

LAB KITCHEN

LAB BREKKY / LUNCH

AVAILABLE
UNTIL
3:30 PM

TOASTED BREAD WITH CONDIMENTS

1 Piece / \$3.5 or 2 Pieces / \$6

Choice of white sourdough, QSB, deli rye, white bread, fig & raisin or gluten-free (\$1 extra). Condiment choice of peanut butter, strawberry jam, marmalade or vegemite.

EGGS ON TOAST / \$9.5

Choice of toasted bread & eggs served with Pepe Saya butter.

ACAI & CHIA SEED PUDDING IN A JAR / \$14 V

Chia seed pudding, acai, granola, seasonal fruits.

BACON & EGG ROLL / \$9.5

Milk bun, sunny side up egg, streaky bacon, spinach, housemade BBQ aioli.

CRAB & CHILLI SCRAMBLED EGG / \$19

Grilled QSB, Alaskan king crab, kipfler potato, coriander, capsicum, onion, chilli, garlic.

KST (KOREAN STREET TOAST) / \$14

White bread, scrambled egg, coleslaw, ham and cheese.

SMASHED AVO / \$15 V

Add poached egg / \$2.5

Charred sourdough, beetroot hummus, avocado, cherry tomato, whipped Persian fetta, za'atar, lotus chip.

CHICKEN BURRITOS / \$14

Herb lime marinated chicken, guacamole, rice, lettuce, tomato salsa, Mexican cheese, chipotle mayo, hash browns.

BAKED EGGS (SHAKSHUKA) / \$17.5

Chorizo, chickpea, portobello mushroom, tomato, poached eggs, Mexican cheese, tomato & corn salsa, grilled tortilla. [Vegetarian option also available]

SPICY CHICKEN SANDWICH / \$15

Spicy marinated chicken, smashed avocado, tomato, bacon, kale, rocket, Swiss cheese, onion, honey & mustard vinaigrette.

GOURMET MUSHROOM ON DELI RYE / \$17

Assorted mushrooms (portobello, shiitake, oyster), crispy enoki mushroom, chorizo, garlic, chilli, sunny side up egg, crisp onion, truffle oil. [Vegetarian available]

LK (LAB KITCHEN) BENEDICTS

Housemade crumpet, chipotle garlic hollandaise sauce, wilted spinach, crisp onion.

Buttermilk fried chicken / \$18

Ham / \$17.5

Smoked salmon / \$18.5

ZUCCHINI & CORN NEST / \$16.5 V

Extra fritter / \$3.5

Cheese stuffed zucchini flower, poached egg, tomato & corn salsa, smashed avocado, chipotle aioli.

FRENCH TOAST / \$17

Nutella stuffed tin brioche, vanilla ice cream, maple syrup, seasonal fruits, pistachio praline.

LK (LAB KITCHEN) BREAKFAST PLATE / \$22

Choice of eggs, bacon, chorizo, smashed avocado, roasted tomato & Portobello mushroom, whipped Persian fetta, Sorrel pesto, black garlic, hash browns, seasonal green vegetable, toasted sourdough.

SIDES/EXTRAS

Wilted spinach | roasted Portobello mushroom | semi-dried Roma tomato / \$3

Bacon | chorizo | eggs | smoked salmon | halloumi cheese / \$4

Housemade garlic bread | sous vide chicken breast / \$6

Crispy skinned French fries / \$8

Sweet potato fries / \$9

LAB HEALTHY BOWL

AVAILABLE
ALL
DAY

PUMPKIN BOWL / \$16 V

Slow roasted pumpkin, quinoa, brown & black rice, kale, whipped fetta cheese, pomegranate, honey & mustard dressing, crispy chickpeas, spinach.

ROASTED HEIRLOOM CARROT / \$17 V

Roasted heirloom carrot, whipped ricotta cheese, quinoa, nori (seaweed) butter, mint salsa verde, hazelnut.

POKE BOWL / \$18 G

Choice of salmon or sous vide chicken breast. Avocado, brown & black rice, edamame, seaweed, carrots, pickle ginger, crispy kale, citrus wasabi dressing. [Can change to soba noodles]

PROTEIN BOWL / \$17 G

Sous vide chicken breast, lentil, quinoa, broccoli, avocado, kale, pomegranate vinegar.

MEXICAN BOWL / \$17

Herb, lime & chilli marinated chicken, guacamole, black & brown rice, lettuce, tomato salsa, jalapeno, Mexican cheese, chipotle aioli.

BULGOGI BOWL / \$20

Marinated beef, Asian mushroom, black & brown rice, pickled carrot & radish, broccolini, coleslaw, avocado, edamame.



LAB PIZZAS

AVAILABLE
FROM
10:30AM

MARGHERITA / \$17 V

Semi-dried cherry tomato, basil, mozzarella.

PUMPKIN & PORTOBELLO MUSHROOM / \$18 V

Roasted pumpkin, rocket, whipped Persian feta, crisp onion, Portobello mushroom.

HAWAIIAN / \$17

Smoked ham, pineapple.

SPICY CHICKEN / \$19

Mexican marinated chicken, red onion, semi-dried cherry tomato, spinach, chipotle aioli.

GARLIC PRAWN / \$20

Garlic prawn, red onion, zucchini flower, rocket, lemon, fried garlic.

PROSCIUTTO / \$20

Prosciutto, rocket, balsamic glaze, extra virgin olive oil, shaved parmesan.

LAB PASTA

AVAILABLE
FROM
10:30AM

DIAMOND SHELL CLAM / \$24

Spaghetti, clam, pancetta, zucchini flower, caper, chilli, garlic, parsley, shallot, basil, white wine, housemade garlic bread.

BOLOGNESE / \$18

Spaghetti, beef & pork bolognese sauce, tomato, basil, parmesan cheese, housemade garlic bread.

PORTOBELLO MUSHROOM / \$17

Spaghetti, bacon, Portobello mushroom, onion, garlic, cream, parmesan cheese, porcini pangrattato, housemade garlic bread.

ALASKAN KING CRAB / \$24

Linguini, Alaskan king crab meat, zucchini, chilli, pancetta, garlic, parsley, basil, cherry tomato, preserved lemon, pangrattato, housemade garlic bread.

SEAFOOD MARINARA / \$25

Linguini, Napolitana sauce, calamari, prawn, mussel, cherry tomato, basil, shallot, pancetta, chilli, garlic, pangrattato, housemade garlic bread.

LAB SPECIALTY

AVAILABLE
FROM
10:30AM

ULTIMATE LK (LAB KITCHEN) BURGER / \$18

Extra patty / \$4

Housemade beef patty, lettuce, tomato, American cheese, burger mayo, pickle, onion jam, streaky bacon, beetroot relish, side chips.

BUTTERMILK FRIED CHICKEN BURGER / \$18

Buttermilk marinated chicken breast, coleslaw, tomato, smashed avocado, pickle, herb mayo, side chips.

STEAK SANDWICH / \$20

Grain fed scotch fillet 150g, Swiss cheese, tomato, onion jam, wild rocket, charred sourdough, side chips.

RIVERINE RUMP CAP (250G) / \$28 G

Riverine rump cap, black garlic butter, broccolini, almond crumbs, side chips.

LAB KIDS MENU

AVAILABLE
ALL
DAY

Under 12 years old

FISH & CHIPS / \$12

BOLOGNESE SPAGHETTI / \$10

CHICKEN NUGGETS & CHIPS / \$10

DIETARY OPTIONS



VEGETARIAN



GLUTEN-FREE

LEAVE US FEEDBACK!



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