



## TAKEAWAY MENU

201 Kent Street, Sydney CBD

[www.backrowwest.com.au](http://www.backrowwest.com.au)

T: 02 9252 4925 | E: [info@backrowwest.com.au](mailto:info@backrowwest.com.au)

[f/BackRowWest](https://www.facebook.com/BackRowWest) [@BackRowWest](https://www.instagram.com/BackRowWest)

# Breakfast – Takeaway

---

<b>Sourdough Toast</b> <b>4</b>	<b>Walnut &amp; Chia Porridge</b> <b>10</b>
Brown   Soy Linseed   Fruit Spelt   Gluten Free Served with Cultured Butter and Fresh Preserves	Rolled Oats, Chia Seeds, Walnuts, Vanilla Poached Pear, Cinnamon Infused Honey, Activated Seeds
<b>Breakfast Plate</b> <b>15</b>	<b>Acai Bowl</b> <b>13</b>
Panko Crumbed Free Range Egg, Quinoa, Feta, Avocado, Tomato Relish, Bell Peppers, Pine Nuts <b>Add Bacon +4</b>	Organic Acai Berry, Coconut Water, Mango, Shredded Coconut, Granola, Fresh Berries <b>Add Peanut Butter +2</b>
<b>Breakfast Burrito</b> <b>10</b>	<b>Granola &amp; Yoghurt</b> <b>10</b>
Three Egg Whites, One Yolk, Halloumi, Spicy Chipotle, Avocado, Baby Spinach, Black Beans, Low Carb Wrap <b>Add Bacon +4</b>	Rolled Oats, Almonds, Walnuts, Goji Berries, Pecans, Manuka Honey, Fresh Berries, Low Fat Yoghurt
<b>Avocado Bruschetta</b> <b>11</b>	<b>Cereal Panna Cotta</b> <b>10</b>
Avocado, Feta, Cherry Tomato, Dukkah, Smoked Salt, Sourdough <b>Add Poached Egg +3 or Crispy Bacon +4</b>	Seasonal Mixed Fruit, Granola, Panna Cotta Infused with Cereal Milk, Fresh Berries
<b>Chili Scrambled Eggs</b> <b>13</b>	<b>Protein Hotcake</b> <b>12</b>
Medium Scrambled Eggs, Chipotle, Cucumber Ribbons, Fresh Chili, Coriander, Sourdough <b>Add Halloumi +4</b>	Passionfruit, Berries, Mascarpone, Pistachio, Pepitas, Maple Syrup, Ricotta, Plant Protein Powder <b>Add Crispy Bacon +4</b>
<b>Eggs in Hell</b> <b>15</b>	<b>Eggs on Toast</b> <b>10</b>
Chili Beef Mince, Tomato, Kimchi, Poached Free Range Egg, Sour Cream, Jalapeños, Toasted Sourdough	Fried   Poached   Scrambled, Served on Sourdough
<b>Bacon &amp; Egg Burger</b> <b>10</b>	<b>Meal Accompaniments</b> <b>4ea</b>
Soft Scrambled Egg, Chives, Free Range Crispy Bacon, American Cheese, Smoked Mayo <b>Add Beef Patty +4</b>	Crispy Bacon Avocado Feta Cheese Cherry Tomatoes Halloumi Cheese Falafel Mushrooms Turmeric Cauliflower Rice Wilted Spinach Smoked Salmon <b>5ea</b> Poached Egg <b>3ea</b>

# Lunch – Takeaway

---

<b>Crispy Skin Salmon</b>	<b>18</b>	<b>Gnocchi</b>	<b>17</b>
Tasmanian Salmon, Green Tea Noodles, Pickled Carrot, Pickled Ginger, Soft Herbs, Butter Beans, White Miso, Toasted Sesame and Lime Dressing		Potato Gnocchi, 12 Hour Braised Lamb Ragu, Shaved Parmesan, Gremolata, Fried Rosemary	
<b>Tuna Poke Bowl</b>	<b>18</b>	<b>Bucatini Melanzane</b>	<b>15</b>
Sashimi Grade Albacore Tuna, Avocado, Pickled Ginger, Zucchini Noodles, Cucumber, Kewpie Mayo, Wakame, Togarashi, Ginger Soy Dressing		Bucatini Pasta, Sautéed Eggplant, Confit Garlic, Tomato, Basil, Baked Ricotta, Fried Basil Leaves	
<b>Quinoa Chicken Salad</b>	<b>14</b>	<b>Orecchiette</b>	<b>17</b>
Grilled Chicken Breast, Smoked Yoghurt, Green Beans, Roast Cauliflower, Quinoa, Chickpeas, Feta, Spinach, Lemon and Olive Oil Dressing		Orecchiette Pasta, Pork and Fennel Sausage, Green Peas, Diced Zucchini, Chili, Feta, Olive Oil, Black Pepper, Parmesan	
<b>Vegan Bowl</b>	<b>14</b>	<b>Cheese Burger</b>	<b>15</b>
Falafel, Avocado, Quinoa, Beetroot Hummus, Kale, Cucumber, Bell Peppers, Pine Nuts, Balsamic Vinegar, Cauliflower Rice		Wagyu Beef Patty, Cheese, Baby Cos, Tomato, Onion, Pickles, Mustard, Smoked Mayo, Shoestring Fries	
<b>Add Poached Egg +3 or Halloumi +4</b>		<b>Add Extra Patty +5 or Crispy Bacon +4</b>	
<b>Crumbed Chicken Sandwich</b>	<b>13</b>	<b>Grilled Chicken Burger</b>	<b>15</b>
Crumbed Chicken Breast, Hot Sauce Aioli, Baby Cos, Tomato, Served on Sourdough		Marinated Chicken Breast, Smokey BBQ Sauce, Onion Rings, Lettuce, Tomato, Milk Bun, Shoestring Fries	
		<b>Add Crispy Bacon +4</b>	

