

**COMMON**  

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**GROUND**  
*project*

**SUMMER**  

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**2019/20**

*nourishing those who nourish us*

# FOOD

Please order at the counter.



SEE PHOTOS OF EVERY DISH!  
Go to [mryum.com/commonground](http://mryum.com/commonground) or scan the QR code with your phone camera. No QR app required.

## TOAST

Bread from Zeally Bay Organic Bakery served with Lard Ass butter & preserves  
Sourdough - 7  
Housemade rye - 7  
Fruit - 8

## EGGS ON TOAST - 11

Poached, fried or scrambled served on sourdough

## COCONUT CHIA PUDDING - 16

Fresh strawberries, mango, Geraldton wax, finger lime, granola & coconut yoghurt VG

## MUSHROOMS & KALE ON TOAST - 16.50

Sautéed mushrooms & kale, cashew cream cheese & avocado VG, GFO, DF

## BACON AND EGG ROLL - 15

Fried egg, bacon, cheese, BBQ sauce & aioli on a housemade potato bun  
Add hashbrown - 6

## CHILLI SCRAMBLE - 19.50

Grilled asparagus, spring onion & goats curd on toast V

## STRAWBERRIES & CREAM HOTCAKE - 18

Vanilla syrup, fresh berries, biscuit crumb & cream V

## BENEDICT - 23

Woodfire Barongarook pulled pork on house made hash brown, poached eggs, hollandaise & pickled farm vegetables GF  
Add avocado - 6

## THE PLATE

Choose your protein and & pick your salad from our daily offerings

Beetroot & red lentil fritters - 23

Saganaki - 23

Chicken schnitzel - 25

## PRAWN SALAD - 23

Garlic prawns, Asian slaw, fresh mint & fried shallots GF

## SCHNITZEL ROLL - 25

Free range chicken schnitzel, dill ranch dressing, bread & butter pickles, lettuce on a house made potato bun served with chips

## HOUSEMADE POTATO GNOCCHI - 24

Slow cooked tomatoes, chilli, farm greens & goats cheese V

## SCOTCH FILLET - 28

Hand cut chips, béarnaise sauce & salad greens GF

## STICKY PORK BELLY - 26

Sticky chilli & lime sauce, celeriac puree, broccoli, asparagus & fried leek GF

## EXTRAS

Poached egg, turmeric cashew cream, relish, hollandaise - 3 each

Sauerkraut, kimchi - 4 each

Sautéed farm greens, mushrooms, tomato - 5 each

Avocado, Ravens Creek pork & fennel sausage, free range roast chicken, beetroot & red lentil fritters, saganaki, Barongarook free range bacon, hash brown - 6 each

Chips - 7, Kids chips - 4

Change gluten free toast to any meal +1

We'd love to host your weddings, function or party.

Ask the staff for more details.

Sorry, no alterations to the menu during busy periods.

V - vegetarian    VG - vegan    GF - gluten free    DF - dairy free    VGO - vegan option

# DRINKS

## COFFEE

By Square One Coffee Roasters

Coffee – REG 4.20 / LGE 5.20

Mocha – REG 4.50 / LGE 5.50

Hot chocolate – REG 4.50 / LGE 5.50

Batch brew – 4

Babycino – 1.50

Iced filter – 4.5

Iced coffee – 9

Iced chocolate – 9

Coffee frappe – 9

Espresso, ice cream, milk, ice,  
coconut blossom sugar, cacao nibs VGO

Soy, almond – 0.50

Extra shot – 0.50

## TEA

By Love Tea

English breakfast, French earl grey,  
Australian sencha green, peppermint  
Lemongrass & Ginger – 4.50

Gulbarn indigenous herbal tea – 6

Chai – REG 4.50 / LGE 5.50

Chocolate chai – REG 5 / LGE 6

## SMOOTHIES

VEGGIE FIX – 10

Kale, spinach, parsley, avocado, lemon,  
apple, ginger, coconut water

ENERGIZER – 10

Banana, oats, almond, dates, raw cacao, oat mylk  
Add coffee shot – 1

## HOUSE MADE SODAS

Strawberry gum & davidson plum – 5

Lemon chinotto – 5

Housemade raspberry lemonade kombucha – 6

Housemade lemon and ginger kombucha – 6

## JUICE

Cold pressed orange juice – 7

## MILK SHAKES

Chocolate – REG 9 / KIDS 5

Salted caramel – REG 9 / KIDS 5

Strawberry jam – REG 9 / KIDS 5

Vanilla malt – REG 9 / KIDS 5

## SPARKLING WATER

Unlimited sparkling water – PP 2

## COCKTAILS

COMMON BLOODY MARY – 14

Vodka, tomato juice, celery,  
worcestershire, housemade hot sauce & lemon

KOMBUCHA GIN FIZZ – 14

Gin, raspberry kombucha, ginger, topped with soda

FERMENTED PINEAPPLE MOJITO – 15

White rum, fermented pineapple, fresh mint,  
coconut blossom sugar, lime & soda

## BEER & CIDER

Prickly Moses organic pilsner – 10

Prickly Moses Chainsaw cleansing ale – 11

Blackman's Mervyn pale ale – 12

Flying Brick original cider – 11.5

## WINE

Oakdene NV sparkling brut – 11 / 54

Longboard sauvignon blanc – 11 / 55

Lethbridge ooh la la chardonnay – 14 / 70

Marcus hill rosé – 12 / 60

Marcus hill PMS pinot noir – 11 / 55

Oakdene shiraz – 12 / 58

Common Ground Project is a fit-for-purpose community property where Victorian chefs are invited to plant, harvest and collect seasonal, organic produce for use in their own venues. All money raised for this project supports the use of regenerative farming practices, and improved access to meditation, mindfulness, and mental health support for the hospitality industry. We believe that witnessing how our food is grown and produced makes the eating of it so much more enjoyable.

### **FROM THE FARM**

Sourced from our farm:

Lettuce, basil, parsley, chives, beetroot,  
spring onions, zucchini, cucumber

### **THE PRODUCE**

We endeavour to source as much as possible from our humble 4 acres to create the dishes served in our cafe. We then look to neighbouring growers using biodynamic practices. Nearly everything on the menu is sourced from within the local area.

Ravens Creek - pork and fennel sausages, ham, pork belly  
Barongarook Pork - bacon, pork  
Premier Food Services - dry goods  
Gamekeeper - Nichols ethical chicken,  
Zeally Bay Sourdough - bread  
Freshwater Creek Garlic - garlic  
Burd Eggs - eggs  
Hilbilby - vinegars  
Lardass Butter - butter  
Farm Cheese - cheese, dairy  
Locally sourced - Scotch fillet

commongroundproject.com.au  
@common\_ground\_project

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