

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	3.8
Macchiato (17 kJ) Piccolo (160 kJ)	4.2
Flat White (371 kJ), Latte (503 kJ), Cappuccino (349 kJ), Long Black (3 kJ)	5
Mug 186 kJ	+0.9

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
Mocha 679 kJ	5.3

CHAI

Chai Latte 862 kJ	5
Dirty Chai 638 kJ	5.3
Turmeric Latte 796 kJ	5.3
Prana Sticky Chai 630 kJ	6.9

LOOSE LEAF TEA

English Breakfast, Earl Grey, Chamomile, Peppermint, Chai, Green, Lemongrass & Ginger	5.0
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EXTRAS

Decaf, Syrups, Extra Shot, Alternative Milks	0.9
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MILKLAB

COFFEE HAS MY BACK

theshed.

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FOR THE KIDS

Kids under 12 only

Kids Breakfast 2515 kJ Bacon, Fried Egg, & Hash Brown on White Bread	9.9
Scrambled Egg 1198 kJ	+2
Battered Barramundi & Chips 3587 kJ With Tomato Sauce	9.9
Chicken Nuggets & Chips 4246 kJ	9.9
Kids Waffles 1371 kJ Served with Maple & Ice Cream	9.9
Beef Slider with Chips 3379 KJ Beef, Cheese, Tomato Sauce on Milk Bun	9.9
Chicken Slider with Chips 3047 KJ Chicken, Cheese, Tomato Sauce on Milk Bun	9.9
Kids Milkshake Chocolate (986 kJ), Strawberry (982 kJ), Vanilla (999 kJ), Caramel (991 kJ)	5.0
Kids Juice Fresh Orange & Apple 630 kJ	6.0
Fresh Orange 798 kJ	6.0

The average adult daily intake is 8700 kJ.

PLEASE ORDER & PAY AT THE COUNTER

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 TUGGERAH SUPA CENTRE

Kiosk K5, Tuggerah Super Centre
2 Bryant Drive, Tuggerah NSW 2259
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BREAKFAST		
Served all day		
Bacon & Egg Burger 2851 kJ	12.9	
Fried Egg, Double Bacon, Cheese, BBQ Sauce on Soft Seeded Milk Bun		
Add Hashbrown (538 kJ) or Avocado (656 kJ)	4	
Brekky Wrap 3989 kJ	17.9	
Crispy Bacon, Scrambled Egg, Hash Brown, Cheese, BBQ Sauce		
Granola Bowl 3790 KJ	18.9	
Home made Gluten Free Granola, Sweet & Creamy Yoghurt, Seasonal Fruits, Berry Compote & Organic Honey		
Belgian Waffles 1795 kJ	18.9	
Served with Fresh Strawberries, Banana, Vanilla Ice Cream, Berry Compote, Maple Syrup		
The Staple 5040 kJ	19.9	
Crispy Bacon, Free Range Eggs, Roasted Tomato, Crunchy Hash Browns & Grilled Sourdough		
Scrambled Egg 1198 kJ	+2	
Twisted Avocado 2708 kJ (GFO, V)	19.9	
Diced Avocado, Cherry Tomatoes, Free Range Poached Eggs, Danish Style Feta Cheese, Dukkha, Green Apples, Mix Slaw, Beetroot Hummus & Soy Linseed Toast		
Add Bacon 1248 kJ	5	
Add Salmon 338 kJ	6	
Salmon Bagel 3314 KJ	21.9	
Smoked Salmon, Two Poached Eggs, Avocado Salsa, Fresh Spinach and Smooth Cream Cheese on Toasted Bagel with Balsamic Reduction & Lemon Wedge		
Omelette	19.9	
1. Poached Chicken 3294 kJ with Spinach, Sun Dried Tomato & Cheese		
2. Spanish Chorizo 4713 kJ with Mushroom, Spinach & Cheese		
Eggs Benedict		
Served On Soft Brioche with Spinach, Mushroom, Two Eggs & Hollandaise Sauce		
With Bacon 4596 kJ	21.9	
With Salmon 3070 kJ	23.9	
With Halloumi & Avocado kJ	22.9	
Corn Fritters 3629 kJ	22.9	
Served With Poached Egg, Bacon, Dukka, Guacamole & Hollandaise Sauce on Spinach Bed		
Add Extra Egg or Sourdough Slice	+3	
Harvest Plate 4931 kJ	25.9	
Free Range Eggs, Grilled Halloumi, Mushroom, Avocado, Broccolini, Grilled tomato, Hash Brown, Beetroot Hummus & Soy Linseed Toast		
With Salmon 3070 kJ	23.9	
The Shed Brekky 7242 kJ	26.9	
Free Range Eggs, Crispy Bacon, Spanish Chorizo, Avocado, Hash Brown, Sautéed Mushroom & Grilled Tomato on Brasserie Sourdough		
Scrambled Egg 1198 kJ	+2	
EXTRAS		
Hashbrown (538 kJ), Avocado (656 kJ), Grilled Tomato (92 kJ)	4	
Mushroom (468 kJ), Chicken (633 kJ), Chorizo (572 kJ), Bacon (1248 kJ), Haloumi (994 kJ)	5	
Salmon 338 kJ	6	

