

PLEASE PLACE YOUR ORDER AT THE COUNTER

EXPRESS LUNCH COMPLIMENTARY COLD PRESSED JUICE. BEER OR WINE ON ARRIVAL. MEAL SERVED IN UNDER 20MIN OR ITS FREE

BRAISED BEEF CHEEK	CREAMY PARIS MASH, RED WINE SAUCE & SALAD	(GF)	25
SLOW COOKED LAMB SHOULDER	CREAMY PARIS MASH, HERB CHERMOULA & SALAD	(GF)	25
ROASTED AUTUMN VEGETABLES	CREAMY PARIS MASH, HERB CHERMOULA & SALAD	(GF)	25

LUNCH

AUTUMN SUPERFOOD SALAD	QUINOA, PUMPKIN, ROASTED BRUSSELS, ASPARAGUS, SPINACH, HERBS, NUTS, SEEDS	(VEGAN)(GF)(DF)	22
	ADD POACHED EGG 4 ADD GRILLED CHICKEN 7 ADD CONFIT SALMON 7		
SALMON NIÇOISE SALAD	HEIRLOOM TOMATO, POTATO, SICILIAN OLIVES, BEANS, SOFT EGG, TARRAGON VINAIGRETTE	(GF)(DF)	28.5
	GOES WELL WITH A GLASS OF '2017 FIANO'	12	
SLOW COOKED LAMB SALAD	COUS COUS, CHARRED PEPPERS, ALMONDS, FETTA, CHERMOULA		28.5
	GOES WELL WITH A GLASS OF '2016 CABERNET SAUVIGNON'	9	
AVOCADO TOAST	HUMMUS, FRESH CHEESE, DRIED TOMATOES, POACHED EGG	(VEGAN OPTION AVAIL)(V)	20.50
	GOES WELL WITH BACON	6	
WAGYŪ BEEF BURGER & FRENCH FRIES	AGED CHEDDAR, LETTUCE, TOMATO, PICKLES, CLASSIC SAUCES		24
	GOES WELL WITH A PINT OF SINGLE FIN BEER	9	
GRILLED STEAK SANDWICH	PANCETTA, CARAMELISED ONION, CHEDDAR, FRIES, TRUFFLE AIOLI		24
	GOES WELL WITH A PINT OF SINGLE FIN BEER	9	
ORECCHIETTE PASTA	MANY MUSHROOMS, PARMESAN VELOUTÉ	(VEGAN OPTION AVAIL)(V)	24
	GOES WELL WITH A GLASS OF '2016 PINOT GRIS'	11	
BEEF CHEEK GNOCCHI	BEEF CHEEK & TOMATO RAGÚ, SPINACH, PARSLEY, REGGIANO CHEESE VELOUTÉ		28
	GOES WELL WITH A GLASS OF '2016 CABERNET SAUVIGNON'	9	
STEAK & FRIES	STIRLING RANGES RUMP CAP, GARDEN SALAD, FRENCH FRIES, OUR OWN HERB STEAK SAUCE	(GF)	28
	GOES WELL WITH A GLASS OF '2016 CABERNET SAUVIGNON'	9	
FREMANTLE SWORDFISH	GRILLED, SWEET POTATO PURÉE, BROCCOLINI-ASPARAGUS SALAD, ROASTED HAZELNUTS, BALSAMIC DRESSING		28.50
	GOES WELL WITH A GLASS OF '2017 CHARDONNAY'	12	

SIDES

GARDEN SALAD	GOURMET LETTUCES, TOMATO, CUCUMBER, CARROT, SPRING ONION, HERBS, FRENCH VINAIGRETTE	(GF)(V)	8
SAUTEÉD MUSHROOMS		(GF)(V)	6
FRENCH FRIES	TRUFFLE MAYONNAISE	(GF)(V)	9
STEAMED GREEN BEANS	SEA SALT, EVOO	(GF)(V)	9
PARIS MASH		(GF)(V)	7

