

FROG HOUSE RULES

1. Slow down, relax and breathe
2. Talk to a potential new friend
3. Try something new
4. Leave with a full tummy
5. Make today ridiculously AMAZING!

WHY DO WE LOVE LOCAL?

Our region is amazing and it is up to us to keep it that way. Shopping locally is one of the best ways to nurture it. Small business is a big part of how our region gets its sense of self. Shopping at a locally owned independent store or market place provides real benefits to our community economically, socially and environmentally.

• LOCAL DOLLARS & LOCAL JOBS

Small businesses are the largest employers by far. Not only that 70% of your money spent here stays here.

• INVEST IN COMMUNITY

Small businesses are owned by people that live here, work here and are invested in the community with much more than just their dollars. They are selling to their friends and neighbours.

• EMBRACE WHAT MAKES US DIFFERENT

Celebrate our individual vibe! Local businesses promote creativity and diversity. Products and services are chosen based on the needs of their community and you as a consumer can have a say!

• SELF SUPPORTING & SUSTAINABLE

Local businesses tend to buy from local suppliers. That keeps our local economy strong and of course green with lower transport and storage.

Give positively to the community you live in. Make some conscious decisions to nurture your community. Love your local and it will love you back!

BREAKFAST - ALL DAY!

Toast ~ Choose turkish, sourdough or gluten free	
With jam, honey or vegemite	6
With avocado or hummus & tomato	9
Organic Macadamia Fruit Toast	8
Traditional Fruit Toast ~ With cinnamon sugar (1slice)	3.50
House Made Honey Toasted Muesli	
With fruit, yoghurt, nuts & honey	12
Fruit Salad	8
With nuts & yoghurt	9.50
Frittata	7.50
With toast & tomato	10
Berry Bircher Bliss ~ Layers of bircher, berries & yoghurt	9



SEASONAL LUNCHES

PREPARED FRESH To ORDER

Open Veggie Burgers ~ Choice of pattie from display	
With salad, cheese & sauce	12.50
Nachos ~ House made tex mex beans, "Byron Bay Chilli Company" Corn Chips	12.50
Frog's Tasty Plate (for 1) ~ A surprise selection of frog favourites	17.50
Soup or Curry of the Day (available in cooler months only)	12.50
Spanish Omelette* ~ Big & wholesome, served with our house made tomato relish	12.50
Spring Rolls* ~ House made, veggies in a chilli, ginger & turmeric seasoning. Served with a spicy plum dipping sauce & salad	12.50

FROM THE DISPLAY

Chickpea Pattie ~ Sweet & tasty middle east flavours	5.50
Lentil Pattie ~ Mild curry flavour	5.50
Risotto Pattie ~ arborio rice with herbs, onions, cheese & butter	5.50
Falafels ~ 4 per serve	5.50
Croquettes ~ 4 per serve. Quinoa with lemon zest, herbs & onion.	5.50
Frittata	7.50
Lasagne	7.50
House Made Pies	7.50
Sauces ~ House made & natural	Free!
Add to meals & salads, just how YOU like it!	
<i>Choose from:</i>	
Green Goddess ~ Aioli with yoghurt, herbs & lemon	
Hummus ~ Our house made chickpea delight!	
Mint Yoghurt ~ Greek style	
Chilli Jam ~ Sweet & spicy	
Tomato Relish ~ Old style	
Satay ~ Made with pure ground peanuts	

Super Salad Bar ~ See descriptions.

S Choose 2 salads	8
M Choose 3 salads	10
L Choose 4 salads	14

House Made Falafel & Hummus Wraps 9.50

House Made Cakes, Slices & Cookies

Gluten & dairy free options (see display for range)

Kids healthy meal options

Ask our friendly frogette's

SUPER SALAD BAR

House made using fresh & locally sourced produce (see pricing in "From The Display")

Red ~ Carrot, beetroot with red kidney beans and sultanas and sesame soy dressing. A sprinkle of middle eastern dukkah.

Honey Roasted Vegetable ~ Oven-baked roast vegetables served with a honey balsamic dressing.

Pumpkin Cous Cous ~ Roasted sweet pumpkin with cous cous, spinach and walnuts served with a honey citrus dressing.

Pasta ~ Al dente penne pasta with semi dried tomatoes, onion, spinach and mushrooms with mustard aioli.

Asian ~ Fresh coleslaw with sesame soy dressing, nuts and crunchy noodles.

Greek ~ Feta, marinated olives, tomatoes, cucumber onion capsicum and mesculin tossed salad drizzled with olive oil vinaigrette.

Gado Gado ~ An Indonesian salad of green beans, eggs and tofu with a satay dressing and peanuts.

Soba Noodle ~ Delicious Japanese noodles with spicy radish and rocket leaves. Topped with sesame seeds and ginger sesame dressing.

