

BREAKFAST

Super Granola – <i>toasted muesli of Oats, seeds, nuts, dried fruit, coconut served with poached fruit, rhubarb puree & yoghurt. (side of Milk, Soy or Almond Milk) (V)</i>	9.5
AVO Luxe - Smashed Avocado with Kaffir Lime leaf oil, lemon juice on grilled multigrain, basil, parsley, Danish Fetta, spicy Pepitas, citrus fig reduction. (V,GFO)	15.0
<i>(add poached egg)</i>	3.0
Toast – Noisette: Sour dough Multigrain Fruit Loaf	5.0
Gluten Free - White Sourdough - Dark Continental - Raisin	5.5
Spreads: Jam – (Apricot Raspberry Plum)	0.5
Vegetemite Peanut butter Nutella	
Croissants – toasted or fresh	7.5
Any combination of : Ham, Cheese, Tomato	
Naked Eggs - Two Free range eggs cooked your way – Poached Scrambled Fried Sunny Side up on toasted Sourdough or Multigrain (Gluten Free Option) –	9.8
Add your sides from selection below	
3.0 3.5 4.0	
Herb Mushroom Baked Beans Bacon (3 rashers)	
Sautéed Spinach Fetta Cheese Smoked Salmon	
Extra Egg Hash Browns (2) Avocado (sliced or smashed)	
Grilled Tomato Sausages	
Bacon & Egg Brioche – Brioche bun with Fried Egg, Smoked Bacon, Cheese, & Tomato relish	8.0
Bacon & Scram Ciabatta Roll – Scrambled eggs, 2 rashers of Smoked Bacon, cheese & Tomato relish in Ciabatta.	13.5
Breakfast Toastie – Fried eggs, Smoked Bacon, Cheese & Tomato relish in grilled sourdough	1.5
Mozzarella Omelette – A light fluffy 3 egg omelette with Mozzarella cheese & toast (V)	13.0
HCT Omelette – Smoked Ham, Cheese & Tomato in a 3 egg omelette served with toast	15.0
Salmon Omelette – 3 egg omelette Smoked Salmon, Baby Spinach, Danish Feta cheese served with toast	17.0
Open Omelette – 3 egg omelette with your choice of ingredients. (V)	from 12.5
Gombo – Scrambled Eggs with sautéed mushrooms, fresh herbs, baby spinach, roasted capsicum, mozzarella cheese & yoghurt served with Hash Browns	17.5
AVO Horseback – Poached eggs on toasted Brioche bun, Smashed Avocado, Prawns & Bacon on a bed of baby spinach drizzled with Worcestershire Mayonnaise	20.5
TNE Big Breakfast – Poached, Fried or Scrambled on Multigrain or Sourdough: Smoked Bacon, Sausages, Baked Beans, Sautéed Mushroom & Baby Spinach	19.8
Bacon & Egg Pancakes - 3 butter milk pancakes with Hickory Smoked Bacon a fried egg & Maple syrup	15.0

