



Breakfast Menu

7:00am–2:30pm



Eggs on Toast (GFO, DFO) 13.0

Your choice of scrambled, fried or poached eggs served on toasted ciabatta.

Eggs Benedict (GFO) 23.0

Poached eggs on homemade hash browns, crispy bacon & homemade hollandaise sauce.

Tra Breakfast (GFO, DF, VO) 27.0 (vegetarian option available)

Eggs your way on toasted ciabatta with roasted tomatoes, roasted mushrooms, hashbrowns, streaky bacon, and fried sausages served with house hollandaise.

Extras

Free range bacon 5.0

Sausages

Homemade hashbrowns

Eggs

Tomatoes

Mushroom

Avocado

Halloumi 9.0

Hollandaise 3.0

Toasted Granola (DFO) 20.0

With seasonal nuts, goji berries, jujube, almonds & oats, served with milk and yoghurt.

Pico De Gallo Loaded Avocado Toast (GFO, DF, VO) 20.0

Smashed avocado topped with fresh red onion, tomato, and capsicum, topped with chili crisps.

Add Egg +3.0

Add Bacon +5.0

Homemade Waffles

Tomatoes confit in olive oil with balsamic glaze. 23.0

Buttermilk fried chicken with gojuchang and honey soy infused maple syrup. 25.0

Berry compote and fresh orange segments, drizzled with condensed milk, and finished with orange-infused mascarpone. 23.0

Gravlax Salmon Bagel 27.0

Tea and citrus-infused salmon gravlax with cream cheese on a toasted bagel.

GFO: gluten free option, DFO: dairy free option, VO: vegan option





Lunch Menu

11:00am–2:30pm

GFO: gluten free option, DFO: dairy free option, VO: vegan option

Pan-Fried Fish with Orzotto (GFO, DFO) **27.0**

Crispy pan-fried fish with sweet glazed cherry tomatoes, seasonal greens, caramelised pineapple, and a fresh coriander–dill herb salad, topped with fried shallots. Served over soft orzo. (Ask our team about today's fish selection)

Banh mi xiu mai (GFO, DFO) **25.0** (Vietnamese Meatball Sub)

Homemade pork meatballs in a rich tomato broth, topped with fresh coriander and house-pickled vegetables. Served with a toasted baguette on the side.

Slow & Sour Ribs Minestrone (GFO) **25.0**

Tender pork ribs in a sinigang broth, served with soft orecchiette pasta & finished with fresh herbs, crispy shallots, and chili crisps.

Wok-Tossed Beef Rump with Crispy Potatoes (GFO, DFO) **26.0**

Tender beef rump stir-fried with capsicum and onions, tossed with golden fries in a savoury miso sauce topped with fresh herbs.

Add Rice **+3.0**

Creamy Avocado Bowl (GFO) **25.0**

Creamy avocado and poached egg with cherry tomatoes, mixed rocket salad, and crispy spiced chickpeas, tossed in a lemon & black pepper vinaigrette.

Grilled Prawn Salad (GFO) **26.0**

Juicy coconut infused prawns tossed with cabbage, green apple, carrot, basil, mint, and crispy shallots. Dressed in a tangy sweet fish sauce.

Grilled Chicken Salad (GFO) **25.0**

Juicy peri peri chicken thigh served with lettuce, cucumber, cherry tomatoes, crispy bacon, and crunchy croutons, tossed in miso green goddess dressing.

Tra Beef Burger (GFO) **27.0**

Five-spice infused beef patty on a toasted brioche bun with lettuce, tomato, caramelised onion, and sriracha mayo. Served with fries and tomato sauce.

Add Bacon **+5.0**

Tra Halloumi Burger (GFO) **25.0**

With peri peri fried halloumi, tomato, lettuce, caramelised onion and sriracha mayo on a toasted brioche bun. Served with fries and tomato sauce.

Handcut Fries (GFO, DFO) **10.0**

Crispy hand cut fries served with sriracha mayo and tomato sauce.





Dinner Menu

5.00pm – Late

Pan-Fried Fish with Orzotto (GFO, DF) 28.0

Crispy pan-fried fish served with sweet glazed cherry tomatoes, caramelized pineapple, fresh coriander, and fried shallots over soft orzo. (Ask our team about today's fish selection)

Banh mi xiu mai (GFO, DF) 26.0 (Vietnamese Meatball Sub)

Homemade pork meatballs in a rich tomato broth, topped with fresh coriander and house-pickled vegetables. Served with a toasted baguette on the side.

Slow & Sour Ribs Minestrone (GFO) 26.0

Tender pork ribs in a sinigang broth, served with soft orecchiette pasta & finished with fresh herbs, crispy shallots, and chili crisps.

Wok-Tossed Beef Rump with Crispy Potatoes (GFO, DFO) 27.0

Tender beef rump stir-fried with capsicum and onions, tossed with golden fries in a savoury miso sauce topped with fresh herbs.

Add Rice + 3.0

Caramelized Pepper Mushrooms 25.0

Tender mushrooms simmered in a bold garlic, soy, and black pepper sauce. Deeply savoury, slightly spicy served with jasmine rice and greens.

