organic Sourdough

STUFFED FRENCH TOAST (nfo) 25.9
Caramelised Organic French Toast, Chocolate Cream, Poached Pear, Toasted Nuts
ADD VANILLA ICE CREAM (+2)

CHICKEN CONGEE (gfo, dfo, nf) 27.9
Chicken, Broth, Rice, Poached Egg, Chimichurri, Garden Herbs And Greens, Seeded Chimichurri Dukkah, Chilli Jam.

UDON CARBONARA 28.9
Duck Confit, Udon, Parmesan, Egg Yolk, Chives, Toasted Panko Crumb, Fresh Cracked Pepper

CHARRED LAMB KOFTA (nf) 30.9
Locally Sourced Organic Lamb, Cucumber Raita, Pickled Red Onion, Hummus, Sumac, Organic Sourdough

FROM THE CASE
A selection of house-made toasties, and cakes available daily. Ask about today's options.

TOASTS

ORGANIC SOURDOUGH (gfo, vo, dfo) 12.9
Organic 'Zeally Bay' Sourdough Toast Served With Butter.
GFO - GLUTEN FRIENDLY TOAST (+2.0)

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

SIDES

GLUTEN FREE TOAST OPTION (gf, nf, df) +2.0

EGG (gf, df) +4.5

HASH BROWN (v, gf, df) +6.0

MUSHROOMS (v, gf, df) +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 (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, n) +3.0

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

KIDS MENU (ALL 9.9)

SCRAMBLED EGG ON ONE SLICE TOAST

FRENCH TOAST WITH ICECREAM AND BERRIES

KIDS BANANA SMOOTHIE ON COWS MILK

DRINKS

COFFEE

We use ST ALI's "Organic Feels Good" beans as default and cows milk (skinny on request)

LONG BLACK	5.5 / 6.5
LATTE	5.5 / 6.5
FLAT WHITE	5.5 / 6.5
CAPPUCCINO	5.5 / 6.5
MAGIC	5.5
PICCOLO	5.0
MOCHA	5.5 / 6.5
MACCHIATO	5.0
HOT CHOCOLATE	5.5 / 6.5
ESPRESSO	4.5
BABYCHINO	3.0

COFFEE OPTIONS.

DECAF OPTION + 1.0
EXTRA SHOT + 1.0
MILK OPTIONS + 0.5

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

ICED DRINKS

LATTE	5.5 / 6.5
CHOCOLATE	5.5 / 6.5
CHAI	7.0 / 8.0
MATCHA	7.0 / 8.0
LONG BLACK	5.5 / 6.5

+ ADD VANILLA ICECREAM +2.0
+ ADD COFFEE SHOT +1.0

THE ELIXIR BAR

One of the only elixir bars on the Great Ocean Road — using the highest quality adaptogens, ceremonial ingredients and spagyric tinctures.

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 8.0
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 • decadant • indulgent

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

BONE BROTH ELIXIR 11.0
48 Hour Slow Cooked Bone Broth, Nourishing Herbs and Spices.
collagen • electrolytes • deeply nourishing

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.

SPAGYRICS ADD TO ANY DRINK (+3)

BLUE LOTUS
calming • spiritual connection • ease

FRANKINSENSE
clarity • sacred • protection

CHAGA
immunity • longevity • vitality

SMOOTHIES

BERRY 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 15.0
Cacao, Banana, Oats, Peanut Butter, Mesquite, Dates, Almond Milk
grounding • protein-rich • indulgent

SUPPLEMENTS

Grass Fed Vanilla Whey Protein	3.0
Vanilla Prebiotic Plant Protein	3.0
Superfood Greens Powder	2.0
Collagen Powder	2.0
Espresso Shot	1.0

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
FORBIDDEN FRUIT APPLE CIDER	9.0

ASK FOR OUR WINE LIST