

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 PANINI toasted panini, bacon, fried egg, waffle fries + relish	14
TRADER BREAKFAST 2 fried eggs, bacon, tomato, chicken chipolatas, hash brown, mushrooms + grilled sourdough	20

BUILD A BOWL	<i>Choose your bowl</i>			9.9	
	Ancient grains, semi dried tomato, sweet potato, toasted seeds + green goddess dressing (DF)				
	Warm lentils, baby spinach, roasted beets, capsicum, coriander, fried chick peas + curry yoghurt (V, GF)				
	Kale, cos lettuce, cherry tomatoes, parmesan croutons + Trader Caesar dressing				
	Shaved cabbage, spiced broccolini, carrot, cucumber, fried shallots + crying tiger dressing (DF)				
	Wild rice, corn, cherry tomato, Spanish onion, crushed tortilla chips + lime and jalapeno dressing (V, DF)				
	<i>+ protein</i>			4.9 reg 7.9 dbl	
	Miso + sesame glazed salmon (GF)	Peppered beef strips (GF)			
	Moroccan spiced chicken breast (GF)	Overnight braised lamb (GF)			
	Lemon + dill grilled haloumi (V)	Herb roasted portabella mushroom (GF, V)			
<i>+ extras</i>					
Smashed avocado	2.9	Spanish chorizo	2.9	Sour cream	1.5
Poached egg	2.9	Persian fetta	1.9	Parmesan croutons	1.5

SOMETHING LIGHT

TART OF THE DAY garden salad + green goddess dressing (V)	9.9
SMOKED HAM + SWISS CHEESE TOASTIE pesto mayonnaise	12.9
SHAVED PROSCIUTTO BAGUETTE wild rocket, semi dried tomato, bocconcini + balsamic	13.9
GRILLED MUSHROOM WRAP baby spinach, artichoke + olive tapenade (V)	10.9
FRIED CHICKEN PANINI mixed lettuce, Swiss cheese, pickled cucumber + aioli	13.9



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.

CLASSICS

HOUSE-MADE COUNTRY CHICKEN AND VEGETABLE PIE heirloom carrots + prune jus	22
GUINNESS-BATTERED FLATHEAD triple cooked home fries + tomato tartare	26
18-HOUR PORTERHOUSE chive mash, carrots, radish + fried caper butter (GF)	34
100% WAGYU BEEF BURGER American cheese, house pickles, signature sauce + fries	24
BUTTERMILK FRIED CHICKEN BURGER cheddar, maple bacon, jalapenos, aioli + fries	24
PORK + FENNEL SAUSAGES celeriac puree, wilted spinach + caramelised shallot gravy (GF)	26
TRADER CLUB crispy chicken, maple bacon, avocado, tomato, Swiss cheese + grilled rye bread	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.

