



**OPENING HOURS**

Monday to Sunday - 7 am to 5 pm

☎ 02 9832 1178  
[www.thetspooncafe.com.au](http://www.thetspooncafe.com.au)

159 Rooty Hill ECQ XL  
Eastern Creek NSW 2766

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# Hot Drinks

## Coffee

	SMALL	MEDIUM	LARGE
Cappuccino	\$4.50	\$5.00	\$5.50
Flat White	\$4.50	\$5.00	\$5.50
Latte	\$4.50	\$5.00	\$5.50
Long Black	\$4.50	\$5.00	\$5.50
Dirty Chai	\$5.50	\$6.00	\$6.50
Mocha	\$5.50	\$6.00	\$6.50
White Chocolate Mocha	\$6.00	\$6.50	\$7.00

## Espresso

Ristretto	\$3.80
Short Black	\$3.80
Macchiato	\$4.50
Piccolo Latte	\$4.50
Affogato or Mocha Affogato	\$5.50



## Non - Espresso

Chai Latte	\$5.00	\$5.50	\$6.00
Hot Chocolate	\$5.00	\$5.50	\$6.00
White Hot Chocolate	\$5.50	\$6.00	\$6.50
Turmeric Latte	\$5.50	\$6.00	\$6.50
Green Matcha Latte	\$5.50	\$6.00	\$6.50
Lotus Latte	\$6.00	\$6.50	\$7.00
Babychino	\$2.00		
Minicino (Flavoured milk with marshmallows)	\$3.00		

## Extras

Decaf or Extra shot	\$0.70
Soy, Almond, Lactose Free, Oat milk	\$0.90
Flavours (Caramel, Vanilla, Hazelnut)	\$0.90

### Loose Leaf Tea \$4.30

English Breakfast, Earl Grey, Chamomile, Green Tea, Peppermint, Lemongrass & ginger

### Spiced Chai Tea \$6.50

# Chilled Drinks

	SMALL	MEDIUM	LARGE
Iced Latte or Iced Long Black	\$6.00	\$6.50	\$7.00
Iced Mocha or Iced White Mocha (w/ ice)	\$6.50	\$7.00	\$7.50
Iced Coffee (w/ ice cream)	\$6.50	\$7.00	\$7.50
Iced Chocolate (w/ ice cream)	\$6.50	\$7.00	\$7.50
Iced White Chocolate (w/ ice cream)	\$6.50	\$7.00	\$7.50
Iced Mocha or Iced White Mocha (w/ ice cream)	\$7.00	\$7.50	\$8.00
Iced Chai Latte	\$6.50	\$7.00	\$7.50
Iced Matcha Latte	\$7.00	\$7.50	\$8.00
Iced Turmeric Latte	\$7.00	\$7.50	\$8.00
Iced Lotus Latte	\$7.00	\$7.50	\$8.00



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## Chilled Frappe

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	SMALL	MEDIUM	LARGE
<b>Espresso Frappe</b>	\$7.00	\$7.50	\$8.00
<b>Chocolate, Caramel or Chai</b>	\$7.00	\$7.50	\$8.00
<b>Mocha or White Choc Mocha</b>	\$8.00	\$8.50	\$9.00
<b>Kit Kat, Cookies n Cream or Tim Tam</b>	\$8.00	\$8.50	\$9.00
<b>Tropical (DF)</b> Mango, pineapple & passion fruit		\$9.50	
<b>Strawberry Mint (DF)</b> Strawberries & mint		\$9.50	
<b>Watermelon (DF)</b> Watermelon, cucumber & mint		\$10.00	
<b>Iced Tea (Lemon or Peach)</b>		\$4.60	
<b>Milkshakes</b> (Vanilla, Strawberry, Chocolate, Mocha, Lime, Caramel or Banana)	\$6.00	\$6.50	\$7.00
Add Thickshake \$1, Malt \$1, Protein \$2			

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## Signature ThickShakes

(Served with whipped cream)

