

CRUSHES

MANGO TANGO Mango, passionfruit and orange blended with ice	9
WATERMELON CRUSH Watermelon, mint, coconut water & sugar syrup, blended with ice	9
LYCHEE PINEAPPLE CRUSH Pineapple, lychees, mint & sugar syrup, blended with ice	9
LYCHEE WATERMELON CRUSH Watermelon, lychees, mint & sugar syrup, blended with ice	9

THICKSHAKES

ACAI THICKSHAKE 🍌 🍌 Acai, berries, coconut water, blended, topped with granola & fruit	13
OREO THICKSHAKE Oreos, milk & ice cream, blended, topped with whipped cream	9
NUTELLA THICKSHAKE 🍌 Nutella, milk & ice cream, blended, topped with whipped cream	9
BISCOFF THICKSHAKE Biscoff, milk & ice cream, blended, topped with whipped cream	9

MILKSHAKES

- Chocolate	
- Vanilla	
- Caramel	
- Strawberry	

ICED DRINKS

PEACH ICED TEA PARX house made Peach iced tea, with lemon and mint	6
ICED LONG BLACK Ice, double espresso & cold water	7
ICED LATTE Ice, double espresso & milk ADD Caramel, Vanilla or Hazelnut Syrup 1	8
ICED CHAI LATTE Ice, chai powder & milk	8
ICED DIRTY CHAI LATTE Ice, chai powder, double espresso, & milk	8.5
ICED MATCHA LATTE Ice, matcha powder & milk	8
ICED COFFEE Ice-Cream, double espresso & milk, topped with whipped cream	8.5
ICED CHOCOLATE Ice-cream, chocolate syrup, & milk, topped with whipped cream	8.5
ICED MOCHA Ice-cream, chocolate syrup, double espresso, & milk, topped with whipped cream	9
ICED MATCHA FRAPPE Ice-cream, matcha powder & milk, blended & topped with whipped cream	9
ICED STRAWBERRY MATCHA Ice, matcha powder, strawberry compote & milk	9

FRESH JUICES

LEMON GINGER SHOT	4.50
FRESH FUSION Pineapple, apple, lemon, cucumber and ginger.	9
SOUR WARHEAD Pineapple, apple, lemon, strawberry	8
MEAN GREEN Apple, kale, mint, orange, lemon	8
TROPICAL Watermelon, orange, pineapple	8
CREATE YOUR OWN Your choice of 3 options: - Apple - Watermelon - Lemon - Pineapple - Orange - Carrot	9
EXTRAS 1 - Kale - Ginger - Mint	

SMOOTHIES

BANANA SMOOTHIE Banana, honey, milk & ice-cream	9
BERRY SMOOTHIE Berries, honey, milk & ice-cream	9

PROTEIN SHAKES

PARX PROTEIN 🍌 1 Scoop of caramel protein, granola, caramel syrup, honey, with your choice of water or milk, blended with ice ADD Extra Scoop of Protein 2	9
PARX PROTEIN OF THE DAY 🍌 Ask our friendly staff for the protein flavour of the day! Scoop of protein, granola, honey, with your choice of water or milk, blended with ice ADD Extra Scoop of Protein 2	9
PARX CRACKA PROTEIN 🍌 1 Scoop of vanilla protein powder, honey, granola, coconut water and mixed berries, Blended with ice. ADD Extra Scoop of Protein 2	9

SOFT DRINKS

Coke	4.5
Coke Zero	4.5
Sprite	4.5
Lemon, Lime & Bitters	6

MINERAL WATER

Still	3.7
Sparkling	4.7

HOT DRINKS

- Latte				
- Cappuccino	Sml	Reg	Lrg	
- Flat White	4.0	4.5	5.0	
- Long Black				
- Hot Chocolate				
- Chai Latte				
- Mocha	Sml	Reg	Lrg	
- Dirty Chai	4.5	5.0	5.5	
- Nutella Hot Chocolate				
- Biscoff Hot chocolate				
Espresso				3
Macchiato				3.5
Piccolo				3.5
TEA				4.5
- English Breakfast				
- Earl Grey				
- Green				
- Peppermint				
- Chamomile				

BELGIAN HOT CHOCOLATE	Sml	Reg	Lrg
- Milk	4.7	5.0	5.5
- White			

SPECIALTY MOCHA	Sml	Reg	Lrg
- Belgian Milk Chocolate	5.0	5.5	6.0
- Belgian White Chocolate			
- Nutella			
- Biscoff latte			

