



MENU

Opening Hours

Monday to Sunday 7 am to 3 pm

☎ 02 9832 1178

www.thetspooncafe.com.au

2 Goldsbro Glade Eastern Creek ECQ XL
Eastern Creek NSW 2766

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Catering Available

Please see the friendly staff to enquire about the catering for your next event.

"15% surcharge applies on Public Holidays"

Please notify the friendly staff of any allergies as all ingredients are not listed.

HOT DRINKS



Coffee

	Small	Medium	Large
Cappuccino	\$4.60	\$5.30	\$6.20
Flat White	\$4.60	\$5.30	\$6.20
Latte	\$4.60	\$5.30	\$6.20
Long Black	\$4.60	\$5.30	\$6.20
Dirty Chai	\$5.50	\$6.20	\$7.10
Mocha or White Mocha	\$5.50	\$6.20	\$7.10

Espresso

	Small		Small
Ristretto	\$3.80	Macchiato	\$4.00
Short Black	\$3.80	Piccolo Latte	\$4.40

Hot Chocolate & Flavoured Latte

	Small	Medium	Large
Chai Latte	\$5.00	\$5.70	\$6.60
Hot Chocolate / White Hot Chocolate	\$5.00	\$5.70	\$6.60
Coconut Hot Chocolate	\$5.90	\$6.60	\$7.50
Turmeric Latte	\$5.50	\$6.50	\$7.40
Matcha Latte	\$5.50	\$6.50	\$7.40
Nutella Latte	\$5.50	\$6.50	\$7.40
Biscoff Latte	\$5.50	\$6.50	\$7.40
Pistachio Latte	\$5.50	\$6.50	\$7.40
Babychino	\$2.00		

Loose Leaf Tea

English Breakfast, Earl Grey, Hibiscus, Chamomile, Green Tea, Peppermint, Lemongrass & ginger	\$5.00
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Extras

Decaf or Extra shot	\$0.70
Soy, Almond, Lactose Free, Oat milk	\$1.00
Flavours (Caramel, Vanilla, Hazelnut, Coconut, Butterscotch)	\$0.90

CHILLED DRINKS



	Small	Medium	Large
Iced Latte or Iced Long Black	\$6.50	\$7.20	\$7.90
Iced Mocha or Iced White Mocha (w/ ice)	\$7.20	\$7.90	\$8.60
Iced Coffee (w/ ice cream)	\$7.20	\$7.90	\$8.60
Iced Chocolate (w/ ice cream)	\$7.20	\$7.90	\$8.60
Iced White Chocolate (w/ ice cream)	\$7.20	\$7.90	\$8.60
Iced Mocha or Iced White Mocha (w/ ice cream)	\$7.70	\$8.40	\$9.10

Iced Flavoured Latte

	Small	Medium	Large
Iced Chai Latte	\$7.20	\$7.90	\$8.60
Iced Matcha Latte	\$7.20	\$7.90	\$8.60
Iced Turmeric Latte	\$7.20	\$7.90	\$8.60
Iced Nutella Latte	\$7.20	\$7.90	\$8.60
Iced Lotus Latte	\$7.20	\$7.90	\$8.60
Iced Strawberry Matcha Latte	\$9.00	\$9.70	\$10.40

Chilled Frappe

	Small	Medium	Large
Espresso or Chocolate	\$7.20	\$8.20	\$9.20
Chocolate, Caramel or Chai	\$7.20	\$8.20	\$9.20
Mocha or White Choc Mocha	\$8.00	\$9.00	\$10.00
Kit Kat, Cookies n Cream or Tim Tam	\$8.50	\$9.50	\$10.50
Lotus Biscof	\$9.00	\$10.00	\$11.00
Sparkling Iced Tea (Lemon or Peach)		\$6.00	
Milkshakes (Vanilla, Strawberry, Chocolate, Mocha, Lime, Caramel or Banana)	\$6.00	\$7.00	\$8.00
Add Thickshake \$2, Malt \$1, Protein \$2			

Crushes

	Medium	Large
Tropical Twist (DF) Mango, pineapple & passion fruit	\$11.00	\$12.00
Lemon & Mint (DF) (Lemon, lime & mint)	\$11.00	\$12.00
Citrus Berry (DF) (Strawberry & lemon)	\$11.00	\$12.00
Zesty Mango (DF) (Mango & lemon)	\$11.00	\$12.00
Mango-Passion Citrus (DF) Passionfruit, mango & lemon	\$12.00	\$13.00

