



## **lunch** *available 12pm - 2.30pm*

<b>paratha</b>	12
warm paratha bread, Andel's satay sauce   V	
<b>chefs soup or broth of the day</b>	16
with sourdough toast & butter	
<b>panko crumbed prawns (4)</b>	22
crispy fried prawns, spicy mayo,	
<b>popcorn karaage chicken</b>	18
fried karaage chicken, sticky ponzu, pickles   GF	
<b>korean chicken burger</b>	24
crunchy korean fried chicken, house slaw, smokey mayo, potato bun add   <i>sweet potato fries 7</i>	
<b>apex nourish bowl</b> GF   V   VE ( <i>no feta</i> )	24
roast pumpkin, miso mushrooms, feta, zucchini, pickles, edamame, leeks, kale add <i>fried eggs 5</i> <i>crispy korean chicken 8</i>	
<b>crispy korean chicken salad</b>   DF	28
crispy korean chicken, vermicelli noodles, herbs, pickles, peanuts, crispy shallots, nuoc cham dressing	
<b>'baingan masala'</b>   V	26
curry of roast eggplant (baingan), garam masala, tomato, cumin, coriander + warm paratha bread	
<b>kare kare peanut pork belly</b>	30
twice cooked crispy pork belly, lemon grass, bok choy green beans, peanut coconut sauce	
<b>Sweet and Sour white Fish</b> GF   DF	32
Fresh local catch, crispy fried, grilled pineapple, pickled carrot, capsicum	
<b>lunch sides &amp; adds</b>	
sweet potato fries & spicy mayo	side 7   bowl 12
side 'super' salad	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*

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

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

and special celebration events.

**contact [hello@themunchbunch](mailto:hello@themunchbunch)** to enquire or book



## special events & exclusive venue hire

apex dining specialises in functions, weddings

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