SPECIALTY LATTES	Sml	Reg	Lrg
- Matcha	4.2	4.4	4.8
- Turmeric			

EXTRAS				0.5
- Extra Shot				
- Decaf				
- Honey				
- Vanilla Syrup				
- Caramel Syrup				
- Hazelnut Syrup				

ALTERNATIVE MILK				1
- Oat				
- Almond				
- Soy				
- Lactose Free				



Trading Hours

Monday to Friday 6:15am - 4pm

Saturday to Sunday 7:30am - 3pm

Kitchen closes 30 minutes earlier

ABBOTSBURY

Shop 2 / 60 - 68 Stockdale Crescent
Abbotsbury NSW 2176
9610 7279

GREGORY HILLS

Shop 11 / 7 Gregory Hills Drive
Gledswood Hills NSW 2557
4647 1060

PRESTONS

Shop 2, Prestons Shopping Village,
Wroxbam Street, Prestons NSW 2170
9608 3315

CRANEBROOK




Shop 1a / 13 Renshaw Street
Cranebrook NSW 2749
4751 4730

While we try to outline allergen items in our dishes menu items may contain or come in contact with WHEAT, EGGS, PEANUTS, TREE NUTS, and MILK.

*GLUTEN FREE BREAD OPTION AVAILABLE | *NO SPLIT BILLS | *NO BOOKINGS

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ALL DAY BREAKFAST

VEGGIE STACK 	20
Crumbed eggplant, grilled zucchini, grilled sweet potato, grilled capsicum and haloumi, stacked and topped with chilli kale, pesto and feta cheese	
ADD 2 Eggs 5	
ADD Smoked Salmon 6	
ADD Grilled Chicken 6	
OMELETTE 	20
Sliced ham and shredded cheese in a folded omelette, topped with za'atar, served with sourdough toast	
OR	
Sauteed mushrooms, onion and spinach topped with feta and za'atar, served with sourdough toast	
ADD Sujuk 5	
ADD Chorizo 5	
ADD Bacon 5	
ADD Mushroom 4	
TURKISH EGGS 	20
2 poached eggs, Turkish bread, haloumi, cucumber, labneh, grilled tomato, onion & capsicum drizzled with chilli oil	
ADD Chorizo 5	
ADD Bacon 5	
SMASHED AVO 	22
Sourdough toast topped with smashed avocado, 2 poached eggs, Danish feta, cherry tomatoes & za'atar	
ADD Bacon 5	
ADD Chorizo 5	
ADD Sujuk 5	
ADD Smoked Salmon 6	
EGGS BENEDICT	21
Sourdough toast, 2 poached eggs, sautéed spinach and mushroom, hollandaise sauce served with your choice of bacon, ham, or salmon (+\$2)	
PARX BIG BREAKFAST	28
2 eggs cooked your way, bacon, chorizo, potato gems, avocado, haloumi, mushroom, spinach, tomato and sourdough toast	
MEZZE BOARD 	60
Made to share - Scrambled eggs, bacon, chorizo, potato gems, sujuk, haloumi, mushrooms, avocado, feta, olives, tomato, cucumber, labneh, za'atar oil and Turkish bread	
BACON AND EGG ROLL 	14
2 fried eggs, bacon & BBQ sauce on a Turkish roll	
ADD Cheese 1	
BREKKIE WRAP/BURGER 	18
Egg, bacon, chorizo, cheese, caramelized onion, aioli & BBQ sauce on a wrap or bun, served with potato gems	
OREGANO FOLD 	19
Avocado, feta, mixed lettuce & tomato folded in a toasted za'atar roll served with mixed olives	
ADD 2 Eggs 5	
EGGS ON TOAST 	12
2 eggs cooked your way, served on sourdough toast	
ADD Bacon 5	
CHILLI EGGS 	20
Sourdough topped with 2 poached eggs, ajvar, spicy sujuk, avocado, cucumber, tomato, Spanish onion and lemon with chilli oil	
WILD MUSHROOM SMASHED ARANCINI 	22
2 wild mushroom smashed arancini with parmesan cheese, served with sautéed mushrooms, 2 poached eggs and pesto	

