

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

## SPECIALTY LATTES

**Matcha Latte** | 6.5

**Mango Iced Almond Matcha Latte** | 9

**Raspberry Iced Almond Matcha Latte** | 9

## SMOOTHIES

**Banana** | 10

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

**Green Power** | 10

Spinach + Kale + Avocado + Banana + Almond Milk & Butter + Honey

## QT JUICES

*Cold Pressed Juice*

**Pure Orange** | 7

100% Australian Valencia Oranges

**Botanical** | 7

Apple + Spinach + Kale + Cucumber + Celery + Lettuce + Lemon + Ginger

**Cloudy Apple** | 7

100% Pure Australian Apples

**Antiox** | 7

Apple + Passionfruit + Raspberry + Rhubarb

## MORNING COCKTAILS

*(Available After 8am)*

**Aperol Spritz** | 15

**Grand 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

# 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.

## LIGHT + FRESH

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

Local & Tropical Fruits + Vanilla Yoghurt + Honey

### **Coconut & Spiced Fig Granola | 20**

Pineapple & Ginger Jam + Vanilla Yoghurt + Fruits

### **Warm Steal Cut Oat & Quinoa Porridge | 18**

Passionfruit + Pistachio + Brown Sugar + Cultured Butter Fruits

### **Smoked Salmon Bagel | 24**

Cream Cheese + Pickled Onions + Dill & Capers

## BIG PLATES

### **Shakshuka | 24**

Sweet Peppers + Tomato + Onion Jam + Rainbow Chard + 2 Baked Pasture Eggs + Mozzarella + New York Rye Toast

### **Eggs Benedict | 23**

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

### **Fancy Roast Mushrooms | 24**

Whipped Ricotta + Kale Crisp + Poached Pasture Egg + Salsa Verde + Pepitas + Soy & Linseed Sourdough

### **Prawn Kimchi Scramble | 26**

3 Scrambled Pasture Eggs + SA Prawns + House Kimchi + Snow Pea Tendrils + Rustic White

### **Avocado Toast | 23**

Meredith Goat Cheese + Confit Tomatoes + Smoked Almonds + Soy & Linseed Sourdough

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

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

**Vega Option Swap Bacon To Avocado And Halloumi**

### **Waffles | 22**

Cinnamon Butter + Apple Compote + Vanilla Mascarpone + Pure Maple

**Add Fried Chicken Tenders \$9ea**

## EGGS YOUR WAY

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

### **Toast & Eggs | 19**

**Toast** | Sonoma Rustic White | Brasserie New York Rye | Sonoma Soy & Linseed | Sonoma Orange & Cranberry Loaf | English Muffins |

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

**Sides +7ea** | Free Range Bacon | Glazed Ham | Avocado + Seeds & Nuts | Hash Brown(2) | Fresh Cherry Tomatoes | Roasted Field Mushroom | House Kimchi | Chicken & Thyme Sausage | Fried Halloumi |

**+9ea** Fried Chicken Tenders | Smoked Salmon

## COFFEE

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

### **Extra Shot | 0.5**

### **Hot Chocolate**

### **Chai Latte**

### **Alternate Milk | 0.5**

Almond | Oat | Soy | Lactose Free

## ON ICE

### **Iced Latte | 6**

### **Iced Long Black | 6**

### **Iced Chai Latte | 6**

### **Iced Chocolate | 6**

## 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.

### **Oolong Chardonnay**

Oolong tea, papaya chips, orange peel, cinnamon chips, rose petals, vanilla bean, and natural wine flavours. A hand-blended and lightly roasted oolong bursting with light spice and fruit notes, finished with soft rose and vanilla beans. The natural chardonnay notes add an unexpected flavour kick.

### **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.**