



DRINK MENU

NATURAL FRUIT SMOOTHIES

BREAKFAST OF CHAMPIONS 8.6	JAMAICAN ME CRAZY 8.2	PEANUT BUTTER PROTEIN 8.8
Granola, strawberry, banana, chia, coconut, milk, honey, cinnamon.	Pineapple, mango, apple, banana, date, mint, organic almond milk.	Protein powder (whey or pea), peanuts-only butter, banana, date, coconut, almond milk.
VERY BERRY 8.6	CLASSIC STRAWBERRY 7.6	SUPER BOOSTS 1.0
Strawberry, blueberry, raspberry, acai, natural yoghurt, banana, honey, organic soy milk.	Strawberry, banana, natural yoghurt, honey, organic soy milk.	Spirulina, protein powder (whey or pea), chia seeds, maca powder, dates.
BLUE MANGO 8.2	GREENIE (AIN'T NO MEANIE) 8.8	We will happily swap ingredients for vegans and other dietary needs. (V) (VF)
Blueberry, mango, banana, almond, chia, organic soy milk.	Apple, kale, banana, mango, cucumber, honey, spirulina, fresh mint, organic almond milk.	

FRESH FRUIT JUICES

SIMPLY ORANGE 6.5	IMMUNITY BOOST 7.2	CREATE YOUR OWN FROM 7.5
100% fresh orange juice.	Carrot, ginger, apple, orange.	Create your own juice from any of the following ingredients:
ONLY APPLES 6.5	TROPICAL HEAT 7.5	Apple, orange, pineapple, carrot, kale, lime, lemon, mint, beetroot, cucumber, celery, ginger, spinach leaves, cayenne pepper, spirulina.
As many apples as it takes.	Pineapple, orange, carrot, celery, cayenne.	
CLEAN GREEN 7.5	REFRESHER BLEND 7.5	
Kale, cucumber, celery, lemon, apple.	Kale, carrot, apple, lime.	
TANGY BEATS 7.2	GREEN TROPICS 7.8	
Orange, beetroot, apple, lemon.	Lime, pineapple, kale, apple, mint.	

SPECIALTY COFFEE & TEA

ALLPRESS ESPRESSO

SMALL 6OZ (SINGLE SHOT)	3.8
MEDIUM 8OZ (SINGLE SHOT)	3.8
LARGE 12OZ (DOUBLE SHOT)	4.4

Carmelo blend by ALLPRESS.
A medium roast coffee with lively acidity to provide balance when combined with milk, yet not be sharp as a black coffee.
Roasted locally in Collingwood using custom made hot air roasting technology and specialty grade arabica beans.

EXTRAS

Bonsoy / Almond / Lactose Free	0.5.
Extra shot	0.6.

ICED DRINKS

ICED LONG BLACK	3.8
ICED ESPRESSO	3.8
ICED LATTE	4.4
ICED MOCHA	4.4
ICED CHAI	4.5

Note: All iced coffees use double shots!

OTHERS

MATCHA LATTE	4.8
Made with 100% pure matcha (non sugar mix) and Bonsoy.	
HOT CHOCOLATE	3.8 / 4.4
Made with 100% organic cocoa powder.	
TURMERIC LATTE	4.8
Golden Turmeric spiced latte with ginger, cardamom, cinnamon, chilli and vanilla.	

CALMER SUTRA TEA

CALMER CHAI	4.5
Fresh wet chai made in Melbourne. An aromatic fusion of black tea, Indian spices, Victorian honey and fresh ginger root.	
LOOSE TEAS	3.8
100% organic & fair trade ingredients.	
EVERMORE (ENGLISH BREAKFAST)	
Complement your daily ritual with this versatile black tea, harvested from the pristine mountains of Sri Lanka.	
LADY MELBA (EARL GREY)	
Sri Lankan black tea leaves elegantly enhanced by the oil of bergamot.	
PEPPERMINTLE (HERBAL)	
Breezy peppermint leaves, enhanced with native lemon myrtle.	

THANKS FOR VISITING POPPY & SEED BAGELRY!

