

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) \$14.5

fried / poached free range. scrambled +\$2
eggs on toasted sourdough.

CHOOSE YOUR ADD ON'S

Maidments bacon or ham\$6
H&T beef sausage.....\$5
Harris smoked salmon / pan fried haloumi\$7
hash browns / avocado.....\$5
roasted tomato / hollandaise / egg.....\$3
spinach / mushroom.....\$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 with hollandaise.
add ham or bacon, salmon + 7 /spinach + 3

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 (GFO, DFO, VEO) \$22

smashed avocado, Alexandrina feta, pesto & herb oil, pickled radish, micro herbs, dukkah on toasted sourdough.
add poached egg +3 / bacon +6

BREKKIE BURRITO (GFO, DFO, VEO) \$24

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

HAMMERS CRÊPES (GF) \$21

3 x crepes w lemon curd, berry compote, vanilla bean ice cream, pecan crumble.

HARVEST BOWL (GF, DFO, VEO) \$23

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

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

two 100% local brisket patties, american cheese, tomato, pickles, lettuce, burger sauce, locally sourced brioche roll, seasonal 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 seasonal chips.
[vegan option – falafel]

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

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

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

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

CRISPY THAI BEEF SALAD (GF, DF) \$26

local marinated beef in a fresh Thai vermicelli salad, Thai dressing and lime.

GREEK LEMON CHICKEN (GF) \$28

charred Greek style chicken on a bed of couscous, avocado, roasted capsicum, Alexandrina feta, cucumber, olives, basil, Greek yogurt w sizzled mint sauce.

SIDES

TOAST OPTIONS \$8

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

HALOUMI CHIPS (GF) \$14

crumbed haloumi chips served with pomegranate puréed jam.

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

seasoned chips served with aioli or tomato sauce.

CAESAR SALAD (GFO) \$16

cos lettuce, parmesan, croutons, crispy bacon, caesar dressing.
add chicken or smoked salmon +7

LITTLE ONES

SERVED ALL DAY 12 AND UNDER.

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

KIDS WAFFLE (GFO) \$16

vanilla ice cream, maple syrup & strawberries

TOASTIE OPTIONS (GFO) \$9

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

KIDS SEASONAL PLATTER (GFO, DFO) \$14

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

CHEESEBURGER & CHIPS (GFO) \$16

100% local brisket patty, cheese, chips w sauce.

H&T CHICKEN NUGGETS (GF) \$16

chicken nuggets w 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 15% APPLIES ON PUBLIC HOLIDAYS.

WIFI = Hammer n Tongs PASSWORD = WelcomeToH&T

FIND US

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W: H&TONGS.COM.AU

*VISIT US ON  INSTAGRAM +  FACEBOOK

KITCHEN HOURS

8.00AM – 2.00PM, 7 DAYS

ASK OUR FRIENDLY STAFF ABOUT OUR DAILY SPECIALS.

DRINKS MENU

SERVED DAILY FROM 7.00AM - 3.00PM
WEEKENDS 8.00AM - 3.00PM
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 \$4.7 FOR TWO \$7.5

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

chocolate / strawberry / caramel vanilla / banana

make it thick! \$1.5
[alternate milks 80c]

SMOOTHIES

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

frozen berries / banana / coconut milk

SUNSET (GF, VE, DF) \$10

mango / pineapple / passionfruit coconut water

CHOCOLATE HEAVEN (GF, VEO, DF) \$10

cacao / dates / honey / almond milk

GREEN SQUEEZE (GF, VE, DF) \$10

banana / spinach / lemon / coconut milk

SUNSHINE ICEBLOCKS \$5.5

SOFT DRINKS

CANNED / BOTTLED SOFT DRINKS \$6

HOUSE MADE LEMON LIME BITTERS \$6.5

WATER

BOTTLED WATER (600ML) \$5

SPARKLING WATER (750ML) \$5

free refills

COLD PRESSED ORGANIC JUICES

STRAIGHT UP JUICE \$8

apple or orange

BOTANICAL JUICE \$8.5

apple / spinach / kale / cucumber / celery lettuce / lemon / ginger

ROOTS JUICE \$8.5

beetroot / apple / lemon / ginger

IMMUNITY JUICE \$8.5

carrot / orange / pineapple / celery lemon / tumeric

TROPICAL JUICE \$8.5

orange / mango / passionfruit / lucuma

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) \$8

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

MIXERS \$3

BEER ON TAP

ASAHI \$8.9

GREAT NORTHERN (MID STRENGTH) \$8.5

BEERS AND CIDERS

PIRATE LIFE SOUTH COAST PALE ALE (4.4%) \$9

PIRATE LIFE LAGER (4.5%) \$9

JAMES BOAGS (4.6%) \$8.5

COOPERS PALE ALE (4.5%) \$9

CORONA (4.5%) \$9

HAHN PREMIUM LIGHT BEER (2.2%) \$7.5

GREAT NORTHERN ZERO ALCOHOL \$7

GUINNESS STOUT (4.2%) 440ML \$15

MATSO'S GINGER BEER (6%) \$12

ADELAIDE HILLS APPLE (5%) \$11

ADELAIDE HILLS PEAR (5%) \$11

