



## brunch all day *until 2.30pm*

<b>miso mushroom toast</b>   sourdough toast slice, miso mushrooms, broccoli, crispy enoki mushroom, cashew butter, spring onion <i>add   fried egg 5, streaky bacon 7, crunchy korean chicken 8</i>	20	V   DF
<b>apex curried rice bowl</b>   stir fried jasmine rice, bok choy, fried egg, garlic, onion, turmeric, herbs <i>add   streaky bacon 8, crunchy korean chicken 8</i>	18	V   GF   DF
<b>apex nourish plate</b>   roast pumpkin, turmeric roast cauliflower zucchini, pickles, edamame, wasabi peas, greens <i>add   fried egg 5, streaky bacon 7, crunchy korean chicken 8</i>	24	DF   VE

### brunch add-ons & sides

fried egg	4	curried jasmine rice side	6
onion rings	4	crispy korean chicken	8
sweet potato fries	side 8   bowl 14		

## lunch *from 12pm - 2.30pm*

### small plates & share plates

*table sharing encouraged, ask our team*

<b>grilled paratha bread</b>   chef Andel's dipping sauces (2)	14	DF   VE
<b>popcorn karaage chicken</b>   sticky ponzu, bean sprout, pickles	22	GF   DF
<b>tuna sashimi</b>   line caught yellowfin, ginger, coconut, finger lime, herbs, edible blooms	28	GF   DF
<b>apex prawns</b>   coconut + panko house crumbed prawns (4) korean pink aioli, lemon myrtle salt, fresh lime	22	

### *turn over for lunch main course ➡➡*

V = Vegetarian | VE = Vegan | GF = Gluten Free | DF = Dairy Free -  
*For allergies and other dietaries please ask staff for assistance*

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*





## main course | large plates | share plates

*sharing encouraged!*

<b>apex chicken burger</b>   crispy fried chicken, bean sprouts pickles, smokey mayo, onion rings potato bun	24	
<b>the nourish plate</b>   roast pumpkin, turmeric roast cauliflower zucchini, pickled carrot, edamame, wasabi peas, greens 'add' to create your own	24	DF   VE
<b>korean chicken salad</b>   vermicelli noodles, local tomato, herbs, pickles, peanuts, sesame, nuoc cham dressing	26	GF   DF
<b>baingan masala curry</b>   garam masala curried eggplant (baingan) tomato, cumin, coriander, herbs & warm paratha bread	29	DF   VE
<b>lechon kawali</b>   tweed valley farm pork belly cooked 3 ways, pickled sprout & herb slaw, curried rice, ginger shallot dressing	32	GF   DF
<b>prawn palabok (chef's favourite)</b>   local prawns, squid, prawn bisque vermicelli noodles, pork chicharon, herbs	34	GF   DF
<b>fish of the day</b>   fresh local catch, pan fried, cauliflower puree bok choy, sesame, soy, crispy leeks	market price	GF   DF

### add-ons & sides

*add to any small plate large plate or for the table*

fried egg	4	sweet potato fries	side 8   bowl 14
onion rings	4	curried jasmine rice side	6
		crispy 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*

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## all day savoury snacks *fresh daily until sold out*

*our display cabinets are filled fresh daily, items are subject to availability  
all pastries are made by us at our sister bakery cafe 'BAKED' in Tweed Heads*

<b>fresh 'baked' french croissant</b>   warmed, house preserve, cultured butter	9.5
<b>classic savoury croissant</b>   leg ham, swiss cheese, pickled onion	15
<b>loaded vegetable croissant</b>   roast seasonal veggies, tasty cheese, pesto	14
<b>the Apex reuben</b>   corned beef, swiss cheese, dill pickles, sauerkraut, russian sauce	18
<b>'baked's' signature sausage roll</b>   pork, fennel, apple, flaky pastry	12
<b>'Yia Yia's' spanakopita roll</b>   spinach, feta, ricotta, herbs, flaky pastry   (V)	11
<b>cudgen sweet potato roll</b>   local sweet potato, lentil & leek, gf pastry GF   VE	12

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



## special events & exclusive venue hire

apex dining specialises in intimate & elegant functions, weddings and special celebrations

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Apex dining

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



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