



# MENU

## Opening Hours

Monday to Friday 6:45 am to 3:30 pm  
Saturday & Sunday 7 am to 2 pm

+61 2 4731 5485

[www.thetspooncafe.com.au](http://www.thetspooncafe.com.au)

Ground level, 50 Belmore Street  
Penrith NSW 2750

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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

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

## Protein Shakes *(Made with almond milk)*

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

## Freshly Squeezed Juices

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

## KIDS MEALS

*(Under 10 years)*



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

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

### **Extras**

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

## **A LIGHT BITE**



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

## **DESSERTS**



### **Waffles / Crepes**

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

# SOFT SERVE ACAI



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

## **Build your own** *Choose your Base*

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

### **Add-Ons**

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

## **Salads/Bowls**

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

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



Vegetarian



Gluten Free Option available