ALL DAY LUNCH

GARLIC PRAWNS 	25
Garlic prawns with a spicy mango sauce served on a tomato and parsley infused cous cous .	
FISH TACOS 	24
3 Warm tortilla wraps filled with mixed cabbage, beer battered fish and a mango salsa topped with jalapeno and avocado aioli, served with a lemon wedge .	
SALT AND PEPPER SQUID	24
Battered salt and pepper squid, with a side Greek salad, super crunch fries, lemon wedge and aioli.	
PRAWN AND CHORIZO SKEWERS 	26
2 skewers with chipotle marinated prawns, onion, pineapple, capsicum and chorizo. Served with a watermelon, mint, cucumber and feta salad with balsamic pearls and lemon honey vinaigrette.	
FALAFEL AND CAULIFLOWER BOWL	22
Pumpkin and jalapeno hummus with falafel, grilled cauliflower, tomato and onion salsa, fried haloumi and eggplant chips	
FISH AND CHIPS	22
3 battered flathead filets served with super crunch fries and side Greek salad, lemon wedge and tartare sauce	
PRAWN TACOS 	24
3 warm tortilla wraps filled with battered prawns, cabbage salad and cheese, drizzled with an avocado and jalapeno aioli, served with a lemon wedge	
SOUTHERN FRIED CHICKEN BOWL 	27
Southern fried chicken, brown rice, smashed avocado, slaw, cheese, tomato, pickles, jalapenos, grilled capsicum & onion drizzled with spicy chipotle sauce	
MEDITERRANEAN LAMB	29
Lamb cooked medium rare*, brown rice, feta, sauteed capsicum, Spanish onion, olives, spinach & sweet potato served with tzatziki	
*Well done - allow 15 mins cooking	
CHICKEN AVO MELT	27
Sourdough toast, topped with smashed avocado, grilled chicken and melted tasty cheese served with a side of sweet potato fries and Greek salad	
SALADS	26
PRAWN AND COUS COUS SALAD 	26
Moroccan spiced prawns served on a Cous cous salad, diced tomato, cucumber, Spanish onion and capsicum, topped with balsamic pearls and lemon honey vinaigrette.	
SUMMER SALMON SALAD	28
Shredded green apple, carrot, Spanish onion, capsicum, mixed cabbage, chia and pepita seeds with a zesty lemon dressing topped with a grilled salmon fillet.	
CHICKEN AND CUCUMBER SALAD 	25
Cucumber, Spanish onion and capsicum with a satay dressing, topped with poached chicken and sprinkled with almonds and coriander .	
PUMPKIN SALAD 	18
Grilled pumpkin, grilled zucchini, spinach, cauliflower, Spanish onion, feta cheese and almonds with a tangy balsamic honey dressing	
ADD Grilled Chicken 6	
ADD Lamb 10	
ADD Salmon Fillet 10	
GREEK SALAD 	18
Mixed lettuce, tomato, cucumber, feta, capsicum, Spanish onion, olives & balsamic honey dressing	
ADD Grilled Chicken 6	
ADD Lamb 10	
ADD Salmon Fillet 10	
LAMB SALAD 	28
Lamb cooked medium rare*, mixed leaf, cucumber, tomato, Spanish onion, capsicum, almonds, olives & feta dressed with balsamic honey dressing & tzatziki	
*Well done - allow 15 mins cooking	

