

# Lunch

Please check for daily seasonal special meals

- please request vegan and gluten free alternatives when ordering -

## - Small Plates -

<b>Dukkah</b> (vv)(ask for gf option) Artisan mix of sesame seeds, almond and spices, served with apple balsamic vinegar in olive oil and organic sourdough bread pieces	9
<b>Deconstructed Cheese &amp; Toast</b> (v)(ask for gf option) melted ashed organic double brie gris cendre with tomato chilli relish, roasted garlic, and chargrilled ciabata toast	12
<b>Pork Terrine</b> (ask for gf option) free range pork with free range chicken livers studded with free range ham and pistachio nuts wrapped in free range bacon, served with toasted sourdough and apple chutney	12
<b>Twice Baked Cheese Soufflé</b> (ask for v option) grana gadano & cheddar cheese soufflé topped with free range ham, organic cream and chives	11
swap free range ham for smoked <i>Harris Smoke House</i> smoked salmon	15
<b>Potato Poppers</b> (gf)(ask for v option) chunky bite sized potato, cheddar and <i>San Jose</i> chorizo balls, served with garlic mayo	8
<b>Sweet Potato Chips</b> (gf)(ask for vv option) fried hand cut sweet potato chips, served with garlic mayonnaise	8
<b>Side Salad</b> (vv)(gf) seasonal salad vegetables and mixed green leaves with Artisan vinaigrette	9

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<b>Soup of the Moment</b> (ask for gf option) served with organic toast and organic butter	12
<b>Antipasto Plate</b> (gf) free range pork terrine, cauliflower cream, a tomato shot, crushed green peas with organic quark, beetroot relish, confit of spring garlic with cheddar parmesan and pine nut crisp biscuit and sourdough toast	22
<b>Asparagus Tart</b> (v)(df) asparagus in puff pastry with celeriac cream topped with oven dried cherry tomatoes, roast pine nuts, green herb salsa and a garnish of herbs and fine lettuce, dressed with ver juice and hazel nut oil	17
<b>Roast Heirloom Tomatoes</b> (v)(ask for gf or vv option - soy cheese) heirloom tomatoes roasted and served on char grilled organic sourdough topped with red onion confit and goats curd, drizzled with basil dressing	16
<b>Spring Salad with Grilled Paneer Cheese</b> (v)(df)(gf) fennel, snow pea, asparagus, celeriac, baby spinach, capsicum, watercress, hazelnuts heirloom tomato, lettuce and white beans, dressed with lemon and garlic, topped with grilled house-made paneer with garlic, chive and thyme	18
swap paneer for a serve of steamed free range chicken fillet (gf)	23
<b>Salt and Pepper Tofu</b> (v)(gf) <b>or Barra</b> (df)(gf) crispy salt and pepper tofu cubes (crispy salt and pepper barramundi fillet) served on a bed of shredded carrot, snow peas, Chinese cabbage, spring onion, capsicum, coriander, and bok choy, with black bean, garlic, chilli, and ginger sauce	18 (27)
<b>White Chicken</b> (gf)(df) free range chicken fillet poached in a citrus chicken stock served with steamed chicken rice, bok choy and black vinegar chilli dipping sauce, garnish with shredded omelette and fried shallots	23
<b>Lamb Burger</b> (ask for gf option) free-range lamb patty, seasoned with fresh herbs and mustard, with tomato, lettuce, tsatziki and beetroot relish in a toasted brioche bun, served with sweet potato chips	23

# Sweet Treats

- Baked on the Premises -

## Desserts

<b>Sticky Date Cake (v)</b>	9
served with warm butterscotch sauce, house made vanilla ice-cream and fresh cream	
<b>Strawberry Ice-cream Sundae (v)(gf)</b>	9
fresh strawberries and cream, house made strawberry ice-cream, house made strawberry and salted caramel syrup, topped with slithered roast almonds	
<b>Scoops of House Made Ice-cream</b>	3 / 5.5 / 8
check our Specials Board for flavours	
<b>Affogato</b>	13
2 scoops of house made vanilla bean ice cream with a double shot of coffee, and a liqueur shot - Frangelico (hazelnut), Disaronno (almond), Grand Marnier (orange), Mr Black (coffee) or Baileys (creamy)	

## Cake & Biscuits

Lemon Polenta Cakelette (gf)	3
Portuguese Tart	3
Citrus Tart	4.5
Chocolate Nut Tart	4.5
Orange Syrup Cake (gf)(df)	4.5
Friands (gf)	4.5
Frangipane Tart	5
Artisan Cake of the Moment	6.5
Muffins	6
Baked Cheesecake (gf)	6
Salted Caramel & Chocolate Tart	7
Almond Flake Biscuit (gf)	3
Apricot & Almond Biscuit	4.5
Belgium Chocolate Chip Biscuit	4.5
White Chocolate & Macadamia Biscuit	4.5

# Smoothies

<b>Pink Lady</b> banana, raspberries & apple	8.5
<b>Purple Rain</b> blueberry, apple, banana, coconut milk, chia and beetroot	8.5
<b>Tropical Magic</b> banana, fresh pineapple, coconut milk, alleppey turmeric, fresh ginger and wheat germ	8.5

# Freshly Squeezed Juice

<b>Belly Full</b> - great for digestion apple, red cabbage, fennel, mint	8.5
<b>Spring Sunshine</b> - awaken your tastebuds pear, pineapple, celery, ginger	8.5
<b>Green Dream</b> - a refreshing pick me up apple, celery, cucumber, mint, ginger	8.5
<b>Major Tom</b> - will blow your mind orange, tomato, basil	8.5
<b>Never Kiss a Hippie</b> - Jon's favourite apple, orange, lime, kale, beetroot, broccoli, chia	8.5
or <b>Build your Own.....</b> <b>Any mixture of</b> - orange, apple, pear, or carrot <b>Then add a hint of</b> - pineapple, celery, cucumber, beetroot, kale, lemon, mint, or ginger (max 6 ingredients)	8.5

# Cold Drip Coffee

Organic, single origin coffee - cold extracted overnight, served on ice.	5
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# Milkshakes

## - Syrups Made on the Premises -

with *Golden North* ice-cream and *Paris Creek* organic bio-dynamic milk.

