



PLEASE ORDER AND PAY AT THE COUNTER

PIES / TARTS / PASTRIES

10.00

Served with salad, seeds, dressing (contains sesame seed) & chutney (V.O.)

Pies

Spinach & potato / Mexican bean / Smoked tofu & veggie / Mixed veggie.

Pasties

Samosa (curried vegetables)

Puff Pastries

Boreka (potato & feta) / Spinach & ricotta triangle

Sausage roll (Vegan)

Tart

Pumpkin, zucchini & feta

Pies - Meat

Beef / Chicken

Sausage Roll (beef/pork)

Gluten Free Bread Option Available Extra

1.00

(V) Vegan (V.O.) Vegan Option (D.F.) Dairy Free (D.F.O.) Dairy Free Option
(G) Gluten Free (G.O) Gluten Free Option

ORGANIC Free Range EGGS

1 **Eggs (D.F.O.), (G.O)** **10.90**

Two Eggs Scrambled, Poached or Fried with organic sour dough toast

2 **Mushroom Omelette (D.F.), (G.O)** **12.90**

Sautéed mushrooms with organic sour dough toast

ORGANIC TOFU

5 **Mushroom Scrambled Tofu (V) (D.F.), (G.O)** **13.90**

Sautéed mushroom, spinach and tofu with organic sour dough toast

SIDES

60	Toast each	2.00
61	Sautéed spinach	3.00
62	Sautéed mushroom	3.00
63	Sautéed tomato	3.00
64	Fried potato	3.00
65	Egg each	3.00
66	Jam and butter	3.00
67	Cheese and tomato	3.00
68	Ham	3.00
69	Meredith goat chèvre	3.00
70	Scoop of Ice Cream	3.00

SANDWICH

- 10 **Organic house made Hummus and Salad Sandwich (V) (G.O.)** 10.90
House made organic hummus, lettuce, tomato, cucumber & carrot on organic sour dough bread
- 11 **Cheddar Cheese & Salad Sandwich (G.O.)** 10.90
Cheddar cheese, lettuce, tomato, cucumber & carrot on organic sour dough bread. (Option Ham) 3.00
- 12 **Turkey Cranberry & Salad Sandwich (G.O.)** 12.90
Turkey & Cranberry, lettuce, tomato, cucumber on organic sour dough bread (Option cheddar cheese) 1.00

TOASTED

- 20 **Feta Cheese, Tapenade, Spinach & Tomato Toastie (G.O.)** 10.90
- 22 **Chèvre & Mushroom Himalaya Toast (G.O.)** 13.90
Meredith goat chèvre, sautéed mushrooms & baby spinach on sourdough toast
- 23 **Ham, Cheese and Tomato (G.O.)** 10.90
Ham, Cheese and Tomato on sourdough toast

FOCCACIA

- 24 **Himalaya Original Organic Feta Foccacia (V.O.)** 13.90
Baby spinach, roast eggplant, roast red peppers, semi-dried tomato, feta. (Option cheddar cheese).
- 25 **Himalaya Chicken Feta Foccacia** 14.90
Baby spinach, roast chicken, semi-dried tomato, feta. (Option cheddar cheese).
- Swap filling (No cost) Extra fillings (each)** 3.00
Roast pumpkin, fire roasted red pepper, fried mushrooms, olive, hummus.

SALAD

- 29 **Traditional Greek Salad (V.O.) (G)** 13.90
Tomato, cucumber, onion, olive, feta & greek dressing

LUNCH

- 30 **Soup of the day served with organic sour dough bread (ask staff)** 11.90
- 31 **Open Organic house made Veggie Burger (V.O.) (G.O.)** 14.90
House made veggie lentil burger, lettuce, carrot, tomato, beetroot, dijonaise & chutney on organic sour dough bread
- 32 **Open Angus Burger (G.O.)** 14.90
Angus Beef burger, lettuce, tomato, beetroot, dijonaise & chutney on organic sour dough bread
- 33 **Our Own Organic Olive Napoli Sauce with Pan-Fried Gnocchi (V)** 14.90
Gnocchi, organic black olive napoli sauce, spinach and organic sour doughbread
Option: parmesan cheese
- 34 **Pan-Fried Gnocchi with Chicken in a Pesto and Cream Sauce** 15.90
Gnocchi, Chicken, Onion, Roast Pumpkin and Cream
- 35 **Mushroom Risotto (G, V.)** 15.90
Sautéed mushrooms, porcini powder, baby spinach, organic rice
Option: parmesan cheese
- 36 **Roast Pumpkin Risotto (G, V)** 15.90
Roast pumpkin, pepita, onion, baby spinach, organic rice
Option: parmesan cheese

NOTE

If you have an allergy you have to make sure to tell the staff at ordering, No Refund given.

We try our best to supply allergy free food but we are not certified allergy free so we are not responsible.

DRINKS

ORGANIC Fair Trade COFFEE or TEA / Hot Chocolate

	Mug	Standard
Organic Fair-trade Coffee Cappuccino, Latte, Flat White, Long Black, Short Black (Espresso)	4.70	3.70

Options

Organic Fair-trade decaf, extra		0.50
Double shot, extra		0.50
Organic soy milk with any drink, extra		0.50

Mochaccino	5.70	4.70
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Organic Tea (per person) (\$1 Extra for a shared pot) English Breakfast, Earl Grey, Green jasmine, Peppermint, Relaxing Tea, Lemon grass		3.90
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Organic Chai Tea (per person) (\$1 Extra for a shared pot)		4.70
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Organic Chai Latte	5.70	4.70
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Fraus European Hot Chocolate	5.70	4.70
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COLD DRINKS

Iced Coffee (vegan option see: soy coffee shake)		5.90
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Iced Chocolate (vegan option see: soy chocolate shake)		5.90
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Milk Shakes Chocolate, Coffee, Strawberry, Coconut, Burnt Caramel, Blueberry, Raspberry		5.90
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Vegan Shakes (Soy) Chocolate, Coffee, Blueberry, Raspberry, Strawberry. Made with frozen fruit and / or our own Soy Ice Cream or Ice Cubes.		6.90
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ORGANIC JUICE / SODA

Organic Juices Orange, Apple, Apple, Passion & Mango, Orange & Mango		4.00
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Organic Drinks Cola / Lemonade / Ginger Beer / Cranberry / Lemon-Lime Bitter / Sparkling Apple Mineral Water (500ML)		4.00
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Water		3.00
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