



Esc
4 Research Park Dr
Macquarie University
NSW 2109



BREAKFAST (7.30AM – 11AM)

<p>SOURDOUGH TOAST (v) \$4.50 2 slices of soy & linseed or rye sourdough with your choice of condiments <i>*vegemite, honey, Hank's jam – triple berry, pear and vanilla, or orange and lime marmalade</i></p>	<p>MUSHROOM AND EGG ROLL (v) \$7.00 Sautéed mushrooms and fried egg in crusty roll, with barbecue sauce and roasted garlic aioli <i>*add bacon \$2.00</i></p>
<p>EGG AND AVO ON TOAST (v) \$8.50 Avocado mash, soft boiled egg on soy & linseed sourdough, topped with feta, chili flakes and rosemary salt</p>	<p>BANANA AND HONEYCOMB WAFFLE (v) \$8.50 Belgium waffle served with burnt caramel banana, topped with ricotta cheese, honeycomb crunch and cinnamon dust</p>
<p>POTATO HASH (v) \$9.50 Fried potato hash with soft boiled egg and spinach, topped with hollandaise sauce <i>*add a piece of sourdough \$1.00</i></p>	<p>COCONUT GRANOLA BOWL (v) \$8.50 Coconut yoghurt, chunky granola, mixed berry coulis and honey</p>



LUNCH (FROM 11AM)

<p>AVO AND TOMATO BRUSCHETTA (v) \$9.00 Avocado mash, tomato and cucumber salsa, red onion, basil with olive oil and balsamic vinegar on rye sourdough, <i>*add chicken \$2.00</i></p>	<p>ESC BURGER \$9.50 Deep-fried crumbed chicken and Japanese slaw with sesame mayo and tonkatsu sauce on seeded milk bun</p>
<p>SMOKED SALMON BRUSCHETTA \$9.50 Smoked salmon, shaved cucumber, horseradish cream, lemon and dill on rye sourdough</p>	<p>FISH AND CHIPS \$9.50 Tempura battered fillet fish served with thick-cut chips, lemon wedge and homemade tartare sauce</p>



ALL DAY SNACK (FROM 7.30AM)

<p>THICK CUT CHIPS Served with rosemary salt and roasted garlic aioli</p>	<table border="0"> <tr> <td>REGULAR</td> <td>LARGE</td> </tr> <tr> <td>\$4.00</td> <td>\$6.00</td> </tr> </table>	REGULAR	LARGE	\$4.00	\$6.00	<p>6-PACK CALAMARI RINGS \$8.00 Served with roasted garlic aioli <i>*make it a combo (selected drinks & chips) \$3.50</i></p>
REGULAR	LARGE					
\$4.00	\$6.00					
<p>POTATO HASH \$5.00 Served with a side of Japanese slaw</p>	<p>CHICKEN NUGGETS (6-PACK) \$6.50 <i>*make it a combo (selected drinks & chips) \$3.50</i></p>					



BAGUETTES

PORTUGUESE CHICKEN BAGUETTE

Grilled chicken breast seasoned in Portuguese spice with tomato, red onion, provolone cheese, rocket and peri-peri mayo

\$10.50

FRESH MORTADELLA BAGUETTE

Mortadella, chargrilled eggplant, provolone cheese and rocket

\$10.50

GRILLED-VEGGIE BAGUETTE

Chargrilled red capsicum, eggplant and zucchini with provolone cheese and rocket

\$10.50

* make it a combo (selected drinks & chips) \$3.50



SWEET 'ESC'

BANANA BREAD

\$4.50

MINI PASTRIES

\$3.00

FLAKY BUTTER CROISSANT

Fresh or toasted croissant served with your choice of Hank's Jam (triple berry, pear and vanilla, or orange and lime marmalade)