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TIISCH CAFÉ BISTRO IS AVAILABLE FOR PRIVATE EVENTS

DRINKS

CAPI

SPARKLING FRUIT SODA GRAPEFRUIT / BLOOD ORANGE / CRANBERRY 6

KOMBUCHA

KOMMUNITY BREW GINGER & TURMERIC / RASPBERRY 6.5

COLD PRESSED JUICE

GOOD VIBES ORANGE, PINEAPPLE, PASSIONFRUIT, COCONUT WATER 8.50

SWEET GREENS KALE, APPLE, SPINACH, PINEAPPLE, CUCUMBER, APPLE, MINT 8.50

IMMUNITY CARROT, APPLE, GINGER, TURMERIC 8.50

DETOX KALE, CELERY, LEMON, PARSLEY, CUCUMBER, FENNEL 8.50

SLAM STRAWBERRY, LEMON, APPLE, MINT 8.50

SMOOTHIES

BLISS BANANA, MANGO, PEACH, PEAR, CITRUS 9.50

EX-HEMP-LARY KIWI, GINGER, LIME, HEMP PROTEIN, BANANA, PEAR, PEACH 9.50

BLACK COFFEE

ESPRESSO SINGLE ORIGIN 4/4.5

LONG BLACK SINGLE ORIGIN 4.5

BATCH BREW -SINGLE ORIGIN FILTER COFFEE 4

COLD DRIP -SINGLE ORIGIN VISCOUS, FULL-BODIED, FILTER COFFEE SERVED OVER ICE 6

MILK COFFEE

FLAT WHITE / CAPPUCCINO / LATTE TIISCH BLEND / SINGLE ORIGIN 4/4.5

SHORT MACCHIATO TIISCH BLEND / SINGLE ORIGIN 4/4.5

LONG MACCHIATO / MOCHA TIISCH BLEND / SINGLE ORIGIN 5/5.5

HOT

WHITE CHOCOLATE LATTE WHITE COVERTURE CHOCOLATE, ESPRESSO 5.50

HOT CHOCOLATE MASS ORGANIC CHOCOLATE, DOMINICAN REPUBLIC 5.50

CHAI LATTE LOOSE LEAF BLACK TEA, WHOLE INDIAN SPICES, HONEY 5.50

MATCHA LATTE -SINGLE ORIGIN MIKO MATCHA, NISHIO (JAPAN) 5.50

AFFOGATO VANILLA BEAN ICE CREAM, DOUBLE ESPRESSO / W FRANGELICO 6.5/13

BABY CINO 2

EXTRAS

DECAF / ESPRESSO SHOT / BONSOY / ALMOND MILK / COCONUT MILK .50

COLD

ICED COFFEE / MOCHA SERVED OVER ICE / W VANILLA BEAN ICE CREAM 5/7.50

ICED CHOCOLATE SERVED OVER ICE / W VANILLA BEAN ICE CREAM 6/8.50

ICED MATCHA SERVED OVER ICE / W VANILLA BEAN ICE CREAM 6/8.50

ICED TEA GREEN JASMINE & ROSE / BLACK TEA W LEMON & PEACH 6

ICED CHAI CHAI BABA LOOSE LEAF MASALA, SERVED OVER ICE 6

ARTISAN TEA

RUBY BREAKFAST RUBY RED COLOURED, ROBUST AND FULL-FLAVOURED BLACK TEA 5.5

CHAI HAND BLENDED LOOSE LEAF BLACK TEA, WHOLE INDIAN SPICES, HONEY 5.5

EARL GREY ORGANIC, FLORAL BERGAMOT AROMA 5.5

LEMONGRASS & GINGER ORGANIC, ZESTY, REFRESHING, VIBRANT 5.5

WHITE PEONY SILVER NEEDLE TEA BUDS WITH YOUNGEST WHITE LEAVES, FUJIAN (CHINA) 5.5

JASMINE DRAGON PEARLS HAND ROLLED SPRING BUDS SCENTED WITH FRAGRANT JASMINE FLOWER 5.5

MEANINGFUL GREEN LOOSE LEAF SPRING GREEN TEA, LEMON VERBENA, RED CLOVER FLOWER 5.5

ORGANIC GREEN TEA EARLY SPRING GAO LU, VIBRANT, FULL BODIED, SMOOTH, SWEET LINGER 5.5

ORGANIC PEPPERMINT FRESH HIGH GRADE ORGANIC PEPPERMINT LEAF, STRONG AROMA 5.5

HONEY I'M HOME WILD GOLDEN NEEDLE BUDS, CHAMOMILE, CHRYSANTHEMUM, CALENDULA 5.5

LUMBERJACK STIMULATING SIBERIAN GINSENG, FERMENTED PU'ER, ASTRAGALUS ROOT 5.5

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