

# CAPITOL BAR AND GRILL

## BREAKFAST MENU

FUEL YOUR DAY, THE QT WAY.

FROM THE FIRST SIP OF THAT MUCH NEEDED COFFEE, TO THE LAST INDULGENT BITE OF HOTCAKES, MORNINGS AT QT ARE MADE TO DELIGHT

CRAVING SOMETHING FRESH AND LIGHT? OR MAYBE HEARTY AND BOLD? WE'VE GOT A PLATE FOR EVERY PALATE. PAIR IT WITH A CREAMY MATCHA LATTE OR ONE OF OUR SIGNATURE TEAS.

WANT A CHEEKY MORNING KICK? OUR PATRON CAFÉ MARTINI AND YUZU LAVENDER MIMOSA ARE HERE TO ELEVATE YOUR DAY.

AT QT, BREAKFAST IS ALWAYS WORTH WAKING UP FOR.

THESE ARE THE PERFECT ADD-ONS TO UPGRADE YOUR MORNING VIBE!

### SPECIALTY LATTES

**Matcha Latte | 6.5**

**Tiramisu Latte | 8**

**London Fog Latte | 8**

**Mango Almond Iced Matcha Latte | 10**

**Strawberry Almond Iced Matcha Latte | 10**

**Tiramisu Iced Latte | 10**

### SMOOTHIES

**Banana | 12**

Chia + Honey + Dates + Almond Butter + Protein Powder + Yoghurt

**Mango | 12**

Coconut Yoghurt + Lime + Soy Milk + Agave

**Cookies & Cream | 12**

Crushed Oreos + Vanilla Ice Cream

### QT JUICES

*Cold Pressed Juice*

**Pure Orange | 7**

100% Australian Valencia Oranges

**Energise | 7**

Pineapple + Spinach + Cucumber + Silverbeet + Lettuce + Mint + Lime

**Cloudy Apple | 7**

100% Pure Australian Apples

**Immunity | 7**

Carrot + Orange + Pineapple + Celery + Lemon + Turmeric

### MORNING COCKTAILS

*(Available After 8am)*

**Aperol Spritz | 15**

**Yuzu & Lavender Mimosa | 15**

**Spiced Bloody Mary | 22**

**Patron XO Cafe Martini | 24**

While we do our best to accommodate dietary requests, we cannot guarantee allergen-free dishes due to cross-contact risks in the kitchen. Please inform our team of any allergies before ordering. A 15% surcharge applies on public holidays, & no split bills are available

## LIGHT + FRESH

### **Fruit & Yoghurt Bowl | 16**

Local & Tropical Fruits + Vanilla Yoghurt + Honey

### **Broulee Grapefruit | 12**

### **Coconut & Spiced Fig Granola | 19**

Pineapple & Ginger Jam + Vanilla Yoghurt + Fruits

### **Crumpets by Merna | 20**

Poached Autumn Fruits + Walnuts + Honey Labneh

## BIG PLATES

### **“Mince on Toast” | 24**

Wagyu Mince + 2 Fried Eggs + Rainbow Chard + Pecorino + Rustic White Toast

### **Eggs Benedict | 23**

Marmalade Glazed Ham + Poached Eggs + Dijon Mustard + Hollandaise + English Muffin

### **Turkish Eggs | 20**

Herbed Yoghurt + Aleppo Spiced Butter + Dukkha + Soy & Linseed Sourdough

### **Mt Cook Salmon Pastrami | 26**

Hash Brown + Poached Egg + Harissa Cream Cheese + Fennel & Dill Salad

### **Chilli Scramble | 22**

3 Scrambled Free Range Eggs + House Chilli Crunch + Rustic White

### **Zucchini & Avocado Toast | 22**

Meredith Goat Cheese + Smoked Almonds + Soy & Linseed Sourdough

### **B&E Roll | 18**

Smoked Bacon + Fried Egg + Swiss Cheese + Smokey BBQ Sauce

### **Hotcakes | 20**

Creme Diplomat + Blueberry Compote + Pure Maple

## EGGS YOUR WAY

### **Toast & Preserve | 12**

### **Toast & Eggs | 18**

**Toast** | Sonoma Rustic White | Brasserie New York Rye | Sonoma Soy & Linseed | Sonoma Orange & Cranberry Loaf | Crumpets by Merna | English Muffins | Brasserie GF Grain

**Preserves** | Pepe Saya Butter | Vegan Butter | House Jam | Vegemite | Local Honey | Crunchy Peanut Butter | Nutella

**Sides (+7)** | Free Range Bacon | Marmalade Ham | Avocado + Seeds & Nuts | Hash Brown(2) | Fresh Cherry Tomatoes & EVO | Grilled Broccolini | LP's Pork + Parsley & Pecorino Sausage | Roasted Mushroom

## COFFEE

### **Small 5.5 | Large 6**

### **Extra Shot | 0.5**

### **Ultimate Hot Chocolate | 6**

### **Chai Latte | 5.5**

### **Alternate Milk | 0.5**

Almond | Oat | Soy | Lactose Free

### **Cold Drip | 7**

## ON ICE

### **Iced Coffee | 6**

### **Iced Chocolate | 6**

### **Iced Black Tea | 8**

### **Iced Hangover Tea | 8**

## TEA

### **Pot | 6.5**

*Curated by our Director of Food & Beverage and Tea Sommelier Ram Agrawal, in collaboration with Australian Tea Masters.*

### **Wake Up Canberra**

Kick start your day with our bold take on the classic English Breakfast. This tea is full-bodied with malty undertones and a dash of natural sweetness. Wild summer is a handcrafted organic black tea from Bankitwangi Estate in Indonesia.

### **Capitol QTea**

Orange pekoe black tea, roasted oolong tea, safflower, cornflowers, calendula, natural blackberry and natural strawberry. The light notes of roasted oolong are combined with Sri Lankan black tea.

### **Gentleman Grey**

A classic Earl Grey with a twist. This blend of black tea has been delicately infused with natural bergamot, lemon and orange peels and blue cornflowers.

### **Billabong Green**

A fusion of Australian grown green tea blended with strawberry gum, desert finger lime, calendula and quandong extract.

### **Daintree Cacao Chai**

Black tea, cardamom, cinnamon, star anise, black peppercorns, bay leaves, chilli flakes and daintree cacao. Chai with a twist, spice things up with a rich chocolate finish.

### **Burley Griffin**

Peppermint, spearmint, lemon verbena, lavender, black cohosh, dong quai, liquorice root, ashwagandha root, St John's wort, red clover and rose petals. A blend of herbals to help calm your body and mind. The delicate floral notes are supported by soft mint with a hint of lemon.

### **Hangover Tea**

Nettle, chamomile, lemon balm, ginger root, fennel seed, and angelica root. Designed to support a clear head and settle your stomach.

**TURN THE PAGE AND GO ALL OUT WITH A MORNING COCKTAIL,  
SMOOTHIE, OR A DREAMY SPECIALTY LATTE.**