

443 Upper Esplanade, Manly 4179
groundhogsocial.com.au


GROUNDHOG *Social*

GF Gluten Free GFO Gluten Free Option V Vegetarian
VV Vegan VO Vegetarian Option VVO Vegan Option

MONDAY - SUNDAY: 7:00am - 3:00pm

TAKE AWAY WINDOW: 6:00am - 11:00am, 7 days a week

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FARM FRESH EGGS

EGGS ON TOAST GFO, V **13.00**

Eggs your way served with our tomato relish and sourdough.

SPANISH OMELETTE GF, VO **22.50**

Omelette featuring savoury chorizo, sautéed potatoes and caramelised onion topped with a tomato salad, feta and zesty chimichurri.

BREAKFAST BURRITO VO **16.50**

Fluffy scrambled eggs, smokehouse bacon, nutty brown rice and creamy guacamole.

MANLY BREAKFAST GFO **29.50**

Eggs your way served with smokehouse bacon, sausage, wild mushrooms, hash browns, tomato relish, wilted spinach and toasted sourdough.

SPECIALTY BENEDICTS

BACON BENNY GFO **24.50**

Poached eggs, smokehouse bacon and wilted spinach served on a toasted English muffin with our velvety hollandaise and crispy kale.

SALMON BENNY GFO **26.90**

Poached eggs and smoked salmon served on toasted English muffin with wilted spinach, hollandaise and crispy kale.

MUSHROOM BENNY V, GFO **26.50**

Poached eggs and sautéed mushrooms served on toasted English muffin with wilted spinach, hollandaise and crispy kale.

PLEASE ORDER AT THE COUNTER

While our chefs do their absolute best to accommodate meal requests for allergies and tolerances, we cannot guarantee completely allergy-free meals. All dishes are prepared in a common kitchen and may be exposed to traces of allergens. Individuals should use their best judgement.

15% surcharge on public holidays.

GROUNDHOG FAVOURITES

AVOCADO ON TOAST GFO, V, VVO **19.50**

Smashed avocado served on rye bread with heirloom tomatoes, whipped feta and balsamic glaze.

SWEET POTATO AND CORN FRITTERS GF, V **22.50**

Crispy fritters topped with a perfectly poached egg, creamy avocado and zucchini ribbons.

CHICKEN AND WAFFLE GF **26.50**

24-hour brined crispy buttermilk fried chicken served with a house-made waffle, spicy chilli mayo and maple syrup.

PANCAKE STACK GF, V **18.50**

Our secret fluffy gluten-free pancakes served with vanilla ice cream, fresh berries and warm butterscotch. + Bacon 6.5

MUESLI BREAKFAST BOWL GF, V, VVO **17.00**

House-made maple muesli served with fresh berries, maple syrup and your choice of milk. + Yoghurt 3

ARTISAN FRUIT TOAST VVO **10.50**

Locally sourced fruit toast served with house-made berry jam and butter. + Honeycomb 3.50

LIGHT AND FRESH

MACRO BOWL GF, V, VVO **16.50**

A vibrant salad featuring a mix of quinoa, brown rice, roasted beetroot, honey-roasted pumpkin, zucchini ribbons and a zesty garlic lemon dressing. + Avocado 4.5 + Halloumi 6.5 + Chicken 7

PUMPKIN AND HALLOUMI WRAP V **19.50**

Tender honey-roasted pumpkin, baby spinach, grilled halloumi and beetroot hummus wrapped in a toasted roti. + Chips 4

CAESAR SALAD VO, GFO **18.50**

Romaine Lettuce, croutons, two poached eggs and bacon tossed in our house-made secret recipe caesar dressing. + Chicken +6

BURGER BAR

BBQ BEEF BURGER GFO **19.50**

A flavour packed beef patty served with tangy BBQ sauce, caramelised onions, cheddar cheese, tomato and crispy lettuce on a toasted bun. + Bacon 3.5 + Chips 4 + Beef Patty 8

SOUTHERN FRIED CHICKEN BURGER GFO **21.50**

Our 24-hour brined buttermilk fried chicken served with chilli mayo, lettuce, tomato and cheddar cheese on a toasted bun. + Bacon 3.5 + Chips 4 + Chicken Patty 8

PLANT-BASED BURGER V, GFO, VVO **19.50**

Plant-based patty served with lettuce, tomato, garlic aioli and caramelised onions on a toasted bun. + Chips 4 + Plant-Based Patty 6