BURGERS/WRAPS/ROLLS

All served with Super Crunch Fries	
Add Bacon Loaded Fries 3	20
GOURMET TRUFFLE CHEESEBURGER 	20
2 House made smash patties, spicy sujuk, onion, Provolone cheese and truffle mayo in a milk bun	
ADD Bacon 2.5	
PARX SMASH BURGER 	22
2 House made smash patties, bacon, shredded lettuce, sliced tomatoes, onion, pickles, sliced cheese, Aioli and BBQ sauce, in a milk bun	
ADD Fried Egg 2.5	
GRILLED CHICKEN AND PINEAPPLE BURGER 	20
Grilled chicken, pineapple, lettuce, onion, sliced tomato, with a caramelized tomato and onion relish on a milk bun	
ADD Bacon 2.5	
SOUTHERN FRIED CHICKEN BURGER 	20
Southern fried chicken, slaw, American cheese & Parx spicy chipotle sauce in a milk bun	
ADD Bacon 2.5	
GRILLED CHICKEN BURGER 	20
Grilled chicken, lettuce, cheese, jalapenos, onion, sliced tomato, with aioli and spicy chipotle sauce on a milk bun.	
ADD Bacon 2.5	
LAMB WRAP	20
Sliced lamb cooked medium rare*, mixed leaf, feta, cucumber, tomato, spanish onion, capsicum, & tzatziki	
*Well done - allow 15 mins cooking	
VEGGIE WRAP 	18
Mixed grilled vegetables, haloumi, mixed lettuce & pesto	
CRISPY CHICKEN WRAP 	20
Southern fried chicken, avocado, tomato, cheese, lettuce & spicy chipotle sauce	
FALAFEL WRAP 	18
Falafel, lettuce, tomato, onion, crumbed eggplant, pickles, with spicy umba sauce.	
SCHNITZEL ROLL 	22
Chicken schnitzel, bacon, lettuce, tomato, Kewpie mayonnaise, and cheese on Turkish bread	
LAMB ROLL 	22
Lamb backstrap, Ajvar, pickled cabbage, carrots, cucumber, coriander, caramelized onion and aioli on Turkish bread	
PRAWN ROLL 	22
Prawns covered in zesty mayo with lettuce and spicy honey butter in toasted Turkish bread	
GRILLED SANDWICHES	15
CLASSIC B.L.A.T	15
Sourdough grilled with crispy bacon, lettuce, avocado cheese and tomato.	
SUJUK MELT	15
Sourdough grilled with sujuk, cheese, mushrooms, spinach and pesto	
ULTIMATE DELI	15
Sourdough grilled with pastrami, ham, salami with lettuce, tomato, onion, cheese and olive tapenade	
SIDES	14
LABNEH FRIES 	14
Fries topped with labneh and za'atar, served with a lemon wedge	
LOADED BACON GEMS	14
Potato gems topped with bacon bits & aioli	
LOADED BACON SUPER CRUNCH FRIES	14
Super crunch fries topped with bacon bits & aioli	
LOADED BACON SWEET POTATO FRIES	14
Sweet potato fries topped with bacon bits & aioli	
POTATO GEMS 	12
SWEET POTATO FRIES 	12
SUPER CRUNCH FRIES 	10

SOMETHING SWEET

WHITE CHOCOLATE PISTACHIO CREPES 	20
3 crepes loaded with strawberries, white Belgian chocolate topped with pistachios and vanilla ice-cream	
ACAI BOWL 	18
Frozen Acai blend finished with seasonal fruits, granola, coconut chips, superfoods, and honey	
ADD Peanut Butter 2	
ADD Nutella 2	
ADD Biscoff 2	
GRANOLA BOWL 	17
Greek yoghurt topped with seasonal fruits, honey, and granola	
PARX PANCAKES 	20
House-made pancakes, vanilla ice-cream & seasonal fruits served with your choice of maple syrup, Biscoff or Nutella	
RICOTTA PANCAKES 	20
House-made pancakes, ricotta cheese, berry coulis, maple syrup & seasonal fruits	
CRUNCHY FRENCH TOAST 	20
French toast coated with cinnamon-sugar and cornflakes served with vanilla ice-cream, berry coulis, maple syrup and seasonal fruits	
NUTELLA CREPES 	20
3 crepes loaded with Nutella, topped with seasonal fruits, chocolate crumble, Belgian chocolate, and vanilla ice-cream	
WAFFLES 	20
2 waffles served with Belgian chocolate, seasonal fruits, vanilla ice-cream and chocolate crumble	
LOADED DOUGHNUT FRIES 	18
Cinnamon dusted doughnut fries with banana and strawberries, drizzled with milk and white chocolate	
ADD Vanilla Ice Cream 2	
AFFOGATTO 	8
Vanilla ice-cream served with a double espresso, Belgian milk chocolate, and topped with pistachios.	

EXTRAS

Slice of cheese | Sauces -Tomato, BBQ, Truffle Mayo, Aioli, Spicy chipotle,Kewpie mayo,Tartare |
 (1) Extra Bread | Grilled Tomato | Spinach | Feta | Hollandaise | Vanilla Ice Cream - **(2)**
 (1) GF Toast- **(3)**
 (2) Extra Bread | Avocado | Sautéed mushrooms - **(4)**
 (2) Eggs | Ham | Haloumi | Chorizo | Bacon | Sujuk - **(5)**
 (1) Smash Patties | (5) Falafel | Southern Fried Chicken | Smoked Salmon | Grilled Chicken - **(6)**
 Chicken Schnitzel- **(8)**
 (9) Prawns - **(9)**
 Salmon Fillet | Lamb - **(10)**

ALLERGEN INFORMATION

 Vegetarian	 Spicy	 Gluten Free
 Contains Nuts	 Contains Shellfish	 Contains Sesame