OUR COFFEE

The Shed Blend is sweet, rich and creamy. A duet of Colombia (60%) and Guatemala (40%) roasted to deliver flavours of Cacao, dried fruits and nougat.

Espresso 1 kJ 4.0

Macchiato 17 kJ, **Piccolo** 160 kJ 4.4

Flat White 371 kJ, **Latte** 503 kJ, **Cappuccino** 349 kJ, **Long Black** 3 kJ 5

CHOCOLATE

A powerful chocolate with cocoa sourced from the exclusive West African regions. A rich flavour with lovely tones of berries, malt & vanilla.

Hot Chocolate 679 kJ 5

White Hot Chocolate 825 kJ 5.5

Mocha 536 kJ 5.5

CHAI

Chai Latte 862 kJ 5

Dirty Chai 638 kJ 5.5

Matcha Latte 821 kJ 5.5

LOOSE LEAF TEA

English Breakfast, Earl Grey, Peppermint, Green, Lemongrass & Ginger 4.8

EXTRAS

Decaf, Mug, Extra Shot +0.5

Alternative Milks, Syrups +0.7

MILKLAB®

COFFEE HAS MY BACK

theshed®

www.theshedcafe.com.au

KIDS MENU

Kids under 12 only

Granola & Sweet Yoghurt Cup (V,GFO) 2544 kJ 8.9
Sweet Yoghurt, Mixed Nuts, Blueberry Compote & Fresh Strawberry

Kids Pancakes (V) 2152 kJ 15
Topped with Maple Syrup, Ice-Cream and Fruit

Kids Breakfast (VO, GFO, DFO) 2804 kJ 13.5
1 Scrambled Egg, Toasted Slider Bun, Hashbrown and 1 Rasher of Bacon

Kids Nuggets & Chips 3566 kJ 13.5
5 Chicken Nuggets & Fries with Tomato Sauce

Kids Cheeseburger Slider & Chips 2102kJ 13.5
Beef Slider with Cheese, Chips and Tomato Sauce

The average daily adult energy intake is 8700kJ.

PLEASE ORDER & PAY AT THE COUNTER OR SCAN QR CODE TO ORDER & PAY AT THE TABLE

ALLERGEN INFO

All items are processed in an area that is exposed to dairy, nuts, gluten, chilli, pork + eggs.

Please notify staff if you have any allergies, dietary requirements or if you are pregnant.

THE SHED PARRAMATTA

8/45 Macquarie St, V By Crown Building,
Parramatta NSW 2150

parramatta@theshedcafe.com.au

LET'S GET SOCIAL

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PARRAMATTA

BREAKFAST

Served all day

Bacon & Egg Burger (VO, GFO, DFO) 2434 kJ — 11.5
Seeded Burger Bun, Bacon, Fried Egg, American Cheese, Barbeque Sauce
Add Hashbrown 583 kJ — +3

Steak & Eggs (GFO) 2003 kJ — 22
180g Marinated Steak (Served Medium), 2 Sunny-Side Up Eggs, Fried Potato Rosti & Herb Butter

Potato Rosti Stack (V) 2758 kJ — 18.5
2 Fried Potato Rostis, Smashed Avo, Dill Sour-Cream & Fried Egg, Topped with Melted Compound Butter
Add Bacon 1248 kJ — +6.5

Eggs Your Way (V, GFO, DFO) 1798 kJ — 11
1 Slice of Buttered Sourdough, with 2 Eggs of Your Choice (Poached, Fried or Scrambled)

Classic Smash (V, VGO, GFO, DFO) 1738 kJ — 15.5
Sourdough Toast, Topped with Smashed Avocado, Feta, Pomegranate, Housemade Zaatar
Add 2 Eggs 745 kJ — +5

Mushrooms on Toast (V, GFO) 2836 kJ — 18.5
Sauteed Portobello & Button Mushrooms on Sourdough, with Ricotta & Parmesan Cheese, Hummus & Crushed Nuts