CHIPS

POTATO CHIPS WITH SWEET CHILLI SALT, SPICY MAYO GF **8.50**

SWEET POTATO CHIPS WITH MAYO GF **12.50**

SIDE OF POTATO CHIPS GF **4.00**

SIDE OF SWEET POTATO CHIPS GF **6.00**

ADDITIONS AND SIDES

SMOKED SALMON | WILD MUSHROOMS | SAUSAGES **8.00**

BACON | HALLOUMI | EGGS (2) **6.50**

AVOCADO | ROASTED TOMATOES | HASH BROWNS | PUMPKIN | SPINACH **4.50**

FETA | TOMATO RELISH | HOLLANDAISE | EGG (1) | HONEYCOMB **3.50**

THE KIDS

KIDS BACON AND EGGS GFO **11.50**

Eggs, bacon, sourdough toast and tomato sauce.

KIDS STACK GF, V **12.50**

Pancakes with vanilla ice cream, fresh berries and maple syrup.

KIDS CHEESEBURGER GFO **11.50**

Flavour packed beef burger and cheese served with chips.



COFFEE

BLACK

Espresso	3.50
Long Black	4.00
Iced Long Black	SMALL 4.50 LARGE 5.50

WHITE

Macchiato / Piccolo	3.50
Flat White / Cappuccino / Latte	4.50
Mocha	5.00
Iced Latte	SMALL 5.50 LARGE 6.50

1 + 1

Espresso and Piccolo or Flat White	6.00
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FILTER

Batch Brew	4.50
Bottomless Batch Brew	7.00
Cold Brew: Black / Milk	5.50

ICED COFFEE

Blended with ice cream, milk and ice	8.00
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ICED MOCHA

Blended with ice cream, milk and ice	8.50
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TEA AND SPECIALTY DRINKS

BABYCHINO	1.50
HOT CHOCOLATE / CHAI LATTE	4.50
TURMERIC LATTE	5.00
LOVE TEA	5.00

english breakfast / earl grey / green / lemon grass and ginger
peppermint / honey spiced chai (recommended in milk base or alternative)

ADDITIONAL OPTIONS

Lactose free / soy / almond / coconut / oat	.70
Extra shot / decaf / syrups / honey	.50
Mug	1.00

WE PROUDLY SERVE

coffee
SUPREME

COLD DRINKS

PREMIUM SPARKLING WATER	3.50
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SOFT DRINKS / KOMBUCHA	3.50 - 6.50
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MILKSHAKES	7.50 / 4.00 KIDS
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Vanilla / Chocolate / Caramel / Strawberry

ICED CHOCOLATE / ICED CHAI	8.00
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Blended with ice cream, milk and ice

FRAPPES	7.00
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Mango, guava and lychee / Pomegranate and raspberry

HOUSE SODAS	6.00
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Rose and lime / Lemon and Chilli

SPARKLING ICED TEAS	7.00
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Lemon and peach / Raspberry and lime

FRESH JUICE	8.00
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Create any combo using orange or apple as a base:

Pineapple / Carrot / Ginger / Beetroot / Lemon

SMOOTHIES	8.00
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Banana / Mango

SUPER GREEN SMOOTHIE	9.50
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Banana, kale, spinach, apple, orange, lime and ginger

PROTEIN SMOOTHIE	9.50
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Banana, vanilla protein powder, mixed berries, honey and milk

ACAI SMOOTHIE	10.00
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Banana, mango and coconut water

THE MAN-LY PROTEIN SMOOTHIE	10.50
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Banana, chocolate protein powder, peanut butter, milk and a cold brew shot

AFTER 10AM

MIMOSA	13.00
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Fresh orange juice and house sparkling

SPIKED ICED TEA (VODKA)	13.00
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42 Below Vodka - Lemon and Peach

42 Below Vodka - Raspberry and Lime

SPIKED HOUSE MADE SODA	11.00
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42 Below Vodka - Rose and Lime

42 Below Vodka - Lemon and Chilli

GIN AND JUICE	11.50
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Bombay Sapphire with fresh apple or orange juice

BEERS

Please refer to the boards

BOTTOMLESS BRUNCH

Your choice of any menu item paired with bottomless mimosas or house lager

1 HOUR	40.00
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2 HOURS	60.00
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