

Formery Day Meetings

	Minimum order of 5 units			Pick two of the following:		
Bakery	Wild Wheat Pastries Pain au Chocolate, Cherry, Apricot, Raisin	6.5	Poke Bowls	Tuna Gochujang dressing, edamame, greens, 18 p house furikake, Asian slaw, crispy chickpea		
	Brownie (gf)	5		Salmon Shoyu, cucumber, pineapple, mango, chili oil, spring onions, crispy shallots		
	Blueberry Yogurt Protein Bar (gf)	9		Marinated Tofu Shoyu, cucumber, pineapple, mango, chili oil, spring onions, crispy shallots		
Breakfast	Pick two of the following: Fruit Bowl Vanilla yogurt topped with seasonal fruit, raspberry rose jus and coconut chia (gf, vegetarian)	6.5	Seared Chicken Thigh Buttermilk mayo, carrot, red onion, radish, greens, crispy shallot			
Bowls	Berry Bowl Cherry, blueberry and banana smoothie, topped with house granola and honey (df, vegan)	5		Low carb option: substitute rice for greens		
	Coconut Bowl Coconut yogurt topped with house granola, chocolate bliss ball and coconut chia (df, vegan)	9				
	Oatmeal Bowl Cocoa nib bircher muesli topped with honey, coconut shards and almond butter (df, gf, vegan)					



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Each board holds 4 bagels, 8 halves

Bagel	The Uptown	70	The Spreads	48	
Boards	Pastrami & Swiss House Russian dressing, pickles,		Cream Cheese and Jam Cream cheese and seasonal		
Doards	mustard		honey		and the second second
	Cured Salmon & Crème Cheese Pickled red onion,				
	nasturtium, capers				2 4
	BSLT Maple glazed bacon, Swiss cheese, house				
	tomato relish, tomato, mixed herbs				
	Beetroot Hummus House beetroot hummus, chili				
	jam, dukkha (DF, vegetarian)				
	The Vegetarian	60			
	Pastrami & Swiss House Russian dressing, pickles,				13
	mustard				21: 7
	Cured Salmon & Crème Cheese Pickled red onion,				Sec. 1
	nasturtium, capers				740 34 M
	BSLT Maple glazed bacon, Swiss cheese, house				
	tomato relish, tomato, mixed herbs				to a fail the second
	Beetroot Hummus House beetroot hummus, chili				1 4
	jam, dukkha (DF, vegetarian)				Ter.
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Formery Grazing Boards

	One board feeds up to 10 guests.		
Land	Selection of charcuterie, chicken liver	75ea	
Lunu	parfait, assorted variety of artisanal breads,		
	Santiago's marinated olives, red currant		
	gastrique, assorted pickles		
Paddock	Selection of local and international cheese,	75ea	
	artisanal crackers and breads, nuts, dried		
	fruit, honeycomb, house chutney, seasonal		
	fruit.		
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Garden	Beetroot hummus, buttermilk dressing, smoky	55ea	
	baba ghanoush, Santiago's olives, artisanal		
	bread, roasted vegetables and seasonal		
	crudites.		



Formery Walk & Fork

	Pick three from the following:	
Breakfast Bowls	Fruit Bowl Vanilla Yoghurt topped with seasonal fruit, raspberry rose jus and coconut chia (gf, vegetarian)	9рр
	Berry Bowl Cherry, blue berry and banana smoothie, topped with house granola and honey (df, vegan)	
	Coconut Bowl Coconut yogurt topped with house granola, chocolate bliss ball and coconut chia (df, vegan)	
	Oatmeal Bowl Cocoa nibs Bircher muesli topped with honey, coconut shards and almond butter. (df, vegan)	
	Mango Bowl Mango, goji berry & mandarin smoothie topped with seasonal fruit, passionfruit jus (df, Gf, vegan)	
	Pick three from the following:	
Poke	Tuna Gochujang dressing, edamame, greens, house furikake, Asian slaw, crispy chickpea	9рр
Bowl	Salmon Shoyu, cucumber, pineapple, mango, chili oil, spring onions, crispy shallots	
	Marinated Tofu Miso dressing, sweet corn, radish, greens, crispy shallots, tamari almonds	
	Seared Chicken Thigh Buttermilk mayo, carrot, red onion, radish, greens, crispy shallot	
	Low carb option: substitute rice for greens.	



*Our menu includes almonds, walnuts, hazelnuts, cashew, brazil nut, pistachios, gluten, wheat, dairy and sesame. If you have any dietary requirements, please ask our staff. Vegan options available