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<b>Kit Kat</b> Kit Kat & chocolate shake topped with Kit Kat & chocolate chips	\$11.00
<b>Oreo</b> Oreos & chocolate shake topped with oreos & chocolate chips	\$11.00
<b>Chocolate Madness</b> Tim Tam & chocolate shake topped with Tim Tam & chocolate chips	\$11.00
<b>Caramilk Espresso</b> Caramel, white chocolate & espresso shake topped with Caramilk cubes & caramel sauce	\$11.00
<b>Pretzella</b> Nutella & Peanut butter shake topped with pretzels & peanut butter cups	\$12.00
<b>Biscoff Temptation</b> Lotus Biscoff shake topped with Lotus Biscoff sauce & biscuits	\$13.00



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## Fruit Smoothies

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<b>Banana</b> Banana, honey, yoghurt & milk	\$10.00
<b>Mango</b> Mango, banana, yoghurt & milk	\$10.00
<b>Mixed Berry</b> Mixed berries, banana, yoghurt & milk	\$10.00
<b>Acai (DF)</b> Organic Acai berry, guarana, banana, coconut flakes & chia seeds	\$10.00

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## Protein Shakes (Made with almond milk)

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<b>Espresso Dream</b> Banana, coffee, honey & vanilla protein	\$9.00
<b>Brekkie-to-go</b> Banana, oats, peanut butter, honey & vanilla protein	\$10.00
<b>Acai Berry</b> Acai berries, banana, oats, honey, chia seeds & vanilla protein	\$11.00
<b>Fruity</b> Strawberry, banana, mixed berries, honey, chia seeds & vanilla protein	\$11.00

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## Freshly Squeezed Juices

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<b>The Red</b> - Carrot, apple, celery, ginger & beetroot	\$9.00
<b>Citrus Passion</b> - Orange, lemon & pineapple	\$9.00
<b>Fruit Slammer</b> - Orange, apple, watermelon & pineapple	\$9.00
<b>The Green Dream</b> - Apple, cucumber, kale, spinach & celery	\$9.00
<b>The Energiser</b> - Apple, pear, cucumber, pineapple, lemon & ginger	\$9.00
<b>The Defence</b> - Carrot, orange, lemon & ginger	\$9.00
<b>Create your own</b>	\$9.00



# All Day Breakfast

- Toasted Breads** 🌱 \$7.00  
Variety of toasted breads (White, Brown, Sourdough, Raisin, Multigrain, Turkish or Panini) w/ spreads  
Gluten-free +\$2
- Eggs on Toast** 🌱🌿 \$14.00  
Eggs cooked your way with blistered cherry tomatoes on toasted breads
- Smashed Avocado Stack** 🌱🌿 \$18.00  
Smashed avocado w/ blistered cherry tomatoes, feta, beetroot hummus & a poached egg on sourdough drizzled with olive oil
- Smashed Pumpkin Stack** 🌱🌿 \$19.00  
Marinated smashed pumpkin with spicy harissa labneh, feta, poached egg and crispy kale on sourdough
- Good-for-you Granola** 🌱 \$15.00  
Toasted in-house granola w/ greek yoghurt topped with seasonal fruits, coconut flakes, chia seeds and honey  
Add peanut butter \$2
- Acai Bowl** 🌱 \$17.00  
Freshly crafted Acai topped with seasonal fruits, coconut flakes, chia seeds and honey  
Add protein or peanut butter \$2
- Bacon & Egg Roll** 🌿 \$13.00  
Grilled bacon & fried eggs served with aioli & tomato relish
- Brekkie Burger** 🌿 \$16.00  
Fried egg, grilled bacon, lettuce, smashed avocado, tomato, liquid cheese & chipotle mayo
- Knefeh French Toast** 🌱 \$18.00  
Slice of heaven filled with sweet cheese & topped with pistachios, berries, rose petals and rose water syrup
- Pancakes** 🌱 \$19.00  
Pancakes stack with seasonal fruit, vanilla ice cream, pistachios & drizzled with a choice of maple syrup or milk chocolate  
Add Maple Bacon for \$5
- French Toast** 🌱 \$20.00  
Sweet brioche loaf with cinnamon poached pear, seasonal fruits & pistachios with a choice of maple syrup or milk chocolate  
Add Maple Bacon for \$5
- Omelette** 🌿 \$20.00  
Choice of any 3 toppings below with sourdough (ham, tomato, chorizo, bacon, sujuk, cheese, mushrooms, avocado, onion, spinach, feta)
- Healthy Bowl** 🌱 \$21.00  
Roasted mushrooms, roasted pumpkin, avocado, roasted cauliflower, puffed quinoa, poached egg & crispy kale drizzled with lemon vinaigrette
- Haloumi Stack** 🌱 \$21.00  
Grilled haloumi, roasted mushrooms, smashed avocado, blistered cherry tomatoes & poached egg served on toasted sourdough & drizzled w/ balsamic glaze
- Eggs Benny** 🌱🌿 \$21.00  
Two poached eggs, wilted spinach, hollandaise on sourdough w/ your choice of ham, bacon, salmon, sujuk or mushrooms
- Haloumi Corn Fritters** 🌱 \$22.00  
Two Fritters served with poached eggs, smoked salmon or bacon w/ zesty lemon guacamole
- T-Spoon's Veggie Breakfast** 🌱🌿 \$27.00  
Eggs your way, roasted mushrooms, wilted spinach, pumpkin, grilled haloumi, blistered cherry tomatoes, mini hash browns, avocado & baked beans with a slice of sourdough
- T-Spoon's Mediterranean Breakfast** \$27.00  
Eggs your way, grilled Sujuk, lamb kafta, olives, dukkah avocado, cucumber, grilled haloumi, baba ganoush & zaatar pita
- T-Spoon's Big Breakfast** 🌱 \$27.00  
Eggs your way, grilled bacon, beef chipolatas, Spanish chorizo, grilled mushrooms, wilted spinach, blistered cherry tomatoes, mini hash browns & baked beans with a slice of sourdough