Omelette (V, GFO) 2678 kJ ***(Please allow 15 minutes)*** — 20
3 Egg Omelette with Mushroom, Spinach, Cherry Tomato, Feta and Toast
Add Chicken 633 kJ **or Kransky** 520 kJ — +4

Breakfast Bagel (GFO) 3172 kJ — 16
Toasted Everything Bagel, Griddled Chicken Sausage Patty, Scrambled Eggs & Spicy Tomato Sauce

Eggs Benedict (VO, GFO, DF)
Sauteed Spinach, 2 Poached Eggs, and Hollandaise on Sourdough, with Your Choice of:
Bacon 3575 kJ — 22.5
Mushroom 2831 kJ — 21.5
Atlantic Smoked Salmon (I) 2326kJ — 26

Chilli Eggs (V, GFO) 2931 kJ — 17.5
2 Poached Eggs, Labneh with Zaatar, Cherry Tomato, Coated in House-Made Chilli Butter, Toasted Focaccia

French Toast 3460 kJ — 22
Savoury French Toast with Fried Chicken Thigh, Spiced Apple, Sriracha Maple Syrup & Whipped Sour-Cream

The Big One (VO, GFO, DF) 4418 kJ — 26.5
2 Eggs, Bacon, Kransky, Spinach, Cherry Tomato, Mushrooms, Hashbrown on Sourdough
Add Avocado 656 kJ — +5.5

THE SWEET STUFF

Lemon Blueberry Pancakes (V) 2852 kJ — 20
Buttermilk Pancakes with Lemon Curd, Ricotta, Blueberry Compote, Maple Honeycomb
Add Ice-Cream 835 kJ — +1.5

Overnight Oats Bowl (VG, V, DF, GFO) 2738 kJ — 19
Housemade Vegan Yoghurt, Topped With Seasonal Fruit & Overnight Oats Infused with Apple, Granola, & Burnt Grapefruit Sauce

A surcharge of 10% applies on Public Holidays & Sundays

LUNCH

SALADS

Crispy Tofu Salad (V, VGO, DF, GF) 871 kJ — 16.5
Mixed Slaw & Lettuce Salad with Pomegranate, Cherry Tomato, Crispy Marinated Tofu & Ginger Chilli Dressing
Add Chicken 633 kJ — +6.5

Moroccan Chicken Salad (GF, DFO) 1846 kJ — 19.5
Grilled Moroccan Chicken Breast, Cos Lettuce, Pepita, Cherry Tomato, Feta, Beans & Pomegranate

Lamb Kofta Salad (GFO, DF) 2055 kJ — 22.5
Lamb Kofta Skewers, Cos Lettuce, Cherry Tomato, Sumac Onion, Pomegranate, Herbs and Fried Pita

Schnitzel Salad 2065 kJ — 21.5
Signature Chicken Schnitzel, Cos Lettuce, Cherry Tomato, Coleslaw, Caesar Dressing, Topped with Parmesan & Lemon

BURGERS

All on our Seeded Burger Buns, served with Fries
Upgrade to Potato Gems 1341 kJ +2.5

Wagyu Beef (GFO, DFO) 5813 kJ — 22
150g Wagyu Beef (Cooked Medium), Pickle, Cheese, Lettuce, Tomato & Our Secret Burger Sauce

Southern Fried Chicken (DFO) 4463 kJ — 21
Fried Chicken Tenders, Coleslaw, Pickle, Cheese & Chipotle Mayo

Peri-Peri Chicken (GFO, DFO) 5169 kJ — 20
Chargrilled Portuguese Chicken Breast, Cheese, Lettuce, Tomato & Chilli Aioli

HOUSE SPECIALTIES

Steak Sandwich (GFO, DFO) 4185 kJ — 22
Seared Rump Steak on a Toasted Baguette with Lettuce, Tomato, Caramelised Onions & Herb Butter, Served with a Side of Fries

Seasonal Fettuccine *Market Price*
(Limited Portions)
100g Fresh Handmade Fettuccine, Weekly Rotating Sauces & Proteins.
Ask staff for current selection & price

