

LUNCH



Served from midday
until 2pm

Please **ORDER & PAY AT THE REGISTER**

Ingredients are sourced as locally & ethically as possible. Eggs always free-range

Seasonal fruit and vegetable ingredients are usually sourced from nearby gardens

Our sauces, dressings, relishes and jams are made in-house

We have *gluten free bread and alternative 'milks'* and are happy to alter menu items, where possible, to suit your dietary needs (a surcharge may be necessary)

Please alert us to any serious allergies

Please see our blackboards for Daily Specials

HAPPY COW BURGER - 15.50 A delicious vegetarian burger served on a toasted Wild Rye roll with a medley of salad, haloumi, dukkah & lemon

PUMPKIN, QUINOA & CHICKPEA FRITTERS - 14.50 gluten-free

Served with sweet chilli sauce, house garlic yoghurt dressing & a side salad

BLT - 15.50 Add avocado (if available) **2.00**

Crispy bacon with lettuce & tomato topped with our special house dressing and garlic yoghurt mayonnaise and served on a toasted Wild Rye panini

HALOUMI & ROAST VEGETABLE SALAD - 16.50 gluten-free

Slow-roasted vegetables on a bed of green salad, topped with grilled haloumi, dukkah & a lemon wedge

CAESAR SALAD - 16.50 add roast chicken **3.00**

Crispy cos lettuce, softly poached egg, bacon and croutons and our delicious house dressing

STEAK SANDWICH - 17.50 grass-fed scotch fillet, caramelised mustard onions, house relish, rocket and tomato served on toasted ciabatta, with Tuscan spiced potato wedges

SALAD WRAP - 10.50 colourful, fresh and crunchy salad, dressed with our famous house salad dressing & tomato relish

FELAFAL WRAP - 12.50 our delicious homemade falafels, colourful, fresh and crunchy salad, hommus and yoghurt dressing

QUESADILLA - 13.00 crispy tortilla filled with either:
roast pumpkin, grilled zucchini, capsicum and cheese *or*
spicy smoked chorizo, capsicum, onion and cheese

BRUSCHETTA OF THE DAY - 14.50

Two slices of toasted ciabatta with a delicious topping - please see specials board

The following items, displayed in our chilled cabinet, are available all day:

GOURMET TOASTED ROLLS - 11.50

All gourmet rolls include locally grown baby spinach and tasty cheese

Italian: salami, capsicum, Spanish onion, feta, olives and sundried tomato & basil butter

Satay: house-roasted chicken breast, garlic sautéed mushrooms, satay sauce & garlic yoghurt dressing

Vegetarian: Assorted roast vegetables, feta, house pesto and sundried tomato & basil butter

Felafal & Haloumi: assorted roast vegetables, haloumi, hommus, garlic yoghurt dressing and house felafals

Fresh Sandwiches, Quiches, Savoury Muffins, Frittatas (gluten free) and Pumpkin & Chickpea Loaf (gluten free).

Perhaps add a **Side Salad** to make it more of a meal?

In the cabinet you will also see our **Sweet Selections of Cakes and Biscuits**, including many gluten free options and some raw vegan too.