## Cold Drinks

---

<b>Soft Drinks</b>		<b>Water</b>	
Coke	4	San Pellegrino 250ml	3.5
Diet Coke	4	San Pellegrino 500ml	5
Ginger Beer	4	Still Water 600ml	3
Lemon lime Bitters	4		
		<b>Kombucha</b>	
		Kombucha Ginger & Lemon	5.5
		Kombucha Peach	5.5

# Fresh Juice

# Smoothies

<b>Freshly Squeezed Juice</b>	<b>400ml / 500ml</b>
<b>Defender</b> Apple, Passionfruit, Ginger	<b>6.5 / 7.5</b>
<b>Pink Pine</b> Watermelon, Apple, Pineapple	<b>6.5 / 7.5</b>
<b>Vitamin King</b> Pineapple, Mint, Orange	<b>6.5 / 7.5</b>
<b>Citrus Healer</b> Grapefruit, Orange, Lime	<b>6.5 / 7.5</b>
<b>Grounder</b> Orange, Carrot, Ginger	<b>6.5 / 7.5</b>
<b>Greened Out</b> Cucumber, Apple, Lime	<b>6.5 / 7.5</b>
<b>Make your own</b> From the above	<b>6.5 / 7.5</b>

<b>Smoothies</b>	<b>400ml / 500ml</b>
<b>Breakfast Starter</b> Rolled Oats, Cacao Nibs, Banana, Granola, Honey, 25g Plant Protein, Cinnamon	<b>7.5 / 9</b>
<b>Green Alkalizer</b> Avocado, Finger Lime, Kale, Mango, Banana, Spinach, Bee Pollen, 25g Plant Protein	<b>7.5 / 9</b>
<b>Banana Smoothie</b> Pineapple, Orange, Banana, Low Fat Yoghurt, Chia Seeds, Cacao Nibs, 25g Plant Protein	<b>7.5 / 9</b>
<b>Mixed Berry</b> Raspberries, Strawberries, Banana, Apple, Low Fat Yoghurt, Honey, Coconut Water, Shredded Coconut, Mint, 25g Plant Protein	<b>7.5 / 9</b>
<b>Salted Peanut Butter</b> Peanut Butter, Cacao Nibs, Himalayan Salt, Honey, Banana, 25g Plant Protein, Granola	<b>7.5 / 9</b>
<b>Acai Smoothie</b> Organic Acai Berry, Coconut Water, Mango, Shredded Coconut, Granola	<b>7.5 / 9</b>

# Coffee & Tea

<b>Black or White</b> Single O Roasters Back Row West Custom Blend	<b>3.5/4</b>
<b>Espresso</b>	<b>3</b>
<b>Macchiato</b>	<b>4</b>
<b>Batch Brew</b> Single O Filter Coffee Served Hot	<b>4</b>
<b>Chilled Batch</b> Single O Filter Coffee Served Chilled	<b>4/4.5</b>
<b>Belgian Hot Chocolate</b> Belgian Callebaut Chocolate	<b>4/4.5</b>

<b>Belgian Mocha</b> Single O Espresso, Belgian Chocolate, Milk	<b>4.5/5</b>
<b>Turmeric Latte</b> Organic Honey and Turmeric, Cinnamon	<b>4/4.5</b>
<b>Coconut Iced Coffee</b> Cold Filter, Coconut Sorbet, Shredded Coconut, Belgian Chocolate Nibs	<b>6</b>
<b>Iced Coffee</b> Long Black or Latte	<b>4.5</b>
<b>Traditional Tea</b> English   Chamomile   Earl Grey   Peppermint   Green   Chai   Lemongrass	<b>4</b>