\$4.50

Chocolate Croissant

Plain Croissant

Danish

ALMOND CROISSANT

\$6.00

RAW SLICES

\$5.00

Mint slice

Raspberry

Hazelnut

BRAN MUFFINS

Chunky chocolate
Mixed berry and chia
Pineapple and coconut

\$5.00

PROTEIN CUBES

\$3.50

Chocolate

Vanilla

Peanut butter and cranberry

SALAD BOWLS \$10.00



STEP 1 – CHOOSE YOUR SALAD

Black Rice, beetroot with walnut & feta (gf)
Creamy noodle salad
Pesto pasta
Tortellini pesto pumpkin
Kale, pumpkin & quinoa with maple & hemp dressing (vg)



STEP 2 – CHOOSE YOUR SOURDOUGH

Soy & linseed
Rye



STEP 3 – CHOOSE YOUR PROTEIN

Grilled chicken
Crumbed chicken
Smoked salmon
Grilled mushrooms



HOT DRINKS

MECCA HOUSEBLEND	REGULAR	LARGE	TEA	\$4.50
ESPRESSO, MACCHIATO, PICCOLO	\$3.20		English breakfast, earl grey, green, peppermint, lemongrass and ginger	
MILK/BLACK COFFEE	\$3.90	\$4.50	CHAI TEA	\$5.00
MOCHA	\$4.50	\$5.00	Extra shot	\$0.70
HOT CHOCOLATE	\$4.50	\$5.00	Syrup	\$0.70
CHAI/ FLAVOURED LATTE	\$4.50	\$5.00	Vanilla, caramel, hazelnut	\$0.70
SPECIALTY COFFEE (MECCA SINGLE O)	REGULAR	LARGE	Alternative milk	\$0.70
ESPRESSO	\$3.50		Soy, almond, lactose free	\$0.70
LONG BLACK	\$4.50		Oat	\$1.00
BATCH BREW		\$5.00		
COLD BREW		\$6.00		

*Any size hot drink + mini pastry \$6.00
(2pm – 4pm daily)



COLD DRINKS

COFFEE	\$6.00	QB SMOOTHIES AND FRAPPÉS	\$8.50
ICED COFFEE (BLACK/MILK)		MIXED BERRY SMOOTHIE	
COLD BREW SINGLE O (BLACK/MILK)		Mixed berries, banana, yoghurt and milk	
ICED MOCHA		MANGO SMOOTHIE	
ICED CHOCOLATE		Mango, banana, yoghurt and milk	
ICED CHAI LATTE		SUPERFOOD (LSA) SMOOTHIE	
Extra shot	\$0.70	Linseed, sunflower, almond, banana, honey and milk	
Syrup	\$0.70	TROPICAL FRAPPÉ	
Vanilla, caramel, hazelnut	\$0.70	Mango, pineapple and passionfruit	
Alternative milk	\$0.70	SUNRISE FRAPPÉ	
Soy, almond, lactose free	\$0.70	Strawberry, mango, kiwifruit and pineapple	
Oat	\$1.00	Alternative milk	\$0.70
IMPRESSED COLD-PRESSED JUICE	\$6.00	Soy, almond, lactose free	\$1.00
JACK ROSE		Oat	
Apple, lemon, strawberry and mint		BOTTLED DRINKS	
SUNNY SIDE UP		COOL RIDGE STILL WATER (600ML)	\$3.10
Orange, coconut water, pineapple and passionfruit		COOL RIDGE SPARKLING WATER (500ML)	\$3.50
GINGER NINJA		HONEST APPLE JUICE (300ML)	\$3.50
Carrot, apple, ginger and turmeric		HONEST ORANGE JUICE (300ML)	\$3.50
SUMMER GREENS		COKE (390ML)	\$3.50
Spinach, pineapple, kale, apple, cucumber and mint		COKE NO SUGAR (390ML)	\$3.50
		SPRITE (390ML)	\$3.50
		PHOENIX GINGER BEER (330ML)	\$5.00
		PHOENIX LEMON LIME & BITTERS (330ML)	\$5.00
		RED BULL (250ML)	\$5.00
		RED BULL SUGARFREE (250ML)	\$5.00