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| La Madre Fruit Toast or La Madre Sourdough Toast with Bear & Bean homemade preserves/butter and vegemite/organic peanut butter | \$8.00 |
| Adelia's Cranberry and Macadamia Granola with Natural Yoghurt, fresh fruit and drizzled with honey | \$15.00 |
| Adelia's Quinoa, Chia Seed and Date Porridge with Winter Fruits <i>[GF,DF,V]</i> | \$15.00 |
| Mushies on toast with La Madre Sourdough and Meredith goats cheese <i>[Veg]</i> Add Free Range Eggs \$4.00 | \$15.00 |
| Zucchini and Corn Fritters with avocado, bacon, fresh lime and chilli | \$16.00 |
| Paleo Breaky Bowl with sauteed greens, poached free range eggs, bacon and toasted almonds <i>[P] [GF] [DF]</i> Add Avocado \$4.00 | \$21.00 |
| Bacon and Eggs on LaMadre Sourdough with cherry tomatoes, spinach and beetroot salt | \$18.00 |
| Smashed Avo on LaMadre Seeded Sourdough with dukkah, rocket and fresh lime Add Merediths Goats Cheese \$4.00 | \$14.00 |
| Bacon and Egg Roll on a La Madre Charcoal Bun with tomato relish and cheese | \$12.00 |
| Vegan Bowl - Sautéed greens, mushies, tomatoes, avocado, quinoa tabbouli, sweet potato dip and dukkah <i>[V] [GF] [DF]</i> | \$20.00 |

Extras:

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|-----------------|--------|---------|--------|--------------|--------|
| Bacon | \$4.00 | Avocado | \$4.00 | Goats Cheese | \$4.00 |
| Mushies | \$4.00 | Haloumi | \$4.00 | Spinach | \$4.00 |
| Free Range Eggs | \$4.00 | Relish | \$2.00 | | |

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| Amigo Bowl - Chilli Beef and black beans with smashed lime guacamole, cumin yogurt and coriander with a side of corn chips <i>[GF]</i> | \$18.00 |
| Spicy Pulled Pork soft shell Tacos with Mexican slaw and Sriracha Mayo | \$16.00 |

Salads

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| Middle Eastern Tabbouli with Roasted Cauliflower & mixed grains with tahini yoghurt and pita Small \$10.00 / Large \$14.00 Add Slow Cooked Bellarine Lamb \$4.00 or grilled Haloumi \$4.00 | |
| Warm Salad of Slow Cooked Lamb Shoulder with crunchy rosemary chats, tahini yoghurt, salsa verde and greens | \$18.00 |
| Grilled lemon & herb chicken salad with crispy bacon, walnuts, free range egg and homemade mayo <i>[DF, GF, LFMP]</i> | \$18.00 |

[GF] - Gluten Free *[DF]* - Dairy Free *[V]* - Vegan *[Veg]* - Vegetarian *[FF]* - Fodmap Friendly *[P]* - Paleo

Drinks

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| Organic Juices and Organic Soft Drinks <i>See selection at counter</i> | \$4.50 |
| Home Made Milkshakes Chocolate / Caramel / Strawberry / Vanilla | \$5.50 |
| Superfood Smoothie <i>Green:</i> celery, cucumber, spinach, green apple, avo, mint | \$10.00 |
| <i>Berry:</i> fresh berries, banana, coconut milk | \$10.00 |
| <i>Cacao Buzz:</i> banana, dates, cacao, espresso, soy milk | \$12.00 |
| <i>Banana:</i> banana, DC's Pretty Sweet Cacao, full cream milk | \$10.00 |
| <i>Monkey Business:</i> banana, peanut butter, dates, cacao, almond milk | \$12.00 |
| <i>Choc Berry:</i> raspberry, cacao, banana, honey, almond milk | \$10.00 |

Coffee by DC Specialty Roasters

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| Cup \$4.00 / Mug \$4.30 | |
| Latte over ice | Cup \$4.00 / Mug \$4.30 |
| Hot Chocolate | Cup \$4.00 / Mug \$4.30 |
| Almond Milk – Add 50c | |
| Chai Tea (home made) | \$4.30 |

Tea by T Totaler

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| Organic English Breakfast Tea | \$4.00 |
| French Early Grey | |
| Organic Rosy Mint | |
| Sencha | |
| Organic Lemon & Ginger | |
| Organic Unwind | |
| Foraging for berries | |

Alcohol

Please ask for our Alcohol Menu

