

# COFFEE BY REUBEN HILLS

COFFEE SMALL 3.8  
COFFEE LARGE 4.5

MOCHA SMALL 4  
MOCHA LARGE 5

HOT CHOCOLATE BY MORK SMALL 4  
HOT CHOCOLATE BY MORK LARGE 5.2

STICKY CHAI LATTE 4.5

DANDELION LATTE 4.5

# MATCHA

Matcha is premium green tea powder from Japan and is renowned for numerous health benefits. It is rich in nutrients, antioxidants, fiber and chlorophyll. It is sugar-free, an ideal drink for diabetics and others wishing to reduce their sugar intake.

MATCHA LATTE 5

MATCHA TEA 5.5

# COLD DRINKS

## PARKERS 100% ORGANIC

Lemonade 4.5  
Ginger beer 4.5  
Lemon lime + bitters 4.5  
Cola 4.5  
Sparkling pink lemonade no added sugar 4.5

## PARKERS LOW KJ

Green tea with Moroccan mint 5  
Black tea with hibiscus + cranberry 5  
White tea with elderflower + lemon 5  
White tea with white nectarine 5

## PURE COCONUT WATER BY H2COCO

330ml 5  
1 litre 9

## ANTIPODES SPARKLING WATER

500ml 5.5  
1 litre 10  
Spring water 3.5

# TEAS BY TWG BLACK

ENGLISH BREAKFAST 4.5  
Very strong + full bodied with light floral undertones

FRENCH EARL GREY 4.5  
A fragrant variation of the classic. Delicately infused with citrus fruits + French blue cornflowers

ROYAL DARJEELING 4.5  
The King of Indian teas, boasting an exquisite fragrance + a vibrant, sparkling taste of ripe apricots

BLACK 4.5  
TWG's signature tea, this blend infuses berries, anise + caramel

COMTOIR DES INDES (CHAI) 5.5  
Elegant in fusion of chai + spices. Delicious alone or infused with Bonsoy + honey

# GREEN

SENCHA MEICHA 4.5  
A majestic + noble green tea from the Shizuoka region of Japan

JASMINE PEARLS 5  
Fragrant Chinese green tea blended with jasmine blossoms

SILVER MOON TEA 4.5  
Blend of green teas with grand berry + vanilla bouquet with a hint of spice

# HERBAL

CHAMOMILE 4.5  
Soft + soothing boasting a rich honey aroma. Caffeine free

MOROCCAN MINT 4.5  
Perfectly blended with a distinctive Sahara mint (contains green tea)



# SMOOTHIES

## MILK

WITH DAIRY, ALMOND  
OR SOY MILK

\$9

### CHOC ALMOND

Almond butter, banana, dates, cinnamon, coffee + cocoa

### BANANA + GINGER

Banana, dates, ginger

### SUPER NUT CHAI

Brewed chai, dates, banana, activated almonds, walnuts, chia + flax seeds

## REBOOST

WITH VITAMINS, MINERALS,  
ENZYMES + PHYTONUTRIENTS

\$9

### GREEN SMOOTHIE

Green apple, kiwi fruit, banana, cucumber, celery, mint, lime, spinach + ginger

+ add parsley, kale + lemon \$1

### JASMINE + BLUEBERRY

Brewed Jasmine Pearls, strawberries, blueberries, banana + dates

### DETOX

Kale, beetroot, celery, apple, lemon + ginger

## FRUIT + VEGETABLE JUICES

\$8.5

### REHYDRATE

Watermelon, coconut water, lime + mint

### SUPER C

Carrot, pineapple, orange, lime + ginger

+ Or add açai berries for that extra burst of powerful antioxidants \$1

# THE MAPLE+CLOVE RUNNERS GROUP

THE MAPLE AND CLOVE RUNNERS GROUP PROVIDES A FRIENDLY ENVIRONMENT FOR ANYONE WHO WANTS TO RUN AT ANY LEVEL FROM BASIC FITNESS TRAINING TO THOSE WANTING TO COMMIT TO LONG TERM GOALS.

The Runners Group caters for all runners and any level is welcome to join. Meeting every Tuesday and Thursday at 6:15am the group heads off from Maple + Clove and covers 5-6km travelling around the Parliamentary Triangle and Lake Burley Griffin. The average pace is a steady 5-6 minutes per kilometre. After the run feel free to grab a coffee and breakfast from Maple + Clove.

