



**EARTH
MARKET
CAFE**

Make us your "Daily Ritual"

Early til late...

FRESH FRUIT SALAD (GF, VEG, VEGAN AVAIL) Fresh seasonal assorted fruits w/ yoghurt, toasted almonds & honey	10.50
SUPERFOODS GRANOLA JAR (GF, VEG, VEGAN AVAIL) Layers of yoghurt, granola, berries, toasted almonds & maple syrup	10.50
BIRCHER MUESLI Bircher soaked w/ coconut milk or Dry w/ milk jug w/ yoghurt, rhubarb & green-apple compotes	10.50
PORRIDGE Vanilla bean w/ honey & strawberries or banana	9.50
TOASTED SOURDOUGH, MULTIGRAIN, RAISIN TOAST (GF AVAIL) w/ butter & either berry jam, vegemite, peanut butter or honey	5.00
FRUIT SOURDOUGH (VEG) w/ ricotta & caramelised banana	11.00
SMASHED AVOCADO (GF AVAIL) On sourdough toast w/ basil, roast cherry tomatoes, goats cheese & a poached egg	15.00
EGG, BACON & CHEESE ROLL (GF AVAIL) 2 eggs, 2 bacon, cheese and bbq sauce	9.00
BLT (GF AVAIL) Bacon, lettuce, tomato & aioli in a toasted sanga	7.50
BREAKY BURRITO (VEG) w/ scrambled eggs, beans, avocado, cheese & spinach	10.50
EMC FULL HOUSE w/ 2 eggs, bacon, grilled tomato, mushrooms & chipolata sausages	19.50
HOUSEMADE BAKED BEANS (GF AVAIL, VEGAN) w / toast and a poached egg	13.00
EGGS ANY WAY (GF AVAIL, VEG) 2 eggs on thick cut toast Add extras: Gluten free bread Grilled tomato, spinach or extra egg Smashed avocado, baked beans, fetta, goats cheese, mushrooms or hash browns Bacon, smoked salmon or chipolata sausages Free range eggs (change your eggs to Free Range eggs for \$1.00 extra per egg)	8.50 1.00 2.50 each 3.00 each 4.00 each 1.00 each

Early til late continued...

MUSHROOMS ON TOAST (GF AVAIL, VEG) w/ butter, balsamic glaze & basil	9.50
SWEET POTATO & CORN ROSTIS (GF, VEGAN) w/ homemade tomato relish, roasted cherry tomatos & spinach	14.50
SWEET CORN FRITTER STACK w/ bacon, roast capsicum & roquette salad, poached egg and relish	15.50
BUCKWHEAT & BANANA PANCAKES (GF, VEG) Topped with banana, coconut yoghurt & maple syrup	13.00
THE VOYAGE BREAKY 2 poached eggs on toasted rye bread w/ grilled tomato, spinach and half an avocado	16.50



A bit later... after 11am

SOUP OF THE DAY (GF, VEG AVAIL) w/ toasted Turkish pide	10.00
STEAK SANGA (GF AVAIL) w/ porterhouse, caramelised onions, grated beets, swiss cheese, horseradish mayo & roquette on toasted Turkish pide	16.50
LAMB BURGER (GF AVAIL) w/ grilled red capsicum, tzatziki & spinach on toasted Turkish pide	14.50
EL NATURAL NACHOS w/ corn tortillas, avocado, salsa, beans, sour cream, jalapenos & cheddar cheese	14.00
SWEET POTATO FRIES (GF, VEG) w/ house made aioli * Side serve of fries	7.50 5.00
SPRING ROLL WRAP Mini spring rolls w/ iceberg lettuce, Vietnamese mint & a tasty Asian style dipping sauce	10.50
VEGE BURGER (GF, VEGAN) w/ lettuce, tomato, avocado smash, beetroot & relish	14.50
HEALTHY & TASTY TUNA SALAD w/ red capsicum, cucumber, spanish onion, bean shoots, mixed lettuce, coriander, red chilli, mint, Vietnamese mint, fried shallots & black sesame seeds with a balsamic & soy dressing	14.00
GRILLED CALAMARI SALAD (GF) w/ lemon, snow peas, red capsicum, bean shoots, spring onion, salad leaves & roquette	15.50
TRIO OF DIPS (GF AVAIL, VEG) w/ toasted Turkish pide & 3 dips	12.00
DUKKHA DIP w/ toasted Turkish pide, extra virgin oil & dukkha	11.00
EARTH MARKET SHARE PLATE w/grilled calamari, assorted dips, olives, roasted marinated vegetables, chorizo, salad greens & toasted pide	22.00
FARMERS SHARE PLATTER w/ assorted cold meats, cheese, pickled vegetables, condiments & toasted pide	22.00

*See our display case and specials menu for many other fresh tasty choices

*We are happy to cater to most dietary requirements and needs, so please ask our staff

***10% Surcharge will apply on public holidays

For the littlies...