Thick Shakes

	Medium
Kitty Kat Kit Kat thick shake topped with whipped cream & Kit Kat	\$12.00
Cookie Crunch Oreo thick shake topped with whipped cream & Oreos	\$12.00
Tim Tam Slam Tim Tam thick shake topped with whipped cream & Tim Tams	\$12.00
Pistachio Pistachio thick shake topped with whipped cream, pistachio sauce and pistachios	\$13.00
Ferrero Fusion Ferrero Rocher thick shake topped with whipped cream & Ferrero	\$13.00
Choconutt Coconut & chocolate thick shake topped with whipped cream & chocolate drizzle	\$13.00
Cheeky Bueno Kinder Bueno thick shake topped with whipped cream & Kinder Bueno	\$14.00
Bliss-coff Lotus Biscoff thick shake topped with whipped cream & Lotus biscuits	\$14.00

Fruit Smoothies

Banana (Banana, honey, yoghurt & milk)	Medium	\$11.00
Mango (Mango, banana, yoghurt & milk)		\$11.00
Mixed Berry (Mixed berries, banana, yoghurt & milk)		\$11.00
Acai (DF) Organic Acai berry, guarana, banana, coconut flakes & chia seeds		\$12.00

Protein Shakes *(Made with almond milk)*

Espresso Dream (Banana, coffee, honey & vanilla protein)	Medium	\$10.00
Brekkie-to-go Banana, oats, peanut butter, honey & vanilla protein		\$12.00
Acai Berry Acai berries, banana, oats, honey, chia seeds & vanilla protein		\$13.00
Berry Strawberry, banana, mixed berries, honey, chia seeds & vanilla protein		\$13.00

Freshly Squeezed Juices

	Medium	Large
The Red (Carrot, apple, celery, ginger & beetroot)	\$10.00	\$11.00
Citrus Passion (Orange, lemon & pineapple)	\$10.00	\$11.00
Fruit Slammer Orange, apple, watermelon & pineapple	\$10.00	\$11.00
The Green Dream Apple, cucumber, kale, spinach & celery	\$10.00	\$11.00
The Energiser (Apple, pear, cucumber, pineapple, lemon & ginger)	\$10.00	\$11.00
The Defence (Carrot, orange, lemon & ginger)	\$10.00	\$11.00
Create your own	\$10.00	\$11.00

KIDS MEALS

(Under 10 years)



Kids toastie 	\$8.00
Two slices of white bread toasted with tasty cheese	
Fairy Bread 	\$8.00
Fresh thick cut buttered white bread with 100's & 1000's	
Kids Acai Cone 	\$8.00
Soft serve Acai cone	
Chicken nuggets	\$9.00
6 chicken nuggets served with chips & tomato sauce	
Kids Pancake 	\$10.00
Pancake topped with vanilla ice cream, strawberries, sprinkles & choice of Belgian chocolate or maple syrup	
Waffle 	\$10.00
Vanilla ice cream, strawberries, Belgian chocolate & sprinkles	
Kids Cheese Burger 	\$12.00
Beef patty, liquid cheese, tomato sauce with chips	
Kids Chicken Burger 	\$12.00
Grilled chicken, tasty cheese, tomato sauce with chips	
Kids Brekky 	\$12.00
Grilled bacon, a fried egg & a hash brown with toasted white bread	


