

Sappho Café

Bircher Muesli – <i>home-made served with yoghurt, berry compote & fresh fruit. V & Ve on request</i>	\$10.00
Croissants - <i>shaved ham & melted provolone cheese OR tomato OR avocado.</i>	\$6.00
Fruit Salad – <i>seasonal fruits with yoghurt & berry compote.</i>	\$10.00
Challah – <i>Brioche style braided loaf lightly toasted, with home-made Sappho preserves. V</i>	\$5.00
Banana Bread, Pear & Raspberry Bread or Fruit & Nut Bread <i>toasted w butter. V</i>	\$4.50
Fig & Walnut Sourdough – <i>A dense rye fruit bread toasted w butter & Sappho preserves.</i> <i>V & Ve on request</i>	\$5.00
Sourdough Rye Toast – <i>80% rye with Sappho preserves or vegemite. (or gluten free \$6).</i> <i>V & Ve</i>	\$5.00
Melts – <i>Cheese & tomato served on sourdough rye bread</i> <i>- add free range ham \$3 or avocado for \$2</i>	\$7.50
Avocado on Rye - <i>served toasted on Sourdough rye bread. V & Ve</i>	\$7.00
Lentil Fritters – <i>Two, served with hummus, salsa, avocado and flat bread. V & Ve</i>	\$12.50
Eggs Benedict Roll – <i>Poached free range eggs w hollandaise & baby spinach served on a toasted soft roll. V.</i> <i>- add free range ham \$3 or tomato or avocado for \$2</i>	\$10.00
Vegetarian Breakfast – <i>poached free range eggs, grilled mushrooms, grilled Cypriot halloumi, oregano-roasted tomato, home made baked beans, with ciabata toast (Limited availability). V</i>	\$18.00
Vegan Breakfast – <i>grilled mushrooms, oregano-roasted tomato, avocado, home made baked beans, organic lentil fritters served w humus with ciabata toast & Nuttalex. (Limited availability). V & Ve</i>	\$18.00
Big Breakfast – <i>poached free range eggs, free range bacon, grilled mushrooms, oregano-roasted tomato, home made baked beans, w ciabata toast (limited availability)</i>	\$19.00

Drinks - Hot & Cold

Please see the Drinks Menu for Tea, Coffee, Chai, smoothies, fruit whips & iced drinks.

PLEASE ORDER & PAY AT THE COUNTER

Toasted Ciabatta & Wraps

BLT - <i>free range</i> bacon, lettuce and tomato w mayonnaise and a light dressing. On crusty toasted ciabatta	\$13.00
Ham, Cheese & Tomato Ciabatta – <i>free range</i> ham, provolone cheese & Roma tomatoes.	\$8.50
Marinated Vegetable Ciabatta w pesto, Belgian feta cheese & fresh Roma tomatoes. <i>V</i>	\$8.50
Sappho's Falafel Wrap – Chickpea patties w baba ghannouj, hummus, onion, mint and tomato salsa <i>V</i> & <i>Ve</i>	\$8.50
Chicken Wrap – Grilled <i>free range</i> chicken w brie, prosciutto, fruit relish & baby spinach, wrap	\$10.00

Salads

Roasted Sweet Potato – w crumbled feta and California walnuts. <i>V</i> & <i>Vegan</i> on request	\$14.00
Chicken – Grilled white wine & oregano marinated <i>free range</i> chicken, w semi-dried tomatoes & olives	\$15.00
Halloumi – Grilled Cypriot haloumi cheese, toasted pine nuts & tzatziki. <i>V</i> .	\$14.00
Greek Salad - traditional w Roma tomatoes, Kalamata olives, feta cheese, Lebanese cucumbers, Spanish onions & capsicum. Served with toasted ciabatta bread & olive oil. <i>V</i> & <i>Vegan</i> on request	\$15.00
Quiche Lorraine (ham & cheese) or Tomato & Basil Quiche - from the award winning Choco Cannelle Patisserie , served with salad	\$10.00
Side Order Toast – Toasted sourdough rye or ciabatta w butter.	\$4.00
For gluten free bread add \$1. V & Ve	

All Day Tapas

Casa Bread (V)(v)	\$5.50	Falafel (V)(v) w tabini dip	\$6.50
Feta Olives (V)	\$6.50	Sappho Old School Beans (V)(v)	\$8.50
Grilled Haloumi (V)	\$6.50	Chicken Skewers - 4 with garlic dip	\$10.00
Dolmades (V)(v)	\$6.50	Dips Plate 3 dips served w pita bread	\$15.00
Stuffed Baby Bell Peppers (V)	\$6.50	(Full Tapas menu starts at 6pm, see Tapas Menus or the chalkboard)	

Sappho uses only certified **FREE RANGE** Chicken & Eggs, Ham & Bacon

Wine & Beer

Please see the Drinks Menu for our extensive wine and beer list.
Alcohol service starts from 10am. (Cocktails start at 6pm on bar nights)

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Sappho Cafe

Coffee		Regular		Large
Café Latte		\$3.50		\$4.00
Flat White		\$3.50		\$4.00
Cappuccino		\$3.50		\$4.00
Macchiato, Piccolo Latte	Single shot	\$3.50	Double	\$4.00
Long Black		\$3.50		~
Espresso (short black)	Single shot	\$3.00	Double	\$3.50
Mocha, Hot Chocolate		\$4.00		\$4.50
Chai Latte		\$3.50		\$4.50
Double Ristretto		\$3.50		~
Belgian Hot Chocolate - Dark or White		\$5.00	Soy add	\$0.50

Tea (served in a two cup pot)

Large range of black, herbal & infused - see T2 list for full range		\$3.50/pot
Chai Tea - traditional loose tea, spices, hot milk & honey		\$4.50/pot
	Soy Chai	\$5.00/pot
Spiced Apple - hot sparkling apple infused with cloves	\$3.50 reg.	\$4.50 lg

Served Cold

Iced Coffee - espresso, ice cream & milk		\$5.00
Iced Latte - espresso & milk served over ice		\$4.00
Iced Mocha		\$5.00
Iced Chocolate		\$5.00
Iced Chai Latte		\$4.50
Affogato – <i>fresh</i> espresso poured over ice cream		\$4.50
Cloudy Lemon Iced Tea		\$4.50
Iced Chai Tea (add 50c for soy) - made with traditional chai tea		\$4.50
Iced Tea - Sencha vanilla green tea & sparkling apple juice		\$4.50
Fruit Whips – Berry fantasia with Belgium dark chocolate	(Dairy free)	\$6.50
	Mango fruit whip	\$6.50
Mango & Berry Smoothie		\$5.50
Orange juice – organic		\$4.00
Additional Coffee Shot	add	\$0.50
Decaffeinated Coffee	add	\$0.50
Soy Milk regular	add	\$0.50

Soft Drinks – Please see drinks fridge

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