

ALL DAY MENU

H&T BIG BREKKY (GFO) \$27

two pasture raised eggs on toasted sourdough, bacon, H&T sausage, tomato, mushroom, hash browns scrambled +2

EGGS YOUR WAY (GFO) \$15

eggs on toasted sourdough fried or poached free range eggs scrambled +2

CHOOSE YOUR ADD ON'S

Harris smoked salmon\$7
Maidments bacon or ham / halloumi\$6
H&T beef sausage / hash browns / avocado\$5
spinach / mushroom.....\$4
roasted tomato / hollandaise / egg.....\$3
tomato relish.....\$1.5

HAMMERS BACON EGG ROLL (GFO, DFO) \$16.5

local Maidments bacon, pasture raised fried egg, petite greens, house made chutney, cheddar cheese on a toasted brioche roll

EGGS BENNY ON SOURDOUGH (GFO) \$16.5

two pasture raised poached eggs on sourdough w hollandaise bacon or ham +6

BIRCHER MUESLI (DFO, VEO) \$16

overnight vanilla, orange & apple-soaked Kangaroo Island oats, fresh orange, greek yogurt, local honey, roasted pistachios, dried berries

SMASHED AVO BRUSCHETTA (GFO, DFO, VEO) \$22

smashed avocado, Alexandrina feta, pesto & herb oil, pickled radish, micro herbs, dukkah on toasted sourdough

BREKKIE BURRITO (GFO, DFO, VEO) \$25

local smoked bacon, mex cheese, scrambled eggs, hash brown, smashed avocado wrapped in a toasted tortilla with house made cr ma, corn salsa, H&T hot sauce
[gluten free option – bowl]

H&T PANCAKES \$21

2 thick fluffy pancakes w lemon curd, berry compote, vanilla bean ice cream, pecan crumble

CHICKEN QUESADILLA (DFO) \$26

crispy fried chicken with mexican cheese in a toasted tortilla topped with corn salsa, avocado, jalapeno spiced aioli

H&T BEER BATTERED FISH & CHIPS (DF) \$26

seasonal fish in a crispy beer batter, charred lemon, seasoned chips & salad, tartare

OPEN LAMB YIROS (GFO, DF, VEO) \$28

slow braised spiced local lamb, hummus, blistered cherry tomatoes, pickled red onion, tzatziki, fresh herbs, toasted pita bread
[vegan option – falafel]

CRISPY THAI BEEF SALAD (GF, DF, VEO) \$27

local marinated beef in a fresh thai vermicelli salad, Thai dressing & lime
[vegan option – tofu]

ASIAN DUCK & SOBA NOODLE SALAD (GFO) \$28

shredded confit duck caramelised in hoisin, soba noodles, bean shoots, coriander, spring onion, carrot, lime wedge, miso dressing

HARVEST BOWL (GF, DFO, VEO) \$24

roasted pumpkin, herbed quinoa, seasonal greens, Alexandrina feta, kraut, toasted pepitas, togarashi crusted avocado, maple mustard dressing
add marinated chicken, smoked salmon +7
falafel, halloumi +5
poached egg +3

BURGERS

H&T SMASHED BURGER (GFO, DFO) \$26

two 100% local brisket patties, american cheese, tomato, pickles, lettuce, burger sauce, locally sourced brioche roll w seasoned chips

CRISPY KOREAN CHICKEN BURGER (GFO, VEO) \$26

Korean marinated fried chicken breast w kimchi slaw, spicy H&T burger sauce in a brioche bun w seasoned chips
[vegan option – falafel]

SIDES

TOAST OPTIONS \$8

sourdough toast - house made jam
marmalade vegemite / peanut butter
toasted banana bread

HALLOUMI CHIPS (GF) \$16

crumbed halloumi chips served w pomegranate pur ed jam

PRAWN TWISTERS 6p \$16

crispy prawn filled cones & jalapeno aioli

SEASONED CHIPS (GF, DF, VE) \$10

w sauce

WEDGES (GF, DFO, VE) \$14

w sour cream & sweet chilli

THAI SALAD (GFO) \$16

mesclun greens, capsicum, spring onion, coriander, shallots, bean sprouts, vermicilli noodle, thai dressing

LITTLE ONES

SERVED ALL DAY 12 AND UNDER.

BACON & EGG ON TOAST (GFO, DFO) \$13

KIDS WAFFLE \$16

vanilla ice cream, maple syrup, strawberries

TOASTIE OPTIONS (GFO) \$9

cheese & tomato / cheese & ham / cheese, avocado & tomato

KIDS FISH & CHIPS (DF) \$16

1 piece battered fish, chips & salad

KIDS SEASONAL PLATTER (GFO, DFO) \$14

local seasonal fruit & vegetables, ham, cheddar cheese, hummus

CHEESEBURGER & CHIPS (GFO) \$16

100% local brisket patty, cheese, chips & sauce

BEVERAGE PAIRING

CHECK OUT OUR DRINKS LIST OR WINE VAULT TO PAIR YOUR BEVERAGE WITH YOUR DISH.

