

## GLUTEN-FREE

Enjoy naturally gluten-free options like vanilla risotto with stewed apple, pesticide-free muesli, gluten-free pasta, and freshly baked friands.



Menu

## ORGANIC & PRESERVATIVE FREE

Where possible we have included organic &/or preservative free food. Our range of coffees, teas, hot chocolate and wines are all organic.

## BREAKFAST

- ☉ **Fresh Fruit & Greek Yogurt** with honey and almonds
- ☉ **Muesli & Greek Yogurt** with rhubarb compote or stewed apples
- ☉ **Vanilla & Cinnamon Risotto** with stewed apples
- Homemade Banana Loaf** — two toasted pieces with butter
- Homemade Toasts & Spreads\***
- Scrambled or Sunny Side Up Eggs, Homemade Toasts & Spreads\***
- Freshly Baked Croissant** with two spreads of your choice

\*Choice of Toasts: ciabatta, wholemeal or +2 for gluten-free w/ seeds

\*Choice of Spreads: vegemite, peanut butter, strawberry jam, marmalade, Nutella™ or +0.5 for pistachio cream

## SIDES

Avocado	4	Egg Mayo Mix	6	Swiss Cheese	4
Shaved Ham	5	Tuna Mayo Mix	6	Fresh or Roasted Tomatoes	4

## LIGHT BITES

Soup of the day	8	Hummus, Olives & Toast*	15
Classic Tomato Bruschetta	15	Egg Mayo, Tomatoes & Toast*	15

## CAKES, DESSERTS & COOKIES

BAKED DAILY BY OUR PASTRY CHEF

- Sticky Date Pudding** — a generous portion of vanilla ice cream sandwiched by pudding and drizzled with homemade butterscotch sauce
- Pavlova** — a nest of meringue with vanilla ice cream and a medley of seasonal fresh fruits, complemented by a passionfruit syrup
- Chocolate Brownie** with chocolate sauce (vanilla ice cream scoop +2)
- Amarena Cherries & Ice Cream** — three vanilla scoops topped with cherries in their syrup
- Plain, Raisin or Chocolate Scone** with butter and strawberry jam

Carrot Cake	6	Choc-Chip	2
Hummingbird Cake	6	Yo-Yo Shortbread	2
Apple Sponge Cake	6	Hundreds & Thousands	3
Lamington	5	Gingerbread Man	4
Pear Tart	5		
Strawberry Puff	6		
Blueberry Muffin	4		
☉ Lemon Zucchini Muffin	5		
☉ Raspberry or Almond Friand	4		



## SALADS

- 8 **Antipasto & Toast\*** — smoked ham, tomato, avocado, rocket, whole Kalamata olives and goat curd
- 9 **Roasted Beetroot** with sweet potato, rocket, feta, hazelnuts and balsamic
- 7 **Poached Chicken Fillet** with lemon mayo, avocado, celery and almonds in iceberg lettuce
- 7 **Mediterranean** — mesclun, tomato, feta, cucumber, red onions and whole olives
- 12 **Rocket & Pear** with parmesan, walnuts and white balsamic dressing
- 6 **Smoked Salmon** with cherry tomato, avocado, boiled egg, mesclun, capers, lemon and olio

## SANDWICHES

Choice of toasted breads: ciabatta, wholemeal or +2 for gluten-free w/ seeds

- 19 **Roast Beef Tenderloin** with swiss cheese, avocado, tomato relish and lettuce
- 16 **Smoked Ham** with tomatoes, red onions, spinach and swiss cheese
- 17 **Poached Chicken Fillet** with swiss cheese, basil pesto and zucchini
- 17 **Tuna** with capers & parsley mayo, red onions, tomatoes and cucumber
- 15 **Caprese** — fresh mozzarella, tomatoes and basil pesto
- 14 **Egg Mayo Mix** (eggs, mayo, spring onions) with tomatoes and lettuce
- 14 **Sweet Potato** with spinach, swiss cheese and semi-dried tomato pesto
- 14 **Salad** — avocado, beetroot, carrot, cucumber, tomatoes and lettuce

