



PLEASE ORDER AND PAY AT THE COUNTER

PIES / TARTS / PASTRIES **12.90**

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

Pies

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

Pasties

Samosa (curried vegetables)

Puff Pastries

Spinach & ricotta triangle

Sausage roll (Vegan)

Tart

Pumpkin, zucchini & feta

Pies - Meat

Beef / Chicken / Moroccan Lamb

Sausage Roll (Beef)

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

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|---|--|--------------|
| 1 | Eggs (D.F.O.), (G.O) | 13.90 |
| | Two Eggs Scrambled, Poached or Fried with organic sour dough toast | |
| | OPTION: Country style small goods – HAM or Bacon | 3.00 |
| 2 | Mushroom Omelette (D.F.O.), (G.O) | 16.90 |
| | Sautéed mushrooms with organic sour dough toast | |

ORGANIC TOFU

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| 5 | Mushroom Scrambled Tofu (V) (D.F.), (G.O) | 17.90 |
| | Sautéed mushroom, spinach and tofu with organic sour dough toast | |

SIDES

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| 60 | Toast each | 3.00 |
| 61 | Sautéed spinach | 3.00 |
| 62 | Sautéed mushroom | 3.00 |
| 63 | Sautéed tomato | 3.00 |
| 64 | Fried potato | 3.00 |
| 66 | Jam and butter | 3.00 |
| 68 | Country style free range small goods HAM or Bacon | 3.00 |

SANDWICH

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| 10 | Organic house made Hummus and Salad Sandwich (V) (G.O.) | 14.90 |
| | House made organic hummus, lettuce, tomato, cucumber & carrot on organic sour dough bread | |
| 11 | Cheddar Cheese & Salad Sandwich (G.O.) | 14.90 |
| | Cheddar cheese, lettuce, tomato, cucumber & carrot on organic sour dough bread.
(Option Country style free range small goods HAM) | 3.00 |
| 12 | Turkey Cranberry & Salad Sandwich (G.O.) | 16.90 |
| | Turkey & Cranberry, lettuce, tomato, cucumber on organic sour dough bread
(Option cheddar cheese) | 1.00 |

TOASTED

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| 20 | Feta Cheese, Tapenade, Spinach & Tomato Toastie (G.O.) | 14.90 |
| 22 | Chèvre & Mushroom Himalaya Toast (G.O.) | 17.90 |
| | Meredith goat chèvre, sautéed mushrooms & baby spinach on sourdough toast | |
| 23 | Ham, Cheese and Tomato (G.O.) | 15.90 |
| | Country style free range small goods HAM, Cheese and Tomato on sourdough toast | |

FOCCACIA

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| 24 | Himalaya Original Organic Feta Foccacia (V.O.) | 17.90 |
| | Baby spinach, roast eggplant, roast red peppers, semi-dried tomato, feta.
(Option cheddar cheese). | |
| 25 | Himalaya Chicken Feta Foccacia | 19.90 |
| | Baby spinach, roast chicken, semi-dried tomato, feta.
(Option cheddar cheese). | |

LUNCH

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| 30 | Vegetarian Soup (G) (G.O) (V.O.) (D.F.) (Ask Staff) served with organic sour dough bread and butter. | 14.90 |
| 31 | Open Organic house made Veggie Burger (V.O.) (G.O.) | 17.90 |
| | House made veggie lentil burger, lettuce, carrot, tomato, beetroot, house made vegan dijonaise & chutney on organic sour dough bread | |
| 32 | Open Angus Burger (G.O.) | 19.90 |
| | Angus beef burger, lettuce, tomato, beetroot, house made vegan dijonaise & chutney on organic sour dough bread | |
| 33 | Our Own Organic Olive Napoli Sauce with Pan-Fried Gnocchi (V) | 17.90 |
| | Gnocchi, organic black olive napoli sauce, spinach and organic sour dough bread. With side of parmesan cheese | |
| 34 | Pan-Fried Gnocchi with Chicken in a Pumpkin and Cream Sauce | 19.90 |
| | Gnocchi, chicken, onion, roast pumpkin, spinach and cream. | |
| 35 | Mushroom Risotto (G, V.) | 18.90 |
| | Sautéed mushrooms, baby spinach, porcini powder, organic rice.
With side of parmesan cheese | |
| 36 | Roast Chicken and Pumpkin Risotto (G.) | 19.90 |
| | Roast pumpkin, roast chicken, onion, baby spinach, organic rice.
With side of parmesan cheese | |
| 37 | BLT (G.O.) | 17.90 |
| | Country Style smallgoods free range bacon, tomato, lettuce, in house chutney and dijonaise on our organic sourdough bread. | |

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	4.90	3.90
Cappuccino, Latte, Flat White, Long Black, Short Black (Espresso)		

Options

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

Mochaccino	5.90	4.90
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Organic Tea (per person) (\$1 Extra for a shared pot)		4.90
English Breakfast, Earl Grey, Green jasmine, Peppermint, Relaxing Tea, Lemon grass		

Organic Chai Tea (per person) (\$1 Extra for a shared pot)		4.90
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Organic Chai Latte	5.90	4.90
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Fraus European Hot Chocolate	5.90	4.90
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COLD DRINKS

Iced Coffee (vegan option see: soy coffee shake)		6.90
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Iced Chocolate (vegan option see: soy chocolate shake)		6.90
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Milk Shakes		6.90
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Chocolate, Coffee, Strawberry, Coconut, Burnt Caramel, Blueberry, Raspberry

Vegan Shakes (Soy)		7.90
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Chocolate, Coffee, Blueberry, Raspberry, Strawberry.
Made with frozen fruit and / or Ice Cubes.

ORGANIC JUICE / SODA

Organic Juices		4.90
Orange, Apple, Apple, Passion & Mango, Orange & Mango		

Organic Drinks		4.90
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Cola / Lemonade / Ginger Beer / Cranberry / Lemon-Lime Bitter / Sparkling Apple
Mineral Water (500ML)

Water		3.00
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