

TRADER

Lunch Menu

Available 11.30am – 2pm

We are all about celebrating the food, people and diversity that make this region amazing. Do you know of a great local producer? Has your grandmother been making a specific sauce here in the area for years and would like to share her recipe with us? Let our friendly staff know so we can tell your story!

Local Produce

Epping is home to the new location of the historic Melbourne Markets and housed within is a smorgasbord of fresh, seasonal and sustainable produce.



All day breakfast

Available until 2pm

YOGHURT PANNACOTTA house-made granola, seasonal berries + local honey (GF, V)	16
AVOCADO SMASH avocado, fresh tomato, rocket, olive oil + grilled sourdough (V)	16
BACON AND EGG ROLL brioche roll, bacon, fried egg, waffle fries + relish	14
TRADER BREAKFAST 2 fried eggs, bacon, tomato, chicken chipolatas, hash brown, mushrooms + grilled sourdough	20

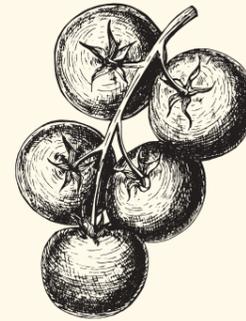
Vegetables

100% of our fresh fruit and vegetables come from the historic Melbourne Markets and we maintain a strong relationship with the vendors and suppliers to ensure our guests benefit from hand selected, local ingredients.

DIY BOWLS	Choose your bowl		9.9	
	Quinoa, celery + purple cabbage, carrot, capsicum, cashews + honey soy vinaigrette (V)			
	Warm pesto pasta salad, Spanish onion, spinach, parmesan + crisp bacon			
	Kale, cos lettuce, Spanish onion, parmesan croutons + Trader Caesar dressing			
	Shaved cabbage, cherry tomatoes, cucumber, crispy shallots + toasted sesame mayo (GF, V)			
	Brown rice salad, spinach, roast sweet potato, falafel, tzatziki + lemon (V)			
	+ protein		4.9	7.9
	Seared salmon (GF)		reg	dbl
	Charred haloumi (GF, V)		Grilled chicken breast	
			Crispy chicken schnitzel (V)	
+ extras				
Smashed avocado	2.9	Spanish chorizo	2.9	
Poached egg	2.9	Parmesan croutons	1.5	

SOMETHING LIGHT

SMOKED HAM + SWISS CHEESE TOASTIE tomato relish + mayo	12.9
SHAVED PROSCIUTTO BAGUETTE wild rocket, semi dried tomato, bocconcini + balsamic	13.9
GRILLED HALOUMI WRAP slaw, pickles + aioli (V)	13.9
CHICKEN + BACON PANINI mixed lettuce, Swiss cheese, tomato + aioli	14.9
SEA SALT + BLACK PEPPER CALAMARI + jalapeno mayo	18



Our Chefs

Hailing from all corners of the globe, but connected by Melbourne and a passion for food, our chefs bring a wealth of knowledge, culinary dexterity and diversity rarely seen in a modern restaurant kitchen. Hand picked by our Executive Chef, the team works harmoniously in our kitchen to deliver the quality dishes you see before you.

CLASSICS

250G GRASS-FED PORTERHOUSE shoestring fries, red wine jus + cress	34
BEER-BATTERED FLATHEAD shoestring fries + jalapeno mayo	26
ANGUS BEEF BURGER lettuce, tomato, bacon, fried egg, cheese, signature sauce + fries	24
CRISPY CHICKEN BURGER slaw, cheese, charred pineapple, jalapeno mayo + fries	24
TRADER CLUB warm chicken, bacon, fried egg, lettuce, tomato, mayo + fries	24

Our meat

Our chickens are sourced exclusively from Hazeldene's farms located in Lockwood, just outside of Bendigo. A family owned and operated business since 1951, Hazeldene's were the pioneers in RSPCA approved free range poultry production in Australia.

Our beef is raised in the renowned natural livestock areas of Gippsland and Northern Tasmania. Great Southern Farms produce 100% natural, grass fed, free range Angus and Hereford cattle.