## Savoury Crepes served with salad

- Ham & Cheese** Ham, cheese & egg crepe lightly seasoned \$18.00
- Spinach & Feta** 🌱 Spinach & feta crepe topped with hollandaise sauce \$18.00
- Chicken Fungi** Marinated grilled chicken and sautéed mushrooms crepe served with creamy mushroom sauce \$20.00

## Extras

- Extra toast, baked beans, aioli, hollandaise, gluten free bread or bun** \$2.00
- Ham, mushrooms, avocado, chipolatas** \$4.00
- Chicken, bacon, 2 eggs, mini hash browns, chorizo** \$5.00
- Salmon, haloumi, lamb, sujuk** \$6.00

## A Light Bite

<b>Classic Bruschetta</b>  	<b>\$15.00</b>	<b>Wedges</b> 	<b>\$12.00</b>
Traditional Italian bruschetta with crumbed feta on sourdough drizzled with balsamic glaze		Served with sour cream & sweet chilli	
<b>Salmon Avocado Bruschetta</b> 	<b>\$19.00</b>	<b>Sweet Potato</b> 	<b>\$11.00</b>
Traditional Italian bruschetta with smoked salmon, smashed avocado & crumbed feta on sourdough drizzled with balsamic glaze		Fries served with aioli	
<b>Potato Chips</b> 	<b>\$8.00</b>	<b>Loaded fries</b>	<b>\$15.00</b>
In-house seasoned & served with all time favourite tomato sauce		Served with bacon & liquid cheese	
		<b>Philly loaded fries</b>	<b>\$17.00</b>
		Served with beef steak, grilled capsicum, sautéed onions & liquid cheese	
		<b>Haloumi Chips</b> 	<b>\$15.00</b>
		Crumbed haloumi chips served with tzatziki sauce	

## All Time Favourites (Available after 11 a.m.)

<b>Fish and chips</b>	<b>\$ 21.00</b>	<b>Shakshuka</b>	<b>\$21.00</b>
Barramundi fish fillets in a crunchy batter served with chips, salad & tartare sauce		Skillet dish of sujuk, poached eggs in smoky & spicy vegetable laden tomato sauce topped with feta & toasted sourdough	
<b>Lemon Pepper Squid</b>	<b>\$ 21.00</b>	<b>Waffle chicken</b>	<b>\$21.00</b>
Hand cut strips served with chips, salad & tartare sauce		Southern fried chicken breast served on waffle, maple bacon, liquid cheese, creamy coleslaw & crispy sweet potato	
<b>Chicken Schnitzel</b>	<b>\$ 20.00</b>	<b>Atlantic Ocean Salmon</b> 	<b>\$26.00</b>
Crumbed chicken schnitzel served with chips, salad & gravy		Crispy skin salmon served with turmeric basmati rice, cauliflower puree, grilled mushrooms, green goddess sauce & lemon	
<b>Kafta Bowl</b>	<b>\$22.00</b>		
Grilled herb lamb kafta served with salad, baba ganoush, zaatar pita & tzatziki			