ALL DAY BREAKFAST



- Toasted Breads**   **\$7.00**
Variety of toasted breads (White, Brown, Sourdough, Raisin, Turkish)
w/spreads **Gluten-free \$2**
- Eggs on Toast**   **\$15.00**
Eggs cooked your way w/ roasted cherry tomatoes on toasted breads
- Bacon & Egg Roll**  **\$14.00**
Grilled bacon & fried eggs served with aioli & tomato relish
- Brekkie Burger**  **\$18.00**
Fried egg, grilled bacon, lettuce, smashed avo, tomato,
liquid cheese & chipotle mayo
- Granola Bowl**  **\$17.00**
Crunchy granola paired w/ Greek yoghurt & topped w/ fresh
seasonal fruits, coconut flakes, chia seeds & a drizzle of honey
Add peanut butter or biscoff **\$2**
- Smashed Avocado Stack**   **\$21.00**
Toasted sourdough topped w/ smashed avo, fresh cherry tomatoes,
crumbled feta, beetroot hommus & a poached egg drizzled with olive oil
- Smashed Pumpkin Stack**   **\$23.00**
Marinated smashed pumpkin with spicy harissa labneh, crumbled feta,
a poached egg and sautéed kale on toasted sourdough
- Pancakes**  **\$22.00**
Duo stack of pancakes topped w/ fresh seasonal fruit, pistachios, a scoop
of vanilla ice cream & waffle cone drizzled with a choice of maple syrup or
Belgian chocolate **Add Biscoff or Pistachio sauce for \$2**
- French Toast**  **\$24.00**
Sweet brioche loaf with fresh seasonal fruits, poached pear, pistachios,
a scoop of vanilla ice cream & waffle cone with a choice of maple syrup
or Belgian chocolate **Add Biscoff or Pistachio sauce for \$2**
- Omelette**   **\$24.00**
Choice of any 3 toppings below with sourdough (ham, tomato,
chorizo, bacon, sujuk, cheese, mushrooms, olives, onion, spinach, feta)
- Breakfast Bruschetta**  **\$24.00**
Classic Italian Bruschetta w/ smashed avo, choice of bacon or smoked
salmon, crumbled feta on toasted sourdough drizzled w/ balsamic glaze
- Haloumi Stack**   **\$25.00**
Toasted sourdough topped w/ grilled haloumi, sautéed mushrooms,
smashed avo, fresh cherry tomatoes & a poached egg drizzled w/
balsamic glaze
- Eggs Benedict**   **\$24.00**
Your choice of ham, bacon, smoked salmon, sujuk or mushrooms
paired with two poached eggs, wilted spinach & hollandaise served
on toasted sourdough
- Salmon-Avo Duo**  **\$25.00**
Toasted sourdough topped w/ cream cheese, smashed avo,
wilted spinach, pickled onion, smoked salmon & a poached egg
- Haloumi Corn Fritters**  **\$25.00**
Two savoury fritters accompanied by zesty guacamole,
smoked salmon or bacon & a pair of poached eggs
- T-Spoon's Mediterranean Breakfast**  **\$29.00**
Eggs cooked your way, grilled sujuk, lamb kafta, olives, zaatar
avocado, cucumber, grilled haloumi, baba ganoush & zaatar pita
- T-Spoon's Big Breakfast**  **\$29.00**
Eggs cooked your way, grilled bacon, grilled haloumi,
chorizo, sautéed mushrooms, roasted cherry tomatoes,
a hash brown & baked beans with a slice of sourdough

Specials of the week: Please see the friendly staff

Savoury Crepes *Served with salad*

Ham & Cheese Ham, cheese & egg crepe topped w/ hollandaise sauce	\$21.00
Spinach & Feta  Spinach & feta crepe topped with hollandaise sauce	\$21.00
Bacon & Spinach Grilled bacon & spinach crepe topped w/ hollandaise sauce	\$22.00
Chicken Fungi Grilled chicken and sautéed mushrooms crepe served with creamy mushroom sauce	\$23.00

Extras

Extra toast, baked beans, aioli, hollandaise, gluten free bread or bun	\$2.00
Ham, mushrooms, avocado, chorizo	\$4.00
2 hash browns, chicken	\$6.00
2 eggs, bacon, smoked salmon, lamb, sujuk & haloumi	\$7.00

A LIGHT BITE



Potato Chips  In-house seasoned & served with all time favourite tomato sauce	\$9.00
Sweet Potato  Fries served with aioli	\$12.00
Wedges  Served with sour cream & sweet chilli	\$13.00
Loaded fries Topped with bacon & liquid cheese Add Sour cream or guacamole \$2	\$16.00
Classic Bruschetta   Traditional Italian bruschetta with crumbled feta on sourdough drizzled with balsamic glaze	\$16.00
Haloumi Chips  Crumbed haloumi chips served with tzatziki sauce	\$17.00

DESSERTS



Waffles / Crepes

Cookies & Cream  Served with Oreo cookies, whipped cream, vanilla ice cream & Belgian chocolate	\$17.00
Fruity Indulgence  Served with berries, banana, pistachios, vanilla ice cream & Belgian chocolate	\$18.00
Banana Scoff  Served with Lotus Biscoff, banana, vanilla ice cream & Lotus biscuits	\$19.00
Nutella Indulgence  Served with Nutella, banana & vanilla ice cream	\$19.00

SOFT SERVE ACAI



The Original Acai 	\$19.00
Soft serve Acai topped w/ granola, fresh seasonal fruits, shredded coconut, chia seeds and a drizzle of honey	
Chocolate 	\$17.00
Soft serve Acai topped w/ granola, fresh strawberries & banana drizzled with Belgian chocolate (milk or white)	
Peanut Butter 	\$17.00
Soft serve Acai topped w/ granola, fresh strawberries & banana drizzled with peanut butter	
Nutella 	\$17.00
Soft serve Acai topped w/ granola, fresh strawberries & banana drizzled with Nutella	
Pistacchiosa 	\$18.00
Soft serve Acai topped w/ granola, fresh strawberries & banana drizzled with Pistachio sauce and pistachios	
Biscoff 	\$18.00
Soft serve Acai topped w/ granola, strawberries & banana drizzled with Lotus Biscoff sauce and lotus crumbs	