Grilled Prawn Salad (GFO) 27.0

Juicy coconut infused prawns on cabbage, green apple carrot, basil, mint, and crispy shallots. Dressed in a tangy sweet fish sauce.

Grilled Chicken Salad (GFO) 26.0

Juicy peri peri chicken thigh served on lettuce, cucumber, cherry tomatoes, crispy bacon, and crunchy croutons, tossed in our miso green dressing.

Sides

Handcut fries with sriracha mayo and tomato sauce. (GFO, DFO) 10.0

Garden Salad (GFO) 7.0

Rice (GFO, DFO) 3.0

Tapas

Pork & Prawn Bites 18.0

Crispy pork and prawn meatballs wrapped around lemongrass sticks, glazed in our sweet and savoury house sauce. Finished with fried garlic and fresh herbs.

Crispy Seafood Rolls 18.0

Juicy prawns, tender squid, and white fish wrapped in a golden, crunchy shell — fried to perfection and served with sriracha mayo.

Chicken Bites 18.0

Tender chicken wings poached in Shaoxing wine and mixed spices, crisped to perfection and finished with a sticky honey soy glaze.

Roast Pork Belly Tostadas 20.0

Crispy pork belly, fresh herbs, and rice noodles on crunchy rice cracker, drizzled with house glaze.



Coffee

Short Black 5.0 Lrg

Long Black

Short / Long Macchiato

Americano 5.0

Flat White 5.5 6.5

Latte

Cappuccino

Mochaccino

Hot Chocolate

Fluffy 2.5

Drip Coffee (Hot or Cold)
served with condensed milk 7.0

Decaf +1.0

Extra Shot +1.0

Flavoured Shot: Caramel,
Vanilla, Hazelnut, White Chocolate +1.0

Alternative Milk: Oat,
Soy, Coconut +1.0

Iced Americano 7.0

Iced Latte 7.5

Iced Chocolate, Iced Mocha
Iced Coffee 8.0

Peach Lemongrass Iced Tea 7.5

Cold Brew Coffee 11.0

Zesty, Bloom, or Mocha

Frappe 9.5

Cookies & Cream

Coffee

Mixed Berry

Matcha

Hot Matcha Reg Lrg

Matcha Latte 6.0 7.0

White Chocolate
Matcha Latte 6.5 7.5

Iced Matcha 7.5

Iced Matcha

Iced Mango Matcha

Iced Raspberry & White
Chocolate Matcha

Iced Blueberry Matcha

Iced Cloudy Coconut Matcha

Iced London Fog Matcha

Tea in a Pot 5.5

English Breakfast Tea

Earl Grey

Peppermint

Jasmine Tea

Vanilla Raspberry

Shantuyet Olong

Shantuyet Green Tea

Smoothies 9.5

Mixed berry, Tropical, or Green

Cold Drinks 5.5

Coke, Coke Sugar Free

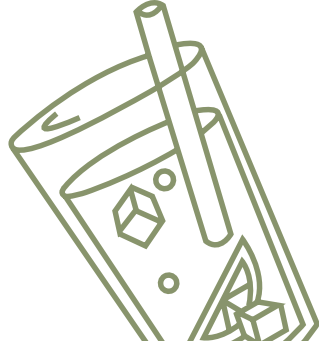
Strangelove Soda: Lime, Yuzu,
Pear, Mandarin

Phoenix: Sparkling Water, Lemonade,
Ginger Beer, Lemon Lime & Bitters

Phoenix: Apple, Orange, Apple +
Orange & Mango, Apple & Feijoa,
Apple & Passionfruit

Phoenix Kids Juice 3.5
Tropical Flavour





Beer

13.0

ParrotDog Birdseye Hazy IPA
Garage Project Hatsukai Lager
Garage Project Hapi Daze Pale Ale
Panhead Supercharger APA
Panhead Portroad Pilsner
Rochdale Traditional Apple Cider
Garage Project Tiny IPA
(Alcohol Free)

Corona

10.0

Heinekien

Wine

Glass

Bottle

Oyster Bay Sauvignon
Blanc, Marlborough

15.0

60.0

The People's Chardonnay,
Hawke's Bay

The People's Rosé,
Hawke's Bay

Devil's Staircase Pinot
Noir, Central Otago

Church Road Merlot –
Cabernet Sauvignon,
Hawke's Bay

The Doctor Riesling,
Marlborough

17.0

70.0

Piccini Doc Extra Dry
Prosecco

Tra's Cocktails

18.0

Mimosa

Sparkling wine with fresh orange juice.

Bellini

Sparkling wine with sweet peach syrup.

Mojito

White rum, lime juice, and soda water,
served over ice with fresh mint.

Rosebud

Pineapple and cranberry juice with a
hint of vanilla, spiked with vodka.

Espresso Martini

20.0

Espresso shot, Kahlúa, vanilla vodka,
and a splash of condensed milk

Margarita

Tequila, lime juice, and Cointreau,
served shaken over ice.

