



LSZ
est '14

INNALOO - AVELEY - YOKINE - SUBIACO

BREAKFAST

Please let our staff know of any dietary requirements - we are not a gluten, nut or seed free kitchen but will do our best to accommodate your needs

PANCAKES: GLUTEN FREE

Canadian pancakes w. maple cinnamon whipped butter, bacon, maple syrup, almonds. gf	25
Nutella & banana pancakes	25
Banana pancakes served with butterscotch sauce, maple cinnamon whipped butter & almonds. gf	25
Gluten free housemade muesli w. berry and apple compote, natural greek yoghurt, topped with granola. v gf	15
-add milk	1
Breakfast bruschetta w. smashed avocado, roasted tomatoes, poached eggs, rocket, reduced balsamic on Artisan sour dough toast. gfo df v	24
-swap eggs for roasted mushrooms to make it <u>vegan</u>	
Green Eggs w. house pesto scrambled eggs, field mushrooms, wilted spinach, feta cheese on Artisan dark rye. gfo dfo v	24
Paleo Pumpkin Bread w. smashed avocado, poached egg, rocket, reduced balsamic glaze. gf df v	19
- add one poached egg	2.5
Braised Beans w. house beans, chorizo, sweet corn, jalapeno's, soft corn tortillas, free range fried eggs. gf df	20
Keto omelette w. spinach, wild mushrooms, cheddar cheese. gf v (egg white only may be available please ask staff)	19
- Add Chicken OR Ham	8
Breakfast salad w. rocket, avocado, cherry tomatoes, pickled carrot, red onion, bacon, poached eggs, vegan aioli. gf df vo	22
10 hour slow roasted pulled pork benedict w. poached eggs, Artisan sourdough toast, house spiced hollandaise. gfo	25
- add wilted spinach	2.5
Bacon benedict w. poached eggs, Artisan sourdough toast, house hollandaise. gfo	25
- add wilted spinach	2.5
Smoked salmon benedict w. poached eggs, Artisan sour dough toast, smoked salmon, house hollandaise. gfo	25
- add wilted spinach	2.5
Big breakfast w. bacon, eggs your way, roasted tomato, hash brown, house beans, pork sausage, Artisan sour dough toast. gfo dfo	25.50
Big veggie breakfast w. eggs your way, roasted tomato, hash brown, house beans, wilted spinach, roasted mushrooms, avocado, Artisan sour dough. gfo dfo v	26
Bacon & egg wrap w. fried egg, bacon, spinach, housemade tomato sauce. df	15
Breakfast vegan wrap w. wilted kale, roasted mushroom, hashbrown, housemade tomato sauce, vegan aioli. df	15
Breakfast burger w. hashbrown, bacon, fried egg, cheddar, housemade tomato sauce, spinach. gfo	20
Two free range eggs cooked your way on Artisan sourdough or dark rye toast. gfo df v	14
Artisan sourdough toast with condiments	
Choose from honey, vegemite, butter, maple syrup or housemade strawberry jam. gfo dfo	11
Extras: only to be added with the purchase of a main meal. Not sold separately	
two Bacon: 9 two Eggs: 5 two Tomatoes: 4 two Hash browns: 4 Beans: 5 Pork sausage: 5	
Mushrooms: 5 1/2 Avocado: 5.5 Pulled Pork: 8 Wilted Kale: 4.5 Hummas 4.5	

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LUNCH

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Spicy Thai beef salad w. rocket, marinated beef, house pickled vegetables, roasted capsicum, honey roasted cashews. gf df	23
Tikka salad w. rocket, minted yoghurt, marinated grilled chicken, chorizo, onion, pickled carrots, honey roasted cashews, cherry tomatoes, house dressing, pappadum. gf	25
Shaved Pear salad w. rocket, red onion, candied walnuts, balsamic reduction & feta cheese. gf v vegan option	18
x add grilled chicken	8
x housemade falafels	10
Housemade falafels w. wilted kale, hummus, crushed almonds, avocado, fresh chilli, coriander & lemon wedge. gf df vegan	25
Buddah Bowl w. sauteed green veg, roasted pumpkin, avocado, spiced chickpeas, sesame, quinoa, kale, pickled radish	21
x add grilled chicken	8
x housemade falafels	10
Soft Tacos: (3) chicken or 10 hour slow cooked pulled Pork w. Jalapeños, mint yoghurt, cos lettuce, creamy slaw, gf Vegan Option: Mushroom, vegan aioli, charred corn, cos lettuce, creamy slaw, Jalapeños	22
Bucket of chips, house vegan aioli, house tomato sauce. gf df vegan	10