Build your own *Choose your Base*

Acai Cone (Soft serve acai in a waffle cone)	\$8.00
Acai Bowl (Soft serve acai topped w/ granola, strawberry & banana)	\$15.00

Add-Ons

Toppings: Granola, coconut, fruits, pistachio crumbs, chocolate chips, honey	\$2.00
Sauces: Belgian Chocolate (milk or white), Peanut Butter, Nutella, Biscoff, Pistachio, Caramel	\$3.00

Salads/Bowls

Chicken Caesar	\$22.00
Grilled chicken combined w/ crisp cos lettuce, bacon, a poached egg, crunchy croutons & shaved parmesan, all tossed in caesar dressing	
Moroccan Lamb	\$22.00
Grilled lamb kafta paired w/ fresh spinach, roasted pumpkin, fried chickpeas, cucumber, pickled onions, cherry tomatoes with in-house dressing	
Grilled Chicken Salad 	\$22.00
Grilled chicken, mixed greens, cucumber, Spanish onion, cherry tomatoes, pumpkin seeds & crumbled feta with in-house dressing	
Pumpkin Falafel Bowl 	\$24.00
Roasted pumpkin, falafels, fresh kale slaw, fried chickpeas, puffed quinoa & beetroot hummus served with in-house dressing	
Protein Bowl 	\$25.00
Grilled chicken, avocado, corns, a poached egg, puffed quinoa, caramelised pineapple, pico de Gallo & beetroot hommus	
Kafta bowl	\$26.00
Lamb Kafta, falafels, pickled turnips, pita bread, hommus, tzatziki & side of Greek salad	

LUNCH



*All Wraps/Burgers/Sandwiches served with chips
Upgrade to Potato Wedges or Sweet Potato Chips \$3*

Falafel Wrap 	\$18.00
Falafels, cabbage, pickled turnips, tomato, cucumber, hommus & garlic aioli	
Protein Wrap	\$19.00
Grilled chicken, lettuce, avocado, tomato & garlic aioli	
Grilled Veggie Wrap 	\$19.00
Grilled haloumi, baby spinach, pickled onion, cucumber, roasted capsicum, fried chickpeas, baba ganoush	
Guilt Free Wrap	\$20.00
Marinated lamb kafta, lettuce, tomato, pickled onion & tzatziki	
California Burrito	\$20.00
Beef steak, lettuce, pico de gallo, guacamole, sour cream & potato chips	
Lamb Burger	\$20.00
House made patty, lettuce, tomato, Spanish onion, cucumber, tasty cheese & tzatziki	
Ultimate Aussie	\$20.00
Beef patty, lettuce, tomato, caramelised onion, beetroot, liquid cheese & chipotle mayo	
Portuguese Chicken 	\$21.00
Grilled Portuguese chicken, lettuce, tomato, caramelised pineapple, tasty cheese & sriracha mayo	
Southern Style	\$22.00
Southern fried chicken, grilled bacon, lettuce, liquid cheese & garlic aioli on a bed of creamy coleslaw	
Haloumi & Mushroom  	\$23.00
Grilled haloumi, sautéed mushrooms, smashed avo, wilted spinach, tomato & garlic aioli on Turkish	
B.L.A.T. 	\$22.00
Grilled bacon, lettuce, smashed avo, tomato & garlic aioli on Turkish	
The Rueben 	\$24.00
Corned beef, sauerkraut, gherkin, tasty cheese, thousand island sauce on Turkish	
Chicken & Bacon 	\$24.00
Grilled chicken, grilled bacon, smashed avo, lettuce, tomato & chipotle mayo on sourdough	
Steak Sanga 	\$24.00
Beef steak, lettuce, tomato, caramelised onion, beetroot, liquid cheese & chipotle mayo on sourdough	
Tacos	\$24.00
Choice of battered fish or southern fried chicken, crunchy slaw, pico de gallo, corns, fresh coriander drizzled w/ thousand island on warm soft tortillas	
Fish & Chips	\$24.00
3 battered fish fillets served with chips, salad & tartare sauce	
Chicken Schnitzel	\$24.00
Crumbed chicken schnitzel served with chips, salad & gravy	
Waffle Chicken	\$25.00
Southern fried chicken served on waffle w/ maple bacon, liquid cheese, chipotle mayo, creamy coleslaw & sweet potato crisps	



Vegetarian



Gluten Free Option available