GGRRRRR....NEED COFFEE?
BY WIDE OPEN ROAD
white coffee : shady lane blend 3.8
black : single origin 4
filter 3
hot chocolate 4.8
baby chino 1

SE-JUICED, FRESHLY SQUEEZED
beetroot, carrot, apple, celery, ginger 8
pineapple, orange, apple, passionfruit 8
spinach, kale, apple, celery, ginger, mint 8

SMOOTHIE OPERATOR
dragon fruit, mango, passionfruit
almond butter, macadamias, milk, topped w goji berry, chia seeds 9
banana, cinnamon, nutmeg, tumeric, macadamias, almonds + coconut milk topped w toasted coconut 9
kale, spinach, date, banana + coconut milk topped w chia 9

MILK MAID...
all drinks on full or skinny
add bon soy 1 - almond 1 - coconut 1

SPILL THE TEA....
english breakfast 4   earl grey 4   green 4
fresh mint 4   chai by prana 5

AYURVEDA TEAS
pitta : cleansing tea (peppermint, licorice, shatarari, cardamon, ginger + rose petals) 4.5
vata : calming tea (tulsi, licorice, cinnamon, ashwagandha, ginger, clove, sweet orange + fennel) 4.5
kapha : invigorating tea (sencha green, ginger, tulsi, ginseng + clove ) 4.5

CHILLY
cold brew 4 - add condensed milk 1
iced latte w sugar syrup 3.8
iced coffee, chocolate, mocha 6
chocolate, vanilla or strawberry

FIZZ
house sodas - passionfruit, cherry, blueberry, blood orange 5
bundaberg ginger beer 4
coke, diet coke, lemonade 4
sparkling water 3

HAIR OF THE DOG?
beary mary - tomato juice, spices, picked celery w vodka or tequila 15 or plain jane 9
gin 'n juice - fresh oj + gin 11
buck's fizz - fresh oj + bubbles 10
POKE THE BEAR

BREAKFAST 7AM - 3.00PM EVERY DAY

BREAKFAST - SMALLER

- Grizzly Bowl.. acai, banana + coconut water topped w chia seed, goji berry, toasted coconut + fresh banana 12 (gf)
- Koala Puddin'.. chia + coconut pudding topped w blueberry compote + a buckwheat, brazil nut + coconut crunch 12 (gf)
- Goldie Locks.. porridge w cinnamon, buckwheat, brazil nut crunch + fresh banana 5,10
- Bear Bones.. sourdough multigrain toast + a condiment - choose from jam, vegemite or peanut butter 6 (gfo)
- Gummy Bear.. fruit toast 3 (per slice) add macadamia + almond nut butter 1
- Bear Hands.. breaky taco w scrambled eggs, avocado, tomato relish + pico de gallo 7 (gf)

BREAKFAST - BIGGER

- Bear Minimum.. two eggs on buttered sourdough multigrain toast 9.5 (gfo)
- Bearable.. avocado salad on ciabatta w cherry tomato, fetta, herbs + lime sea salt 15 (gfo)
  add a poached egg 2.5
- Pandamonium.. crispy potatoes, black beans, corn, ptb red sauce, poached eggs + chorizo crumb served w charred ciabatta 18 (gfo)
- Yogi Bear.. spicy tofu on sourdough multigrain toast w spinach, broccoli, red onion, avocado + toasted hazelnuts 16 (gfo, vg)
- Grin and Bear it.. chilli scrambled eggs on sourdough multigrain toast w onion marmalade, goats cheese + fresh greens 16 (gfo)
- Bear Arms.. slow roasted mixed mushrooms on pumpkin loaf w grilled halloumi + pea + spinach pesto 17
- Papa Bear.. potato, green onion + cheddar hash w poached eggs, paprika lime hollandaise + dressed greens - choose from spinach 15, bacon 16, chorizo 17 or smoked salmon 18 (gf)
- Mama Bear.. grilled brioche french toast w your choice of poached pear + rhubarb compote, cinnamon marscarpone + toasted hazelnuts OR bacon, maple syrup and cinnamon butter 17 (gfo)

BEAR ESSENTIALS

- Egg 2.5
- Bacon 4
- Mushrooms 4 (vg)
- Spinach 3
- Smashed avocado 4
- Smoked salmon 5
- Grilled halloumi 4
- Chorizo 4
- Slow cooked beans 4 (vg)
- Green onion + cheddar potato hash 5 (gf)

SWEETS

- Sticky date pudding 8
- Carrot cake cream cheese icing 5
- Chocolate brownie 4 (gf)
- Salted caramel ball 4 (gf)