Thai ~ Rice vermicelli noodles with fresh pea shoots, spring onions, carrot, celery, capsicum, red onion and coriander.

Quinoa Tabbouleh ~ Quinoa tossed with fresh parsley, mint, cucumber, capsicum and celery. Served with citrus, honey dressing.

Mediterranean ~ Tasty mix of olives, spanish onion, cucumber, tomato, capsicum and tangy fennel with an olive oil vinaigrette.

Vegetable Floret ~ Lightly steamed fresh broccoli and cauliflower florets tossed with onion and capsicum with a lemon and pepper olive oil dressing.

Local Brown Rice ~ Chemical-free Yamba grown, brown rice cooked just right, mixed with peas, corn, capsicum and onion. Flavoured with soy sauce and sesame oil.

Waldorf ~ Crunchy celery & apple tossed in a house made aioli. Topped with walnuts.

*only available weekdays 12 to 2pm

Spread Happiness

Happiness starts with our everyday choices. We choose ethical and local as much as we can. This connects our communities creating a happier, healthier world for everyone!

The Happy Frog is jam packed with reasons to smile! Join the happiness revolution!

TAKE HOME DINNER DEALS!

- Patties \$5.50 or 6 serves \$27.50
- Vegetable Frittata \$7.50 or 4 serves \$26
- Vegetable Lasagne \$7.50 or 4 serves \$26
- House Made Pies \$7.50 or 4 serves \$26
- Soup or Curry of the Day . . . 1ltr \$14
(available in cooler months only)
- House Made Mexican Beans . . 1ltr \$14

HAPPY CATERING

We can bring the frog to you!
Ask for our catering menu



16 PARK AVENUE, COFFS HARBOUR NSW
66 516 518



HOURS: MONDAY TO FRIDAY 7.30 TO 6PM
SATURDAY 8AM TO 3.30PM



LOVE US ON FACEBOOK / THE HAPPY FROG

Please note - prices are subject to change

HOT DRINKS

Coffee ~ Locally grown, chemical free.
Just ask for your signature style!

- * Cappuccino
- * Flat White
- * Latte
- * Hot Chocolate
- * Chai Latte
- * Espresso
- * Spiced Dandelion
- * Mocha

All of the above **S 3.50 M 4.50 L 5.00**

Extras ~ Soy, rice or almond milk, decaf, extra shot, syrups 50c

Teas ~ Local "Red Sparrow" & "Rainbow" loose leaf & "Planet Organic" traditional & herbal blends 4

- * French Earl Grey
- * Darjeeling
- * Peppermint
- * Forest Berries
- * Ceylon Decaf
- * English Breakfast
- * Green Sencha
- * Chamomile
- * Lemongrass & Ginger
- + more!

COLD DRINKS

Iced Drinks & Milkshakes ~ Coffee (real shots), chocolate, caramel, vanilla or strawberry 6

Spiders ~ Organic soft drink or sparkling juice with ice cream or frozen yoghurt 5

Affogato ~ 2 shots of coffee with ice cream 5

Check the fridge for our range of bottled organic softdrinks & juices

JUICES

S 7 M 8 L 9

Happy Healer ~ Carrot, apple, orange, lemon & ginger

Fruit Mix ~ Watermelon, pineapple, apple & orange

VegOut ~ Carrot, celery, beetroot, apple & ginger

Peacemaker ~ Pear, cucumber, mint, lemon

Cool & Spicy ~ Watermelon, mint & chilli

SMOOTHIES

S 7 M 8 L 9

Cool Bananas ~ Bananas, frozen yoghurt & milk

Berry Bliss ~ Mixed berries, frozen yoghurt & milk

Mango Magic ~ Mango, frozen yoghurt & milk

Soy, rice or almond milk 50c

FROG SPECIAL BLENDS

SUGAR & DAIRY FREE

S 8 M 9 L 10

Metabolizer ~ Banana, spinach, coconut water & cinnamon

Mudslide ~ 100% cocoa, banana, blueberries, spinach & coconut water

Whole Earth ~ Banana, pumpkin seeds, vanilla, coconut water & cinnamon

Rise n Shine ~ Coffee, banana, peanuts & yoghurt

 WE'RE WORKIN' ON SUNSHINE & DON'T IT FEEL GOOD! 
OUR ROOF IS COVERED WITH SOLAR PANELS GIVING US FREE ENERGY FROM THE SUN!



the Happy Frog



OUR MENU

The philosophy of The Frog is that good food should be fresh, healthy, sustainable and most importantly it should taste amazingly good!

That is why our food prep is based on organic, locally produced ingredients where ever possible. Food that is jam packed with reasons to smile! ENJOY!

CAFE • GROCERY • FRUIT & VEG • CATERING