

# JOURNAL

253 flinders lane, Melbourne  
Phone: 03 9650 4399  
Email: [journal.canteen@gmail.com](mailto:journal.canteen@gmail.com)

## All Day Menu

**Sourdough/Multigrain Toast** \$9  
**Gluten-Free toast/Fruit Loaf/Artisan Crumpets** \$10.50

With your choice of butter, peanut butter, house jam, marmalade, Nutella, vegemite, or honey

**Nutty Oat Porridge** Is vegan. \$19.50  
Oat porridge prepared in an oat milk, is served with caramelized apple, tangy rhubarb, and a sprinkling of crushed nuts.

**Eggs on Toast** Is Vegetarian, for Gluten free + \$1.5 \$14.00  
Poached or Fried eggs, on your choice of toast.

**Avocado on Toast** Is Vegetarian, for Gluten free + \$1.5 \$25.00  
Smashed Avocado with feta cheese and poached eggs on your choice of toast.

**Journal Eggs** Is Vegetarian, for Gluten free + \$1.5 \$18.00  
Folded eggs, with dollop of Crème fraîche, and chives on your choice of toast.

**Tuna Nicoise Salad** Is Vegetarian, Gluten free, and Vegan option available on request. \$27.00  
Tuna, green beans, heirloom tomato, Kipfler potato, a soft poached egg, and olives.

**Salmon Benedict** for Gluten free +\$1.5 \$26.00  
Smoked salmon paired with rocket, house-made tarragon hollandaise, poached eggs, all on a slice of multigrain toast.

**Chef Special** – see the specials board.

**Pastries** – check with staff or cabinet at the counter.

## TOASTIES

**Mushroom & Cheese** for Gluten free +\$1.5. \$18.50  
Grilled Mushroom, truffle mayo, stracciatella, cheese and rocket.

**Journal Croque Monsieur** for Gluten free +\$1.5 \$19.00  
Istra ham, smoked mozzarella, and cheese, served with Pickle and Dijon Mustard.

**Chicken** for Gluten free +\$1.5. \$21.00  
Slow-cooked chicken, herb mayo, avocado and cheese.

## ADD SOMETHING MORE

House relish /Fresh chilli \$3  
House Tarragon Hollandaise \$5  
Half an Avocado \$6  
Cubes of Feta cheese \$5  
Smoked salmon \$9  
Istra Bacon \$8  
Poached egg \$4  
Scrambled egg \$6  
Pickle and Dijon Mustard \$3

Since a few ingredients and preparations are outsourced from third-party vendors, despite of our efforts, allergens may be present. We respect your choices and care for your well-being. Please discuss with our team members, prior to ordering, if you have any food allergies or dietary requirements.

**Hours: Monday to Friday: 7am-4pm, Saturday: 8am -4pm, & Sunday: 8:30am-3:00pm.**  
**Weekend Surcharge 10% & Public holiday 20% applies.**

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## DRINKS LIST

### Coffee:

Black coffee	\$4.80
Milk coffee	\$5.00
Loose-Leaf Chai	\$6.50
Hot Chocolate	\$5.50
Tea (Ask staff for selection)	\$5.50

### Wines:

Continental Platter, <b>Prosecco</b> King Valley, Victoria	\$12/\$49
Continental Platter <b>Pinot Gris</b> Adelaide Hills, SA	\$12/\$49
Ciello ' <b>Bianco</b> ' Catarratto (Dry white) Sicily, IT	\$12/\$45
Artiste <b>Chardonnay</b> 2023, Eden Valley SA	\$13/\$54
Quin Mourvèdre <b>Rosé</b> , Barossa Valley, SA	\$13/\$52
Ciello ' <b>Rosso</b> ' Nero d'Avola (Rosé) Sicily, IT	\$12/\$45
Gran Cerdo <b>Tempranillo</b> Rioja, SP	\$13/\$54
Paracombe <b>Pinot Noir</b> 2022, Adelaide Hills SA.	\$14/\$58
Continental Platter <b>Shiraz</b> , Barossa Valley, SA	\$13/\$54
Varney 'Entrada' <b>Rose</b> , 2023, McLaren Vale, SA.	\$14/\$56

### Juice :

Orange – freshly squeezed	\$9.5
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### Soft Drinks:

Capi Lemonade/Tonic/Soda/GB	\$5.5
Coke / Coke Zero	\$6
Aranciata Blonda	\$6
Aranciata Rossa	\$6
Chinotto	\$6
Limonata	\$6
Pesca Iced Tea	\$6
Iced Berry Tea (House Brewed)	\$6

### Sparkling water:

per bottle/bottomless	\$7.00
per glass	\$2.00

### Beer:

Peroni (Alc/non-Alc)	\$10
Mountain Goat Pale Ale	\$10
Colonial Kolsch Ale	\$10
Mythos Hellenic Beer	\$10
Colonial Bertie Cider	\$11
Asahi	\$11

### Cocktails:

Aperol Spritz	\$16
Mimosa	\$12
Negroni	\$20
Espresso Martini	\$20
Bloody Mary	\$20
Affogato with Kaluwa	\$18
Boss Special(Vodka, Soda, lemon cordial)	\$12

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Instagram

@TheJournalCafe