TUES + THURS 6:15AM

# SERVED ALL DAY

## OAT + AMARANTH PORRIDGE 12.5

With almond milk, pecans, mixed seeds + cinnamon

## MAPLE GRANOLA 13

Toasted oats, barley, walnuts, pistachio + almonds served with Speculaas yoghurt, fresh apple + honey

## MAPLE WHOLE WAFFLE 20

Wholemeal spelt zucchini + sweet corn waffles served with smoked King Salmon, confit tomato + slow cooked egg

+ Add free range bacon +4.5

## FRESH START 19

Tomatoes, sliced avo, smoked salmon, lemon ricotta + crusty seeded rye bread

+ Add slow cooked egg +4

## BREKKY SALAD 19

Avocado, cherry tomatoes, kimchi, seasonal mushrooms, marinated zucchini + slow cooked egg  
v, gf, df

## FREE RANGE EGG WHITE OMLETTE 19.5

Green asparagus, zucchini, baby spinach + Snowy Mountain smoked trout served with a crunchy jicama + apple salad with seeded rye bread  
df, gf on request

## POACHED FREE RANGE EGGS 15

With wilted kale + crusty seeded rye bread

+ Add smoked King Salmon +4.5

+ Add free range bacon +4.5

df, gf on request

## SCRAMBLED FREE RANGE EGGS 15

With Maple salad + crusty seeded rye bread

df, gf on request

## PORTOBELLO MUSHROOM BURGER 18

With tomato, avocado, sesame seeds + creamy cucumber yoghurt and a side of sweet potato wedges  
v, gf, df on request

## SWEET POTATO HASHBROWN 18

Served with Gypsy Ham, scrambled eggs, dukkah, rocket + mint  
gf, df, v on request

## MAPLE WHOLE BREAKFAST 21

Poached eggs, free range bacon, baby spinach, grilled tomato, seasonal mushrooms + seeded rye bread  
df, gf on request

### MAKE IT YOUR OWN OR ADD

Black Forest Smokehouse free range bacon +4.5

Smoked King salmon +4.5

Seasonal mushrooms with lemon + parsley +4

Smashed avocado with cucumber + lime +4

Roasted organic tomatoes +4

Two slices of toast with butter + house made compote +7

Available in rye, soy linseed or fruit+nut Gfree +1

v = vegan, gf = gluten free, df = dairy free

# 11.30AM +

## THAI GREEN CURRY CHICKEN 23

Served on Maple wild rice (barley, wild + brown rice) with toasted almonds

## MARKET FISH OF THE DAY 25

With Salad  
gf, df

## SEARED OCEAN TROUT SALAD 25

Served with a slow cooked egg + Maple Salad  
gf, df

## BANG BANG CHICKEN 22

Zucchini noodles, carrot, wombok, Spanish onion, poached chicken with a sesame dressing, fresh herbs + cashew nuts  
gf, df, v on request

## MAPLE BIBIMBAP 18.5

Wild rice, brown rice + barley slow cooked with sweet corn then finished with matchstick carrots, zucchini, bean sprouts, kimchi + fried egg  
gf, df, v on request

## MAPLE RAW GREEN SALAD s12/m18.5

Baby kale, avocado, baby spinach, broccoli, asparagus, activated almonds + lemon, sesame dressing  
v, gf, df

+ Add slow cooked egg +4

+ Add award winning bacon +4.5

## ROAST LAMB + RYE 24

Slow roasted lamb leg, kimchi + fried egg with sautéed Spanish onion, carrot + celery on rye bread  
df, gf on request

## SMOKED SALMON, ROCKET + RYE 21

Zucchini ribbons, wild rocket, cherry tomatoes, smashed avo, black pepper + lemon wedge on rye bread  
df, gf on request

## MAPLE SANDWICH 19

Free range eggs, bacon, chicken + iceberg with creamy cucumber yoghurt served on soy linseed bread  
df, gf on request

# BEER & WINE

### SPRING SEED 'MORNING BRIDE' ROSE

McLaren Vale, SA\* \$9.5/\$38

### BARON JACQUES 'BLANC DE BLANC'

Burgundy, FRANCE\* \$11/\$43

### PAXTON PINOT GRIS

McLaren Vale, SA\* \$10/\$39

### YARRH SAUVIGNON BLANC

Canberra District, ACT\* \$9/\$36

### DELATITE RIESLING

Mansfield, VIC\* \$12/\$49

### RAVENSWORTH SANGIOVESE

Canberra District, ACT\* \$12.5/\$50

### GEMTREE 'UNCUT' SHIRAZ

McLaren Vale, SA\* \$12/\$48

### MOOROODUC 'DEVIL BEND CREEK' PINOT NOIR

Mornington Peninsula VIC\* \$9.5/\$38

### MOUNTAIN GOAT HIGHTALE AMBER ALE

Yarra Valley VIC \$8

### MOUNTAIN GOAT STEAM PALE ALE

Yarra Valley VIC\* \$8

### NAPOLEONE + CO APPLE CIDER

Yarra Valley VIC\* \$8

\* Certified organic

NO SPLIT BILLS