Wraps

Smoked salmon wrap w. cos, carrot, onion, tomato, aioli, house tomato sauce, served with a garden salad. df	19
Grilled chicken breast wrap w. cos, carrot, onion, tomato, aioli, house tomato sauce, served with a garden salad. df	19
Housemade vegan falafal wrap w. hummus, kale, onion, vegan aioli, served with a garden salad. df vegan	19

Burgers

At Lot Six Zero we hand craft our burger patties using only 100% Western Australian Blade cut beef. No additives, No preservatives, No Nasties.

Ground Beef w. house tomato sauce, cheddar, aioli, cos, tomato, house pickles, American mustard on brioche, served w. chips gfo dfo - add bacon & egg 7	23
CBA w. Grilled Chicken, smashed avocado, bacon, cos, brioche, served w. chips. gfo dfo	25
Spicy BBQ Pulled Pork w. BBQ marinated pulled pork, creamy slaw, pickles & Jalapenoes, brioche, served w. chips gfo dfo	25
Vegan Beyond "Beef" Burger w/ vegan cheese, tomato, lettuce, pickle, vegan aioli & relish served with chips gf	25
Steak Sandwich w. Scotch fillet, bacon, cheese, grilled onion, lettuce, tomato, relish & aioli served w. chips gfo, dfo	26.50

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COFFEE

LOT SIX ZERO'S "House Blend"

Our house blend coffee bean has been handpicked for a full flavoured coffee, It has a bold and syrupy mouth feel, with beautiful milk chocolate & spicy tones with a smooth finish.

Add Soy 0.6 | Add Almond milk 0.6 | Oat Milk 0.6 | Organic Decaf 1.0 | Lactose Free 0.6

"KOKO" HOT CHOCOLATE - dairy free option available -

Glass 4.70 | Mug 6.20

ORGANIC MATCHA GREEN TEA LATTE

Glass 4.70 | Mug 6.20

ORGANIC CHAI ME LATTE - GLUTEN FREE

Glass 4.70 | Mug 6.20

ORGANIC GOLDEN TURMERIC MILK -
served with soy milk.

Glass 4.70 | Mug 6.20

POT OF TEA (serves one) loose leaf -

6

English Breakfast

Frech Earl Grey - Black tea, lavender, rose petals, mallow, natural flavour of mango & oil of bergamot

Berry Green - Green tea, oolong tea, strawberries, raspberries & red currants

Green Tea

G.L.E.W - ginger, lemongrass, echinacea, white tea

Well Being - Spearmint, alfalfa, calendula

Peppermint

Chai - Black tea, cinnamon, ginger, cloves, black pepper, cardamon

Fruity-Tutti - Raspberry pieces, apple, prange, rosehip, hisiscus, lemongrass & vitamin c)



COLD DRINKS

COLD PRESSED JUICES

please see display fridge for our daily selection

DELICIOUS SMOOTHIES

x add whey protein powder

Gym Junkie: Banana, mango, spinach, coconut water, vanilla protein 13

Berry Warrior: Strawberry, raspberry, blueberry, coconut water, vanilla protein 13

Gone Nuts: Banana, peanut butter, dates, almond milk, coco powder 13

Banana Smoothie: Banana, ice cream, honey, skim milk 10

Tropical: Mango, passionfruit, strawberry, coconut water 10

MILKSHAKES (GF) - Choc | Vanilla | Caramel | Strawberry | Spearmint | Banana 8
(Vegan options available using soy ice cream and soy or almond milk - caramel NA - 1)

ICED coffee | ICED chocolate | ICED mocha - served with cream & ice cream 8

Homemade Iced Latte (black available) 7
Brewed for over 12 hours, be seduced by this smooth and sensuous blend mixed with creamy milk & ice.



KIDS MENU UNDER

12yo, available all day
Please let our staff know of any dietary requirements

Mini Brekky 1 egg (fried or poached), 1 bacon, 1 hashbrown & sourdough gf df 13

Pancakes with maple syrup & butter gf 13

Chicken slices & chips gf df 11

Small bucket of chips gf df vegan 9

DRINKS

Kids Milkshakes

-Chocolate, Vanilla, Caramel, Strawberry, Spearmint, Banana 6

Please see drinks fridge for juice and soft drink options