

Breakfast Served all day

Croissants

- W/ butter & Hanks jam.
- Ham & cheese.

Bagel

Served w/ light cream cheese and Hanks jam.

Toast

Choice of sourdough/ white/ Turkish/ rye served w/ Hanks jam.

Fruit Loaf

Banana bread w/ walnuts.

Pear & Raspberry Bread

W/ berries or banana, light ricotta cheese & Canadian maple syrup.

Bircher Muesli

Swiss style muesli topped w/ berries.

Fruit Salad

Fresh fruit w/ toasted muesli, Jalna yogurt & berries

Granola

Homemade granola topped w/ vanilla yogurt & poached fruit.

Porridge

Old style porridge w/ dates, honey & poached fruit.

French Toast

Berries, Swiss style yogurt & Canadian maple syrup.

Grilled Sourdough

W/ low fat ricotta, warm honey & toasted walnuts.

Shakshuka (mildly spicy)

Mediterranean style poached eggs in rich tomato & roast capsicum sauce w/ fresh basil served w/ toast.

Breaky Wrap

Avocado, scramble egg, bacon, mushroom, spinach cheese & aioli.

Breaky B.L.T

Avocado, bacon, lettuce, roasted tomatoes, aioli & a poached egg on thick white toast.

Caprese Salad

Fresh tomato & bocconcini laid on pesto sourdough toast topped w/ rocket salad, olives & poached eggs.

Juices \$5.90

Be Berry

Orange & strawberry.

Pink Persuasion

Watermelon & strawberry.

Paradise Explosion

Pomegranate, blueberries & pineapple.

Fruit Whip

Mixed fruit whip w/ cranberry juice.

Dip Purple

Carrot, celery & beetroot.

Tropical Frappe \$5.00

Mango / Blackberry / Passionfruit / Papaya / Lime / Lulo / Soursop / Feijoa.

Smoothies \$5.90 Berry / Strawberry / Banana / Mango w/ yogurt, milk & honey.

Milkshake \$5.00 Strawberry / Chocolate / Caramel.

Iced Coffee / Iced Chocolate \$5.00

Tofu Scramble

Organic tofu w/ olives, spinach, feta, semi-dried tomatoes, Spanish onion served w/ toast.

Omelette

Mushroom, tomato, fresh chives & cheese served w/ toast.

Ham Omelette

Ham w/ mushroom, tomato, fresh chives & cheese served w/ toast.

Dean Bean

Thick white toast w/ bacon, parmesan, caramelized onion, homemade, baked beans & a poached egg.

Potato Mushroom Stack

On pesto sourdough toast w/ goats cheese and 2 eggs.

Herbed Mushrooms

On parmesan toast w/ blanched spinach.

Garden of Eden

English muffin w/ semi-dried tomato tapenade, goats cheese, spinach, herbed tomatoes and a poach egg.

Israeli Breakfast

Your choice of eggs w/ fresh tomato, cucumber, avocado, ricotta & olives served w/ toast.

Eggs

Poached, fried or scramble eggs w/ roasted tomato & toast.

Eggs Benedict

Poached eggs w/ ham & spinach on thick white toast topped w/ hollandaise sauce.

Eggs Russian

Poached eggs w/ smoked salmon & spinach on rye toast topped w/ hollandaise sauce.

Eggs Florentine

Poached eggs w/ spinach on white toast topped w/ hollandaise sauce.

Sides

Mushrooms	\$3.80
Potatoes w/ cheese	\$3.80
Beans	\$3.80
Avocado	\$2.80
Yogurt	\$2.80
Ricotta	\$2.30
Smoked Salmon	\$4.00
Sausage	\$3.80
Bacon	\$3.80
Ham	\$3.80
Chicken	\$3.80
Haloumi	\$3.80

Zapple

Pineapple, apple, ginger & mint.

Fruitopia

Orange, pineapple & banana.

Green Giant

Green apple, spinach, parsley, lemon & mint.

Ginger Zinger

Apple, carrot & ginger.

Blushing Beet

Apple, pineapple & beetroot.



Lunch & Snacks

Veg on S.D. Ricotta, avocado, tomato & shaved parmesan on pesto sourdough toast.	\$12.00
Bruschetta W/ tomato, goats cheese, olive tapenade on pesto sourdough toast.	\$12.00
Salmon Bagel Toasted New York style bagel w/ smoked salmon, avocado, light cream cheese, served w/ salad & pickles.	\$13.00
Cajun Beef Burrito Baby spinach, cheese & sour cream served w/ fresh garden salad.	\$13.50
Chicken Wrap Baby spinach, avocado, feta & pesto served w/ fresh garden salad.	\$13.50
Tuna Salad Fresh Wrap Tuna, pickles, Spanish onion, aioli, avocado, tomato, & cos lettuce in a fresh wrap	\$13.50
Corn Fritters W/ semi-dried tomatoes, goats cheese & rocket served w/ spicy tomato & coriander salsa.	\$13.50
Baguettes served w/ fresh garden salad	\$13.50
<ul style="list-style-type: none"> • Smoked Salmon w/ light cream cheese, capers & pickles. • Marinated Chicken w/ homemade aioli & spicy salsa. • Beef Pastrami w/ Dijon mustard, red capsicum relish, green herb mayo, brie & rocket. 	