📍 205 Carlisle St, Balaclava.
☎ 03 9531 5157 🏠 poppyandseed.com.au
📷 @ poppyandseedbagelry
🕒 Open 7 days

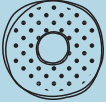
We serve traditional boiled bagels with house-made spreads and scrumptious fillings alongside specialty coffee, fresh juice and natural smoothies.





BAGEL MENU

CHOOSE A BAGEL



POPPY SEED



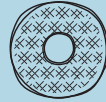
SESAME SEED



EVERYTHING



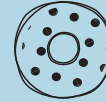
PLAIN WHITE



DARK RYE



BLUEBERRY



CINNAMON RAISIN



GLUTEN FREE

PICK A SPREAD

SIMPLY BUTTERED **4.0**
Toasted bagel of your choice with butter.

BASIC SPREADS **5.0**
Butter plus your choice of: Vegemite, Nutella, peanuts-only butter, jam.

AVOCADO **7.5**
Simple fresh smashed avocado, with or without Vegemite or cream cheese.

GRILLED CHEESE **5.5**
Open bagel topped with grilled tasty cheese, with or without Vegemite.

CREAM CHEESE **5.0**
Traditional cream cheese.

VEGAN CREAM CHEESE **6.0**
Smooth and delicious vegan cream cheese made from a soy base.

FANCY CREAM CHEESE **6.0**
Choose one of our house-made schmears or cream cheese blends:

- Dill & caper cream cheese*
- Everything Bagel schmear* (cream cheese, seeds, garlic, chives)
- Raspberry lemon schmear* (cream cheese, raspberry, lemon)

OR CHOOSE A SANDWICH FILLING

— EVERYDAY BAGELS —

HAM CHEESE TOMATO **7.5**
Toasted bagel with shaved ham, tasty cheese and sliced tomato.

BREAKFAST BAGEL WITH HAM **7.9**
9.9
Baked omelette with hungarian salami, tasty cheese, tomato relish and fresh spinach leaves. Also available in vegan and vegetarian varieties.

CHICKEN CHEESE TOMATO **9.5**
Seasoned sliced chicken breast, grilled cheese, fresh tomato and spinach leaves.

VEGGIE PATCH **8.9**
Beetroot with cream cheese (or vegan cream cheese), caramelised onion relish, tomato and plenty of fresh greens.

— SPECIALTY SANDWICH BAGELS —

SMOKED SALMON **10.9**
Top grade smoked Tassie salmon, house made lemon dill cream cheese with capers and cracked pepper, topped with fresh spinach leaves.

CLASSIC CHICKEN AVOCADO **10.9**
Roasted sliced chicken breast, smashed avocado, tasty cheese and fresh greens.

TUNA MELT **9.9**
Skipjack tuna with whole egg mayo, beetroot, double melted cheddar cheese and fresh greens.

SPICY CAJUN CHICKEN **10.9**
Cajun-spiced sliced chicken breast with roasted red capsicum, fresh tomato, cheddar cheese and greens.

(NOT A) REUBEN **11.9**
Stacked sliced corned beef with American mustard, melted cheese and everything schmear with pickled gherkins.

VEGAN IS MY SUPERPOWER **10.9**
Roasted red capsicum, baby spinach, fresh tomato, vegan cream cheese with spiced pepitas and alfalfa sprouts.

WHEN YOU GOTTA AVOCADO **8.9**
Smashed fresh avocado, cream cheese (or vegan cream cheese), spiced pepitas and alfalfa sprouts.

SLOW COOKED MEXI-BEEF **11.9**
Slow cooked pulled beef with mexican spices, double cheese and roasted capsicum.

THEN CHOOSE A SIDE

PRETZELS & GHERKIN **FREE!**
We serve savoury pretzels and a sweet spiced gherkin with every sandwich bagel.

SWEET POTATO CHIPS **4.0**
Super delicious sweet potato chips served with creamy chipotle mayo.

BEER BATTERED CHIPS **3.5**
Hot beer battered chips seasoned and cooked to order.

DIETARY NOTES

vegetarian vegan / can be vegan
Look out for these icons throughout our menu for vegetarian and vegan options.

All our bagels may have some traces of seeds, even our non-seeded bagels. If you have a seed allergy please do not order our bagels.

All bagels contain gluten from wheat flour, except for our special gluten free bagel. All bagels are prepared in the same kitchen.