Talk to us about vegan options or anything else we could help you with

@pokethebearnorthcote
POKE THE BEAR
LUNCH 12PM - 3.00PM EVERY DAY

Hibernation.. chicken sandwich - chargrilled (gf) or fried w creamy slaw, avocado + house mayo on toasted ciabatta 14
add side fries 3.5 (gfo)
Bear Grylls.. big beef burger, bacon, cos lettuce, double cheddar, onion + special burger sauce on ciabatta 15
add egg 2.5 add side fries 3.5 (gfo)
Barbearian.. smokey vegan quinoa + bean pattie, mushroom, avocado, beetroot relish, cos lettuce + tomato on ciabatta
14 add side fries 3.5 (vg+)
Piglet.. 10 hour slow cooked pulled pork, creamy slaw, American cheddar + house made bbq sauce on a brioche bun 14
add side fries 3.5 (gfo)

P.T.B. TOASTIES (all served on a toasted ciabatta with house mayo)

Mushroom, goats cheese, rocket, beetroot relish, pea + spinach pesto 13
Poached chicken, pistachio, red onion, celery, thyme + rocket 13
Egg, bacon, tomato relish + rocket 13
Bacon, cos lettuce, tomato + avocado 13
Ham, cheese + tomato 10
Tuna, dill, red onion, capers, avocado, provolone cheese + cos lettuce 13
Meatball, red sauce, rocket, parmesan 14

NACHOS

Ptb red sauce, sour cream, cheese + avocado 14 (gf)
Load ’em up..
- add slow cooked bean chilli 4
- add 10 hour pulled pork 5

SOUP OF THE DAY
Check the specials board for todays flavour - served w buttered toast 12

POKE BOWLS - AVAILABLE ALL DAY

#1 - red + white quinoa, sweet potato, broccoli, charred corn, pickled cabbage, hummus, pea + spinach pesto +
roasted pepitas 15 (gf)
#2 - green rice, avocado, charred asparagus, kale, peas, cucumber, pickled fennel, fresh herbs, kewpie mayo +
toasted seeds 15 (gf)
load up your bowl? for breaky add a poached egg 2.5 or for lunch add grilled chicken tenders 5 or smoked salmon 5

FUNCTIONS @ POKE - for function or event enquiries have a chat to the staff or say hello at info@ptbnorthcote.com

Talk to us about vegan options or anything else we could help you with

@pokethebearnorthcote  Facebook
BOOZE

BEERS ..........................
Doss Blockos Pale Lager  8
Bintang  8
Temple Brewing Bicycle beer 8
Balter XPA  10

NOT BEERS ..............
Lick Pier Ginger Beer 9
Fog City Apple Cider 11

WINE – RED + WHITE + SPARKLING

<table>
<thead>
<tr>
<th>Year</th>
<th>Variety</th>
<th>Region</th>
<th>Btl</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015 Anno Domini 47</td>
<td>Prosecco Extra Dry Millesimato</td>
<td>Veneto, Italy</td>
<td>35</td>
</tr>
<tr>
<td>2015 Hesket Estate</td>
<td>Sparkling Blanc de Noirs</td>
<td>Macedon Ranges, VIC</td>
<td>40</td>
</tr>
<tr>
<td>2016 Maui Sauvignon</td>
<td>Blanc</td>
<td>Marlborough, NZ</td>
<td>35</td>
</tr>
<tr>
<td>2016 Artigiano Pinot</td>
<td>Grigio</td>
<td>Veneto, Italy</td>
<td>40</td>
</tr>
<tr>
<td>2015 Greenstone Point</td>
<td>Pinot Noir</td>
<td>Waipara, NZ</td>
<td>35</td>
</tr>
<tr>
<td>2014 Feather In Cap</td>
<td>Shiraz</td>
<td>Adelaide Hills SA</td>
<td>35</td>
</tr>
<tr>
<td>2015 The Collaborators</td>
<td>Pinot Noir</td>
<td>Gippsland, VIC</td>
<td>40</td>
</tr>
<tr>
<td>2016 Chapman Grove</td>
<td>Rose</td>
<td>Margaret River, WA</td>
<td>35</td>
</tr>
</tbody>
</table>

COCKTAILS

CLASSIC MARGARITA       Tequila, agave + lime 17
SPICY MARGARITA         Tequila, agave, cucumber, coriander + jalapeño 18
DARK & STORMY           Goslings black rum, ginger syrup, lime juice + ginger beer 17
PTB ESPRESSO MARTINI    Vodka, Kahlua, fresh espresso, vanilla + dark chocolate 17

THE USUAL SUSPECTS..    gin, vodka, tequila, whiskey, rum.. tell us your poison

..........................................................................................