V Vegetarian | **VG** Vegan | **VGO** Vegan On Request
GF Gluten Free | **GFO** Gluten Free Option
A Australian | **I** Imported | **M** Mixed Origin

LUNCH		
Power Bowl (GF, VGO) Black Rice, Broccoli, Roasted Pumpkin, Pickled Red Cabbage, Roasted Nuts, Fried Egg, Avocado & House Dressing		
Chicken 4086 kJ or Falafel 4252 kJ	22.9	
Vegan Bowl 2997 kJ (GF, VG)	22.9	
Crunchy Falafel, Avocado, Broccolini, Quinoa Slaw, Pickled Red Cabbage, Roasted Pumpkin, Cherry Tomatoes & Beetroot Hummus		
OPEN MELTS, WRAPS & SANDWICHES		
On Sourdough with Chips or Salad. Choice of:		
Poached Chicken Open Melt 3988 kJ	17.9	
Pesto Aioli, Sundried Tomato, Spinach & Tasty Cheese		
Grilled Veggie Open Melt 3919 kJ (V)	17.9	
Grilled Zucchini, Roasted Pumpkin, Grilled Haloumi, Roasted Red Peppers, Baby Spinach & Shredded Mozzarella		
Chicken Sandwich 5580 kJ	17.9	
Avocado, Cheese, Walnuts & Aioli		
Sweet Chilli Chicken Wrap 3197 kJ	19.9	
Poached Chicken, Mix Leaves, Tomato, Carrot, Cabbage, Cheese, Aioli And Sweet Chilli Sauce		
Falael & Pumpkin Wrap 2699 kJ	19.9	
Crispy Falafel, Roasted Pumpkin, Mix Leaves, Tomato, Cucumber & Chilli Aioli		
SALADS		
1. Poached Chicken Salad 2639 kJ (GF)	20.9	
With Avocado, Mixed Slaw, Green Apples, Berry Compote, Roasted Nuts & Lemon Vinegar Dressing		
2. Roasted Pumpkin & Walnut Salad 2919 kJ	19.9	
Leaves, Roast Pumpkin, Spinach, Roasted Walnut, Broccoli, Quinoa, Roasted Beetroot, Feta With Honey & Balsamic Dressing		
3. Slow Cooked Lamb Salad 2952 kJ	23.9	
Overnight Slow Cooked Lamb, Roasted Beetroot, Pumpkin, Mix Leaves, Quinoa & Cherry Tomato		
Add Chicken (633 kJ) or Felafel (1162 kJ)	5	
Add Smoked Salmon 338 kJ	6	
SHED BURGERS/SLIDER \$21.9		
Served on a Milk Bun with Fries. Choice of:		
1. Wagyu Beef (GFO) 4978 kJ		
Lettuce, Tomato, Cheese, Caramelised Onion, Pickles & Secret Sauce		
2. Grilled Portuguese Chicken 4216 kJ		
Lettuce, Tomato, Pickle, Cheese, Sriracha Mayo		
3. Sliders 4088 kJ		
Beef or Chicken Served with Lettuce, Tomato, Cheese & Burger Sauce		
4. Pulled Lamb (GFO) 5521 kJ		
Grilled Haloumi, Mix Leaves, Chilli Aioli & Caramelised Onions		
Add Bacon 624 kJ / Fried Egg 352 kJ / Avocado 656 kJ	+2	
Replace Fries with Sweet Potato Fries 728 kJ)	+2	
Chicken Schnitzel 5004 kJ	21.9	
Served with Chips, Salad & Gravy		
Beer Battered Barramundi 5144 kJ	21.9	
Served with Salad, Fries, Aioli Sauce & Lemon		
Fries with Tomato Sauce 4513 kJ	11.9	
Sweet Potato Fries with Aioli 2946 kJ	13.9	

