



lunch *available 12pm - 2.30pm*

paratha	12
warm paratha bread, Andel's satay sauce V	
chefs soup or broth of the day	16
with sourdough toast & butter	
panko crumbed prawns (4)	22
crispy fried prawns, spicy mayo,	
popcorn karaage chicken	18
fried karaage chicken, sticky ponzu, pickles GF	
korean chicken burger	24
crunchy korean fried chicken, house slaw, smokey mayo, potato bun add <i>sweet potato fries 7</i>	
apex nourish bowl GF V VE (<i>no fetta</i>)	24
roast pumpkin, miso mushrooms, feta, zucchini, pickles, edamame, leeks, kale add <i>fried eggs 5</i> <i>crispy korean chicken 8</i>	
apex nasi chicken satay	26
fried jasmine rice, chicken skewers, fried egg, peanut satay, sweet soy, garlic	
crispy korean chicken salad DF	28
crispy korean chicken, vermicelli noodles, herbs, pickles, peanuts, crispy shallots, nuoc cham dressing	
'baingan masala' V	26
curry of roast eggplant (baingan), garam masala, tomato, cumin, coriander + warm paratha bread	
kare kare peanut pork belly	30
twice cooked crispy pork belly, lemon grass, bok choy green beans, peanut coconut sauce	
apex fish of the day GF DF	34
pan fried fresh fish fillet, roast cauliflower cream bok choy, sesame, soy	

lunch sides & adds

sweet potato fries & spicy mayo	side 7 bowl 12
side 'super' salad	9
chicken skewers (2)	9
crunchy korean chicken piece	8
warm paratha bread (2)	

see our 'baked' pastry selection for a sweet treat to finish



breakfast *from 9am until 11.30*

- lemon myrtle sourdough crumpet** 18
sourdough crumpet, seasonal fruit, lemon myrtle infused ice-cream
stokers siding honey, coconut clusters | V
- apex nasi bowl** 19
stir-fried jasmine rice, sweet soy, garlic, fried egg | V
- ponzu pork belly + egg roll** 22
sticky ponzu pork belly, fried egg, pickled cucumber, siracha mayo, milk bun
add | *sweet potato fries 7*
- miso toast** 19
sourdough toast slice, miso mushrooms, broccoli, crispy enoki mushroom
cashew butter, shallots, spring onion | V
add | *poached eggs 5, streaky bacon 7*
- apex nourish bowl** 24
roast pumpkin, miso mushrooms, zucchini
feta, pickles, edamame, leeks, kale | GF | V
add | *poached eggs 5, crunchy korean chicken 8*
- apex bacon benny** 24
sourdough crumpets, poached eggs, streaky bacon,
spinach, hollandaise, wakami
add | *miso mushrooms 5, sweet potato chips 7*
- kimchi scrambled eggs** 22
house-pickled kimchi scrambled free range eggs,
sourdough crumpet, cheddar | V
add | *miso mushrooms 5, streaky bacon 7*
- breakfast adds**
poached eggs (2), miso mushrooms, hollandaise, toast (1) 5
streaky bacon, sweet potato fries 7
crunchy korean chicken 8

'baked' fresh pastries & sweet treats

artisan pastries & sweet treats baked fresh daily at sister cafe 'baked' at ancora Tweed Heads
see selection of pastries in the cabinet or ask your server

10% Weekend & 15% Public Holiday Surcharge | *Surcharges help us afford the penalty rates on weekends & public holidays our fantastic team deserves | thank you for your understanding and support*



out of the 'box' | savoury *all day*

our display cabinets are filled fresh daily, items are subject to availability

apex super salad ask the team for today's super salad	side 9 full serve	18
fresh 'baked' french croissant warmed, house preserve, cultured butter		9.5
classic croissant ham, tasty cheese		14
apex sandwich bar toasted organic sourdough sandwiches		
the reuben corned beef, swiss cheese, pickles, sauerkraut, russian sauce		16
the vego Tomato, spinach, red onion, tasty cheese and pesto V		14
add <i>today's super salad</i>		9
the hot box savoury pastries from our sister cafe 'baked @ ancora'		
baked signature sausage roll pork, fennel, apple, flaky pastry		10
'Yia Yia's' spanakopita roll spinach, feta, ricotta, herbs, flaky pastry (V)		10
sweet potato roll cudgen sweet potato, lentil & leek, gf pastry GF VE		10
winter pie beef rendang coconut curry & vegetable pie		11
add <i>today's super salad</i>		9

and special celebration events.

contact hello@themunchbunch to enquire or book



special events & exclusive venue hire

apex dining specialises in functions, weddings

10% Weekend & 15% Public Holiday Surcharge | *Surcharges help us afford the penalty rates on weekends & public holidays our fantastic team deserves | thank you for your understanding and support*