\* flavours from fresh fruit may be seasonally unavailable.

<b>Vanilla</b> - made from organic vanilla bean	7
<b>Chocolate</b> - made from Belgian chocolate	7
<b>Caramel</b> - made from toffee and cream	7
<b>Banana*</b> - made from fresh bananas	7
<b>Strawberry*</b> - made from fresh strawberries	7
<b>Coffee</b> - made from our own Artisan organic blend coffee	7
<b>Mocha</b> - Belgian chocolate and Artisan coffee	7

## Extras

extra syrup	.5
soy milk	1
lactose free milk	1
coconut creamer	1
almond milk	1
extra ice cream	2

## Soft Drinks

<i>Bundaberg</i>	4.5
<i>Coke</i> (regular, diet, zero)	4.5
<i>Natures Organic</i> fruit juice	4.5
<i>Tiro</i> soft drinks	4.5

## Spider

Any soft drink poured over <i>Golden North</i> ice-cream	7
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# Iced Drinks

<b>Iced Coffee</b> - Artisan organic coffee, two scoops of <i>Golden North</i> ice-cream, and <i>Paris Creek</i> organic bio-dynamic milk, topped with whipped cream	7
<b>Iced Chocolate</b> - Belgian chocolate, two scoops of <i>Golden North</i> ice-cream, and <i>Paris Creek</i> organic bio-dynamic milk, topped with whipped cream	7
<b>Iced Mocha</b> - Belgian chocolate and Artisan coffee, two scoops of <i>Golden North</i> ice-cream, and <i>Paris Creek</i> organic bio-dynamic milk, topped with whipped cream	7
<b>Iced Chai</b> - cold chai latte, two scoops of <i>Golden North</i> ice-cream, and <i>Paris Creek</i> bio-dynamic milk, topped with whipped cream	7
<b>Iced Latte</b> - cafe latte, served on ice	5
<b>Iced Vienna</b> - black or white coffee, served on ice, topped with whipped cream	5.5
<b>Iced Chocolate Vienna</b> - Belgian chocolate, served on ice topped with whipped cream	5.5

## Extras

extra syrup	.5
soy milk	1
lactose free milk	1
coconut creamer	1
almond milk	1
extra ice cream	2

# Iced Tea

Freshly brewed leaf tea served with ice and Artisan vanilla syrup	5.5
French Earl Grey	Berries of the Forest
Chai Vanilla	Peppermint
Chai Chocolate	Turkish Apple

# Hot in a Cup

## - Totally Organic Coffee -

Made with our own Artisan organic coffee bean blend and Paris Creek organic bio-dynamic milk  
Organic decaf available

Espresso	3
Ristretto	3
Macchiato	3.5
Long Black	3.5
Cappuccino	4
Flat White	4
Café Latte	4
Piccolo Latte	4
Mocha	4.5
<b>Vienna Coffee</b> - black or white coffee, topped with whipped cream	5
<b>Hot Chocolate</b> - made with pure Belgian chocolate and a touch of honey	4
<b>Vienna Chocolate</b> - hot chocolate, topped with whipped cream	4.5
Chai Latte	4.5
Turmeric Latte	4.5

## Liqueur Coffee

### White

cafe latte made with Artisan organic blend coffee, Paris Creek organic bio-dynamic milk and a shot of liqueur, topped with whipped cream

<b>Irish Fantasy</b> - Baileys and Belgian chocolate	10
<b>Monte Christo</b> - Kahlua & Grand Marnier	10

### Black

Artisan organic blend coffee with a shot of liqueur, topped with whipped cream

<b>Irish Coffee</b> - Irish whiskey	10
<b>Gaelic Coffee</b> - Scotch whisky	10
<b>Cream Liqueur Coffee</b> - Baileys	10
<b>Brandy Coffee</b> - brandy	10
<b>Calypso Coffee</b> - Tia Maria & Barcardi	10
<b>French Coffee</b> - Grand Marnier	10

# Hot in a Pot

## - Premium Loose Leaf Teas -

Pot for One	4.5
Pot for Two	8
Pot for Three	11

### Black Teas

Australian Breakfast	Chai
English Breakfast	Chai Chocolate
English Earl Grey	Chai Vanilla
French Earl Grey	Irish Breakfast
Lavender Earl Grey	Lapsang Souchoung
Organic Orange Pekoe	Rainforest Magic
Russian Caravan	

### Green Teas

Australian Japanese Sencha
China Jasmine
Sencha, Lemongrass & Ginger

### White Teas

Winter Velvet
Jasmine Pearls ~ Buddha's Tears

### Teas without Caffeine

Ceylon Decaf
Premium Rooibos

### Fruit Teas

Berries of the Forest
Turkish Apple

### Herbal Teas

Chamomile
Peppermint
Lemongrass & Ginger