The average adult daily intake is 8700 kJ.

SOFT SERVE ACAI		
Served with Home-Made Gluten-Free Granola & Seasonal Fruits		
Acai Bowl 1946 kJ	18.9	
Acai Cup 873 kJ	12.9	
Acai Soft Serve Cone 1111 kJ	5.9	
Add Peanut Butter 1260 kJ	+3	
Add Biscoff 553 kJ	+3	
COLD DRINKS		
Sparkling Water		
On tap	3.9	
Bottle	4.5	
Sparkling Peach Ice Tea 119 kJ	4.9	
Sparkling Ginger Beer 205 kJ	4.9	
Sparkling Lemon, Lime & Bitters 183 kJ	4.9	
Milkshakes	7.9	
Chocolate (1340 kJ), Strawberry (1330 kJ), Lime (1189 kJ), Vanilla (1360 kJ), Caramel (1340 kJ)		
Iced		
Latte (847 kJ), Long Black (3 kJ)	6.9	
Coffee (1190 kJ), Chocolate (1510 kJ), Chai (19 kJ), Mocha (19 kJ)	7.9	
Bottled Water	3.9	
Bottled Juices	5.9	
Soft Drinks 330ml	4.9	
Coke (594kJ), Diet Coke (5 kJ), Coke No Sugar (3.9 kJ), Sprite (261 kJ), Fanta (264 kJ)		
SMOOTHIES & FRAPPES		
Banana Smoothie 2277 kJ	10.9	
Banana, Ice Cream, Milk & Honey		
Mixed Berry Smoothie 1723 kJ	10.9	
Mixed Berries, Ice Cream, Milk & Honey		
Mango Smoothie 1808 kJ	10.9	
Mangoes, Ice Cream, Milk & Honey		
Taste of Summer 2334 kJ	10.9	
Mango, Watermelon, Coconut Milk & Lime		
Acai Smoothie 1769 kJ	10.9	
Acai Berries, Banana & Coconut Water		
Vitality 2440 kJ	10.9	
Banana, Peanut Butter, Almond Milk & Ice		
Add Protein Powder 183 kJ	+3	
Frappe	9.9	
Coffee (1670 kJ), Mocha (1830 kJ), Chocolate (1980 kJ)		
Fruit Frappe		
Mango & Passion Fruit 751 kJ	9.9	
Pineapple, Coconut & Mint 724 kJ	9.9	
FRESH JUICE		
The Shed 862 kJ	9.9	
Watermelon, Pineapple, Orange & Apple		
Screwdriver 790 kJ	9.9	
Orange, Pineapple, Lemon & Ginger		
Go Green 782 kJ	9.9	
Kale, Apple, Cucumber, Celery, Lemon & Ginger		
Sunrise 696 kJ	9.9	
Watermelon, Pineapple, Lime & Strawberry		
Design Your Own (Choose up to 4)	9.9	
Orange (399 kJ), Apple (375 kJ), Watermelon (231 kJ), Pineapple (462 kJ), Lemon (30 kJ) & Ginger (50 kJ)		