Salads

C-Zar(optional chicken \$16.50) Cos lettuce, anchovy, bacon, croutons, poached egg, parmesan & homemade dressing.	\$14.90
Tune-Up Salad Tuna, olives, greens beans, cherry tomatoes on a bed of greens w/ vinaigrette dressing topped w/ aioli.	\$14.90
Be-True Salad Beetroot, toasted pecans, goats cheese, green apple in mixed lettuce w/ maple-balsamic dressing.	\$14.90
Greek Salad Vegetarian feta, cucumber, tomato, kalamata olives & Spanish onion on a bed of greens.	\$14.90
Chicken Salad Teriyaki chicken w/ pine nuts & semi-dried tomatoes on a bed of mixed greens, tossed in vinaigrette dressing.	\$15.90
Rocket Salad Teriyaki beef, shaved parmesan & cherry tomatoes w/ a balsamic & olive oil dressing.	\$15.90
Strawberry Mint Salad Grilled haloumi, avocado, semi-dried tomatoes, walnuts, baby spinach, strawberries & a Moroccan mint dressing.	\$15.90
Smoked Salmon Salad Smoked salmon, cucumber, cherry tomatoes, Spanish onion, goats cheese, greens & capers w/ a lemon & olive oil dressing.	\$15.90

* Water dispenser is located inside, please help yourself.

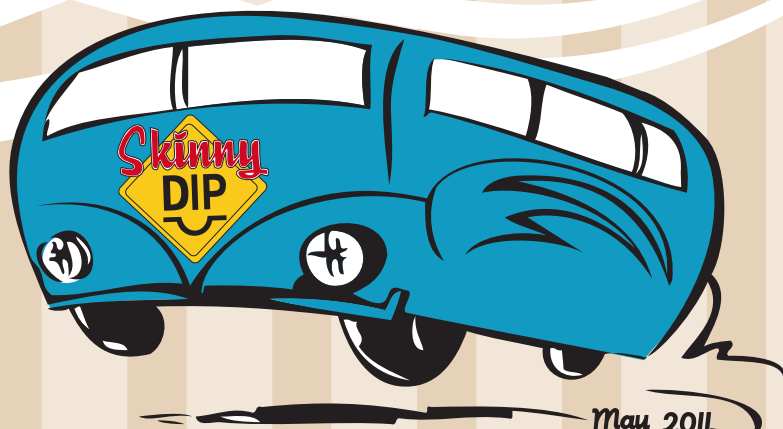
Pides

Vegetarian Marinated & roasted eggplant, sweet potato, onion w/ red capsicum salsa, cheese greens & aioli.	½\$8.50	\$12.00
Tuna Tuna, sliced tomato, caramelised onion, olive & caper tapenade, mixed greens & aioli.	½\$8.50	\$12.00
Chicken Grilled chicken breast w/ avocado, tomato, baby spinach & aioli.	½\$8.50	\$12.00
Pesto Chicken Chicken breast w/ our homemade pesto, fresh tomato, bocconcini & greens	½\$8.50	\$12.00
Avocado B.L.T Avocado, bacon, mixed greens, tomato & aioli.	½\$8.50	\$12.00
Beef Burger W/ tomato, lettuce, beetroot, fried onion, cheese, fried egg & homemade mayonaise.		\$13.50
Steak Sandwich Deluxe Trimmed scotch fillet steak w/ beetroot, tomato, fried egg, pickle, lettuce & caramelised onion.		\$13.90
Pasta Pasta of the day - please check the specials board.		\$15.00
Nachos (optional beef \$14.90) Spicy red kidney beans w/ herbs, served w/ corn chips, sour cream & avocado.		\$13.00
Risotto Chicken or Vegetarian.		\$15.00

Kids

Pancakes One pancake w/ maple syrup.	\$4.50
Eggs Poached, fried or scramble served w/ toast.	\$4.50
Kids Drinks Juice / Smoothie / Hot Chocolate / Milkshake.	\$3.50

- Opening hours 6.30 a.m to 4 p.m.
- Breakfast served all day.
- Eat in or take away.
- Contact us on 91 304 602



May 2011