BUCKWHEAT PANCAKES (GF, VEG) One pancake with maple syrup & either banana or berries	5.00
ONESIE (GF AVAIL) One egg & one rasher of bacon on toast with a hash brown	8.50
CHEESE TOASTIE Toasted Turkish pide w/ melted cheese w/ ham	6.00 7.00
AVO DIP Corn chips, carrot & celery sticks w/ fresh avo smash	7.50
KIDS FRUIT SALAD (GF, VEGAN, VEG) Fresh seasonal fruit salad	5.00
KIDS FISH & CHIPS Fish bites w/ side serve sweet potato fries	9.00
HASH BROWNS & CHIPS 3 hash browns w/ side serve of sweet potato fries & tomato sauce	9.00

Drinks Menu...

ESPRESSO

Café Latte	3.90 / 4.50
Flat White	3.90 / 4.50
Cappuccino	3.90 / 4.50
Long Black	3.50 / 4.50
Short Black	3.50
Long Macchiato	3.80
Short Macchiato	3.80
Doppio/Doppio Ristretto	3.80
Piccolo Latte	3.50
Extra Shot/Soy/Almond/Rice/unsweetened Coconut milk/syrup	0.60

CHAI/CHOC

Hot Chocolate	3.90 / 4.50
'Mork' Hot Chocolate (70%Belgian)	4.20 / 4.80
Stirrable Chocolate Spoons –Pure Belgian Chocolate G/F (milk, dark or white)	5.00
'Chai Elixir' (pause/relax/unwind) vanilla and relaxing spices	4.00 / 4.60
'Chai of the Tiger' (energy/focus/clarity) guarana & ginseng	4.00 / 4.60
Mocha	4.20 / 4.80

'TEA TONIC' TEA (HOT OR ICED) POT OF LOOSE LEAF

English Breakfast, Earl Grey, Peppermint, Green & Chamomile Tea	4.00
Berry-Green, French Earl Grey and Apple - Tree	4.50
Organic Well - Being Tea (minty), GLEW and Chai Tea	5.00

ICED DRINKS

Earth Market Iced Coffee	6.00
Earth Market Iced Chocolate	6.00
Earth Market Iced Mocha	6.00
'Tea Tonic' Iced Tea	6.00
Iced 'Chai Elixir' or 'Chai of the Tiger'	6.00
Add cream	1.00

Enjoy a fresh and healthy smoothie, juice or cooler...

Earth Market Café offers a mix of high quality fruits blended with smooth low fat yoghurt and delicious juices.....
Each smoothie, juice or cooler is made fresh just for you.....

BASIC JUICES

7.00

Orange, pineapple, kiwi and apple
Carrot, celery apple and mint
Beetroot, carrot, ginger and lemon
Mixed seasonal fruit punch
Orange

POWER SMOOTHIES

8.50

Protein – banana, avocado, honey, almonds, protein powder and almond milk
Green Goddess – kale, green grapes, cucumber, spinach and apple
Energy – spinach, banana, apple, almonds, chia seeds and coconut water
Wonder Woman – beetroot, apple, broccoli, avocado, mixed berries, pineapple and almond milk
Relax – date, banana and almond milk
Super Green – kale, spinach, cucumber, celery, apple, lemon, mint and coconut water
Powerhouse - banana, blueberry, oats, honey, yoghurt and almond milk
The Bomb - raspberries, goji berries, banana, chia, yoghurt and soy milk
Neutron - spinach, kiwi, banana, spirulina, yoghurt and soy milk
Berry Bliss - raspberries, blueberries, strawberries, yoghurt and low fat milk

(all milks can be substituted for soy, almond, rice, unsweetened coconut milk or coconut water)

COOLERS

8.50

Ginger, lime, dry ginger ale and mint
Berries, lemon, mint and soda
Pineapple, passionfruit, lemon and soda

MILKSHAKES

5.00

Chocolate, Strawberry, Vanilla, Lime, Caramel, Blue Heaven, Spearmint, Banana

(all milks can be substituted \$1.00 extra)

KIDS DRINKS

Milk shakes

4.00

Smoothie – banana or berry

5.00