## Salads

### Chicken Caesar Salad **\$19.00**

Grilled chicken, cos lettuce, bacon, egg, crunchy croutons, shaved parmesan mixed in caesar dressing

### Moroccan Lamb **\$ 20.00**

Marinated grilled lamb, spinach, roasted pumpkin, roasted beetroot, cherry tomato & Spanish onion with lemon vinaigrette

### Pumpkin Haloumi Salad **\$ 20.00**

Roasted pumpkin, grilled haloumi, mixed leaves, roasted beetroot, chickpeas, Spanish onion & couscous with lemon vinaigrette

### Chicken Quinoa Salad **\$ 20.00**

Marinated grilled chicken, mixed leaves, puffed quinoa, Spanish onion, avocado, cherry tomato & crumbed feta with lemon vinaigrette

# Gourmet Burgers

served with chips

Upgrade to sweet potato fries for \$3

Upgrade to wedges for \$3

## Vegetarian

Vegetarian patty, smashed avocado, lettuce, tomato, caramelised onion, beetroot, liquid cheese & chipotle mayo

\$18.00

## Ultimate Aussie

Lettuce, tomato, caramelised onion, beetroot, liquid cheese on handcrafted beef patty & chipotle mayo

\$18.00

## Pulled Pork

Pulled pork marinated in barbecue sauce & garlic aioli on a bed of creamy coleslaw

\$ 21.00

## Southern Style

Southern fried chicken, grilled bacon, lettuce, liquid cheese & garlic aioli on a bed of creamy coleslaw

\$20.00

## The Godfather

Double handcrafted beef patty, maple glazed bacon, caramelised onion, lettuce, liquid cheese & barbecue sauce

\$22.00

# Gourmet Sandwiches

served with chips

Upgrade to sweet potato fries for \$3

Upgrade to wedges for \$3

*Also available in Roll, Panini or Wrap*

## Haloumi & Mushroom

Grilled haloumi, roasted mushrooms, smashed avocado, wilted spinach, tomato & garlic aioli on sourdough

\$18.00

## B.L.A.T.

Grilled bacon, lettuce, smashed avocado, tomato & garlic aioli on sourdough

\$19.00

## Chicken & Bacon

Grilled chicken, grilled bacon, smashed avocado, lettuce, tomato & fried egg with chipotle mayo on sourdough

\$ 21.00

## Philly Cheesesteak

Beef steak, caramelised onion, grilled capsicum, sautéed onions, liquid cheese & gravy in a brioche roll

\$ 21.00

## Steak Sandwich

Lettuce, tomato, caramelised onion, beetroot, beef steak, liquid cheese & chipotle mayo on sourdough

\$ 21.00

# Kids Meals (Under 10 years)

## Cheese toastie

2 slices of white bread toasted with tasty cheese

\$8.00

## Kids Pancake

Pancake topped with vanilla ice cream, strawberries, sprinkles & choice of milk chocolate or maple syrup

\$10.00

## Waffle

Vanilla ice cream, strawberries, milk chocolate & sprinkles

\$10.00

## Chicken nuggets

6 chicken nuggets served with chips & tomato sauce

\$9.00

## Kids Brekky

Slice of bacon, fried egg & mini hash browns with toasted white bread

\$12.00

## Kids Cheese Burger

Beef patty, liquid cheese, barbecue sauce with chips

\$12.00

## Kids Chicken Burger

Grilled chicken, tasty cheese, tomato sauce with chips

\$12.00

# Desserts

## Waffles / Crepes

### Cookies & Cream

Served with Oreo cookies, whipped cream, vanilla ice cream & Belgian chocolate

\$16.00

### Fruity Indulgence

Served with berries, banana, pistachios, vanilla ice cream & Belgian chocolate

\$17.00

### Banana Scoff

Served with Lotus Biscoff, banana, vanilla ice cream and Lotus biscuits

\$18.00

### Nutella Indulgence

Served with banana, Nutella, vanilla ice cream & peanut butter cups

\$18.00

*"Please note: 10% surcharge applies on Sundays and 15% on Public Holidays"*