## PASTAS

Choice of linguine, orecchiette or +2 for gluten-free penne

- 16 **Traditional Beef Bolognese** — beef ragu with tomatoes and herbs
- 18 **Beef Lasagne** — traditional beef ragu with homemade béchamel sauce
- 17 **Pork & Fennel Sausage** with garlic, peas, spinach and sesame seeds
- 16 **Prawn Marinara** with homemade tomato sauce
- 14 **Aglio e Olio** — garlic, fresh red chilli and parsley (add prawns +3)
- 14 **Basil Pesto** — homemade mix of pine nuts, basil, parmesan and olive oil
- 9.5 ☉ **Gnocchi** with homemade tomato sauce
- 9 **Greens** — broccoli, peas, spinach with garlic, pine nuts and basil oil
- 6 **Spinach & Ricotta Ravioli** with homemade tomato sauce, baby spinach and parmesan
- 7 **Tomato** — homemade tomato sauce, mozzarella and basil oil

## PIZZAS

9 inch thin crust with tomato sauce and mozzarella

- 16 **Margherita** — basil leaves and basil pesto
- 17 **Prawn** — cherry tomatoes, red chillies, garlic and parsley
- 17 **Hawaiian** — smoked ham and crushed pineapple
- 16 **Pepperoni** — green chillies, red capsicums and parsley
- 17 **Poached Chicken Fillet** — mushrooms, basil pesto and rocket



## ORGANIC COFFEES & MORE

Beviamo's exclusive organic blend uses premium Colombian and Ethiopian beans.

- Long Black / Flat White / Mocha / Latte / Cappucino 6
- Matcha 8
- Options: Extra Shot +1 Iced +1 / Upsized +3
- Espresso 4
- Macchiato 5
- Piccolo 6
- Affogato 7
- Babycino 2

- Hot / Iced Chocolate 6/7

Options: Soy / Oat / Almond +1



## ORGANIC TEA

Hot teas are served in a pot and use loose leaves

- English Breakfast / Earl Grey / Green / Peppermint / Lemongrass & Ginger / Chamomile 8

- Iced Teas Lemon, Peach & Honey / Ginger / Lemon 7

## JUICES, MILKSHAKES & OTHERS

- 19 **Fresh Juices** (mix up to three)
- 16 Apple / Carrot / Celery / Orange / Pear / Pineapple /
- 17 Mint or Ginger shot 8
- 15 **Thick Milkshakes** Banana/ Butterscotch / Chocolate / Passionfruit /
- 14 Strawberry / Vanilla / Oreo® 8
- 14 **Water** Aqua Panna 500ml / San Pellegrino 500ml 5
- 14 **Soft drinks** Coke / Coke Zero / Sprite 4
- 14 **Sparkling drinks** Blood Orange / Lemonade / Pomegranate & Orange 5
- 14 **Tassoni** Ginger Beer / Citron Soda / Tonic Water 5

## ALCOHOLIC DRINKS

Tamburlaine Australia produces only organic wines from grapes grown in the Hunter Valley and Orange Wine regions. The wines are award winning & rated 5 Star by James Halliday.

- 15/75 **High & Dry Premium Cuvee 10.5%** — fizz with bright acidity, complex nutty autolysis characters and zesty green apple fruits
- 15/75 **Sauvignon Blanc 2020 12.5%** — ripe passionfruit, kiwifruit and green apple flavours with zesty acidity and a fresh finish
- 15/75 **Chardonnay 2020 13.3%** — ripe stone fruit and sweet pineapple, lightly oaked with a long, creamy finish
- 17/80 **Pinot Noir 2023 13%** — a fuller style with dark cherry fruit and forest floor complexity. It shows toasty oak and gentle, savoury tannins
- 15/75 **Grenache, Shiraz, Malbec (GSM) 2020 14.1%** — medium weight, generous blue fruit, cherry, subtle spice, and fine tannins - Delicious!
- 15/75 **Full House Red 2019 14.8%** — blend of five grape varieties; ethernet, sauvignon merlot, petit verdot, cabernet franc & malbec blackcurrants, blueberries, dark chocolate, earthy truffles, and black olives from French oak barrel maturation

- Beer Little Creatures 300ml 5.2% 9