

385 High Street, Prahran
9510 2277
@fourth_chapter

**ALL DAY
BREAKFAST**

**LUNCH
FROM 11AM**

Toast	8
sourdough/rye w. your choice of preserves	
Raspberry granola	18
house made raspberry and almond butter granola, coconut panna cotta & berries V DF Vegan option with coyo	
Acai bowl	18.5
coyo berries, coconut water, granola, peanut butter and coconut flakes V DF GF	
Mango matcha bowl	17.5
coconut milk, macadamias, almond butter, granola, coyo & seasonal fruit V DF GF	
Baked crumble	19
apple, rhubarb, raspberries, pecan & almond crumble and coconut vanilla labneh V DF GF	
Sweet potato & ricotta waffles	22
maple bacon, poached eggs & turmeric pickle hollandaise	
Raspberry & coconut pancakes	23
strawberries, raspberries & coconut ice cream V DF	
Sweet potato fries	10
with sriracha mayo GF	
Cauliflower fries	11
with sriracha mayo	

Big brekkie	24
eggs your way with bacon, saganaki, avocado, sweet potato waffle & mushrooms, on toast	
Chilli egg scramble	19
free range eggs and jalapeno peppers, with avocado and parmesan cheese on toast	
Eggs n' bacon brioche	17
fried eggs and bacon with grilled cheese, tomato relish, mayo & white slaw	
Free range eggs w/toast	12.5
poached/ scrambled/ fried with buttered choice of bread	
Nourish bowl	20
cauliflower falafels, pickled cabbage, pesto chickpeas, golden carrots, heirloom tomatoes, edamame, spinach, brown rice, quinoa & coconut tzatziki V DF GF add poached egg	+3
Roast pumpkin salad	20
sesame kale, roasted almonds, pepita, avocado, edamame, miso dressing & vegan mayo V DF GF add poached egg	+3
Smashed avo,	21
avocado, broad bean & herb smash with fig & onion jam, saganaki, pepitas & lemon add poached egg	+3
Green fields,	20
seasonal sautéed greens, kale, sugar snaps, snow peas, avoca- do, pickled enodi mushrooms, lemon tahini & chermoula V DF GF add poached egg	+3

Southern fried chicken bao	22
House specialty! pickled cabbage, sriracha mayo, chilli & lime cashews	
Double cheeseburger	24
American cheddar, house made ketchup, mustard, mayo, pickles * low carb ice-berg option add sweet potato fries	+3.5
Poached chicken sandwich	16.5
honey mustard mayo, toasted almonds & avocado	
Vegetarian Tacos	18
fried cauliflower, pickled red cabbage, avocado, jalapenos and vegan mayo & sweet potato fries V DF	
Soup of the day	16
winter only please see our specials board	

E X T R A S

Grilled chicken tenderloins	7	2pcs
Fried chicken	7	2pcs
Mushrooms/spinach/avocado	5	each
Hashbrowns	6	2pcs
Saganaki	6	
Fresh seasonal tomatoes	4	
Bacon	6	
Smoked salmon	8	
House made tomato relish	3	
House made paleo bread GF	4.5	
Jam	.5	

DOGGIE BREAKFAST

Peanut butter on toast	3
Doggie biscuits baked fresh every day!	1.5

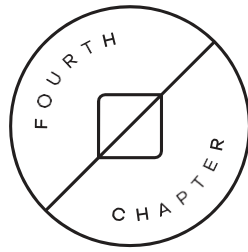
VG - Vegetarian **DF - Dairy Free**
V - Vegan **GF - Gluten Free**

No split bills please

No changes to menu on weekends please

* 10% surcharge applies on weekends

* 15% surcharge applies on public holidays



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BEVERAGES

COFFEE & TEA

House blend coffee iced or hot	4.4
Strong	+0.5
Large	+0.5
Soy	+0.5
Coconut milk	+1.5
Almond milk	+1.5
Oat milk	+1.5
Batch brew iced or hot	4.4
Iced batch brew	4.4
Golden latte with coconut milk	5.7
Matcha latte	5.7
Red velvet latte	5.7
Hot chocolate	4.8
Prana Chai latte	6.5
Iced chocolate/coffee/mocha	6.8
Calmer Sutra teas	5.5
Evermore English breakfast tea	
Lady Melba earl gray enhanced with bergamot	
Grass roots lemongrass, ginger & turmeric	
Leafy green green tea	
Pepper myrtle peppermint with native lemon myrtle	
Floral fields chamomile flower, rose petal & lavender	
Hot lemon water	2

JUICE

OJ	7.5
Blood Orange	7.5
Ruby Grapefruit	7.5
Make me boozy add house gin or vodka	+6

SMOOTHIES

Green Ivy spirulina, spinach, banana, almond milk, mango, hemp seeds and coconut flakes V DF GF	11.5
Peanut Butter Cup banana, almond milk, peanut butter chia, cacao nibs & crushed peanuts V DF GF	11.5
Pink Panther pink dragon fruit, banana, mango, coyo, chia & coconut flakes V DF GF	11.5

COLD DRINKS

Lo Bros kombucha raspberry lemon, passionfruit, ginger & lemon	6
San Pellegrino sparkling water 250ml	4.5
Acqua Panna bottled water 500ml	4.5

ALCOHOL

Cider	9
Bertie Apple Cider Colonial Brewing Co	
Beer	8
Corona	
Sparkling wine	12/42
Squealing Pig Prosecco	
White wine	10/39
Squealing Pig Sauvignon Blanc	
Rosé	10/39
Squealing Pig	
Red wine	10/39
Squealing Pig Pinot Noir	

COCKTAILS

Pimms fruit cup	16
Aperol spritz	16
Blood orange mimosa	16

GIN CLUB

Hendrick's gin, cucumber & tonic	13
Four Pillars rare dry gin, orange & tonic	13
Monkey 47 gin, grapefruit & tonic	13

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