SHED BOWLS

Green Bowl (V, VG, GFO, DF) 2990 kJ — 20
Smashed Avocado & Hummus, Falafel, Tofu, Coleslaw Salad with a Slice Of Focaccia
Add Haloumi 994 kJ — +6.5

Protein Bowl (GFO, DFO) 2809 kJ — 22
Marinated Portuguese Chicken, Labneh, Mixed Leaf Salad, Soy-Linseed Toast, Smashed Avocado and a Poached Egg
Add Extra Chicken 633 kJ — +6.5

Bowl of Fries (V, VG, GF, DF) 4434 kJ — 12
Served with your choice of Chipotle, Aioli, Chilli Aioli, Tomato Sauce or BBQ Sauce

Bowl of Potato Gems (V, VG, GF, DF) 3695 kJ — 15
Served with your choice of Chipotle, Aioli, Chilli Aioli, Tomato Sauce or BBQ Sauce

SAUCES

Aioli, Chilli Aioli, Chipotle, Hollandaise or Tomato Relish — 1.5

The average daily adult energy intake is 8700kJ.

EXTRAS

Hashbrown 538 kJ — 3
Cherry Tomato 58 kJ or Potato Rosti 909 kJ — 4.5
Mushroom 280 kJ, Kransky 520 kJ or 2 Extra Eggs 745 kJ — 5
Avocado 656 kJ or Falafel 581 kJ — 5.5
Grilled Chicken 633 kJ, Bacon 1248 kJ or Haloumi 1065 kJ — 6.5
Fried Chicken 1435 kJ or Smoked Salmon 540 kJ — 7.5

COLD DRINKS

Milkshakes — 8
Chocolate 1340 kJ, Strawberry 1330 kJ, Vanilla 1360 kJ

Iced Latte 846 kJ — 7.5

Iced Long Black 3 kJ — 6.5

Iced
Coffee 1190 kJ, Chai 1800 kJ, Chocolate 1510 kJ — 8
Mocha 1350 kJ, Matcha 1190 kJ — 8.5

Frappes
Coffee 1670 kJ, Chocolate 1980 kJ — 8
Mocha 1830 kJ — 8.5

48 Hour Cold Brew 3 kJ — 6.5

Still Water — 3.5

Sparkling Water — 4

Soft Drink 330mL — 5
Coke 594 kJ, Coke No Sugar 349 kJ, Lemonade 429 kJ

SMOOTHIES

Breakfast Buzz (DF) 2424 kJ — 9.5
Fresh Banana, Granola, Oat Milk, Ice & Honey
Add Espresso Shot — +0.5

Mixed Berry 1602 kJ — 9
Mixed Berries, Milk, Honey & Ice Cream

Banana & Strawberry 2238 kJ — 9
Banana, Strawberry, Honey, Milk, Ice Cream & Ice
Add Vanilla Whey Protein 482 kJ — +3

Choc Peanut Butter Protein Smoothie 1728 kJ — 12.5

FRESH JUICE

The Shed 862 kJ — 9.5
Watermelon, Pineapple, Orange & Apple

Cleanse Your Soul 1112 kJ — 9.5
Apple, Cucumber, Pear, Pineapple, Lemon & Ginger

Sunrise 696 kJ — 9.5
Watermelon, Pineapple, Lime & Strawberry

Fresh Orange 709 kJ — 9.5

Design Your Own (Choose up to 4) — 9.5
Orange, Apple, Watermelon, Pineapple, Pear, Lemon, Ginger

V Vegetarian | **VG** Vegan | **GF** Gluten Free | **DF** Dairy Free
VO Vegetarian Option | **VGO** Vegan Option
GFO Gluten Free Option | **DFO** Dairy Free Option
A Australian | **I** Imported | **M** Mixed Origin

We also cater for other requirements, such as Halal and allergies. Please make staff aware prior to ordering of any dietary requirements.