FYI

GF = *GLUTEN FREE, GFO = GLUTEN FREE OPTION
DF = DAIRY FREE, DFO = DAIRY FREE OPTION
VEO = VEGAN OPTION

our kitchen does use allergen containing ingredients. please let us know if you have any dietary requirements so that we can best accommodate your needs

*\$2 fee applies to Gluten Free

* PLEASE NOTE A SURCHARGE OF 10% APPLIES ON PUBLIC HOLIDAYS.

WIFI = Hammer n Tongs PASSWORD = WelcomeToH&T

FIND US

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T (08) 8536 3369 | E: INFO@HNTONGS.COM.AU
W: HNTONGS.COM.AU

*VISIT US ON  INSTAGRAM +  FACEBOOK

KITCHEN HOURS

7.00AM – 2.30PM, M-F

8.00AM – 2.30PM, SAT, SUN

5.00PM – 8.00PM, FRI, SAT NIGHTS

ASK OUR FRIENDLY STAFF ABOUT OUR DAILY SPECIALS

DRINKS MENU

LICENSED FROM 8.00AM

COFFEE

VENEZIANO COFFEE ROASTERS CUP \$5 MUG \$6
BARISTA MADE

flat white / cappuccino / latte / long black / iced latte / iced long black / hot chocolate / chai latte

mocha / prana chai / dirty chai CUP \$5 MUG \$6

ESPRESSO / RISTRETTO / MACCHIATO / PICCOLO \$3.5
 BABYCINO \$2.5

TEADROP TEA TEAPOT FOR ONE \$4.8 FOR TWO \$6

english breakfast / earl grey / peppermint, lemongrass & ginger / honey dew green chamomile

MILK OPTIONS

Fleurieu milk, full cream / skim

ALTERNATIVE MILKS / SYRUPS 80c

almond / soy / coconut / Fleurieu lactose free oat / flavoured syrup; vanilla / hazelnut / caramel

EXTRAS 1.0

coffee shot / decaf

ICED DRINKS

ICED DRINKS (GF, VEO, DFO) \$8.5

coffee frappe / mocha frappe / chocolate frappe / chai frappe
 [alternate milks 80c]

MILK SHAKES (GF, VEO, DFO) \$8.5

chocolate / strawberry / caramel vanilla / banana

make it thick! \$1.5

[alternate milks \$1]

SMOOTHIES

BERRY GOOD (GF, VE, DF) \$10

frozen berries / banana / coconut milk

SUNSET (GF, VE, DF) \$10

mango / pineapple / passionfruit coconut water

MORNING GLORY (GF, VE, DF) \$10

banana / dates / peanut butter / almond milk

SUNSHINE ICEBLOCKS \$6

locally made using fresh fruits

SOFT DRINKS

CANNED / BOTTLED SOFT DRINKS \$6

HOUSE MADE LEMON LIME BITTERS \$6.5

WATER

BOTTLED WATER (600ML) \$4.5

SPARKLING WATER (750ML) \$5

free refills

FRESHLY MADE JUICES

STRAIGHT UP JUICE \$8

apple or orange

EVERGREEN JUICE \$8.5

cucumber / apple / pineapple / celery / ginger / lemon

BEET IT JUICE \$8.5

beetroot / apple / ginger / lemon

SUNSHINE JUICE \$8.5

orange / pineapple / lemon / carrot

WELLNESS SHOT \$5

a shot of fresh ginger / tumeric lemon / honey

PLEASE SEE OUR WINE OR COCKTAIL MENU OR VISIT THE VAULT TO VIEW OUR WINE SELECTION.

ALCOHOLIC BEVERAGES

STANDARD SPIRITS (30ML) \$10

PREMIUM/SUPER PREMIUM SPIRITS (30ml) \$13 / \$16

MIXERS \$3

BEER ON TAP

ASAHI \$9

GREAT NORTHERN (MID STRENGTH) \$8.5

BEERS AND CIDERS

STONE AND WOOD PACIFIC PALE (4.4%) \$9.5

PIRATE LIFE SOUTH COAST PALE ALE (4.4%) \$9.5

JAMES BOAGS (4.6%) \$9

COOPERS PALE ALE (4.5%) \$9

CORONA (4.5%) \$9.5

HAHN PREMIUM LIGHT BEER (2.2%) \$8

GREAT NORTHERN ZERO ALCOHOL \$7

GUINNESS STOUT (4.2%) 440ML \$14

MATSO'S GINGER BEER (3.5%) 330ML \$9

ADELAIDE HILLS APPLE (5%) \$12

ADELAIDE HILLS PEAR (5%) \$12

HARD SOLO (4.5%) 375ML CAN \$9

HAMMER 'N' TONGS
 EST 2020
 STRATHALBYN