BRUNCH

GOURMET GRILLED SANDWICHES

*On Sourdough or Multigrain on request
(add side of chips 2.5)*

Moo Shu Pork: Pulled pork, Chilli, Roast red pepper, Coriander, Shredded carrot, Onion, Hoisin & our West Sweet Onion sauce	12.8
Cuban Tampa: Slow cooked aromatic pulled pork shoulder, pickled cornichons, Swiss cheese. yellow mustard & Mojo sauce	12.5
Mexican Chicken: Spiced Chicken, beans, Avocado smash, Mozzarella, roasted red peppers, Jalapeños & seeded mustard mayo.	12.8
Mediterranean Veggie T: Grilled Zucchini, Eggplant, Pumpkin, Roast capsicum, Baby spinach, Sundried tomato, Balsamic reduction (V)	12.0
Reuben: Corned Beef Pastrami, Sauerkraut, Swiss & Tasty cheese, Cornichon (pickled cucumbers), Mojo sauce	11.8
Texan Beef: Pulled Beef, Roast capsicum, Shredded carrot, Jalapeños, Caramelised onions, Smoky BBQ sauce	12.5
Schnitz: Chicken schnitzel, Lettuce, Shredded carrot, Mozzarella cheese, seeded mustard mayonnaise	12.5
Parma Toastie: Herb & lemon crumbed chicken thigh, Ham, Napoli sauce, Mozzarella & Parmesan	13.5
Kabocha: Roasted Pumpkin, Smoked Salmon, Baby Spinach, Mozzarella & tasty cheese, pickled ginger.	12.5
Pumpkin Patch: Roast pumpkin, Dutch fetta, spinach, fresh Bocconcini, Sundried tomato, Basil & our West Sweet Onion sauce. (V)	13.0
Classic Toasties:	
– Ham, Cheese & Tomato	8.0
– Ham & Cheese or Cheese & Tomato	7.5

CIABATTA BURGERS

Chicken Slaw Burger: seasoned grilled chicken, slaw, cos lettuce & our West Sweet Onion Sauce	13.5
Pulled Pork Ciabatta Burger: lettuce, shredded carrot, cheese, fresh herbs, chilli, Hoi Sin sauce	13.5
Beef Ciabatta Burger: slow cooked brisket, caramelised onion, lettuce, tomato, Swiss cheese, Hickory BBQ sauce.	13.5
Veggie Ciabatta Burger: vegetable fritter, beetroot relish, lettuce, shredded carrot & seeded mustard mayonnaise.	12.5

PANCAKES

Apple & Pear – 3 buttermilk pancakes with poached apple & pears served with Vanilla Ice Cream & apple citrus syrup.	15.0
Banana - 3 buttermilk pancakes with caramelised Bananas, Maple Syrup, cinnamon & Vanilla Ice cream	15.0

LUNCH

Bocconcini Carprese: fresh Bocconcini cheese, cherry tomato, basil, extra virgin olive oil on garlic rubbed ciabatta	15.0
Fig Haloumi: Italian style haloumi grilled cheese, zucchini, baby spinach, macerated figs, pepitas citrus sauce	14.0
AVO Luxe - Smashed Avocado with Kaffir Lime leaf oil, lemon juice on grilled multigrain, basil, parsley, Danish Fetta, spicy Pepitas, citrus fig reduction. (V,GFO)	15.0
Lemon Pepper Squid: charred squid tossed in lemon pepper seasoning, served on baby spinach with lime aioli	9.8
Calamari: deep fried crumbed calamari with Tare Tare sauce.	9.0
Nachos Meatballs: baked Stromboli meatballs & corn chips with Tomato Sugo, cheese, topped with smashed avocado & sour cream.	14.0
Volcano Meatballs: Stromboli meatballs, Chilli tomato Sugo, Sweet potato crisps, sour cream, grilled flat bread.	13.0
Mama Rosa's Cabbage Rolls – mince pork & rice wrapped in pickled cabbage braised in a Hungarian broth of smoked ham hock paprika capsicum & tomato.	(1) 10.5 (2) 20.0
Chicken Cotoletta – pan fried chicken thigh schnitzel with herb, lemon, parmesan served with chips & salad	20.0

PASTA

House made Potato Gnocchi or Spaghetti

Bolognese: Traditional rich southern Italian beef & pork tomato sugo sauce.	16.5
Napoli: tomato, basil, garlic sugo sauce. (V)	15.0
Pesto: creamy pesto sauce, Bocconcini cheese, zucchini, baby spinach & parmesan. (V)	17.0
Beef Ragù: slow cooked chunky beef in a rich tomato, red wine & cracked pepper sauce.	18.0

WRAPS

<i>with carrot, cucumber, lettuce, capsicum & fillings (see below). Gluten Free Option</i>	
Moroccan Chicken Wrap: Spiced chicken with seeded mustard mayonnaise	12.5
Pork Wrap: Slow cooked pork shoulder in Asian aromatics, Chilli & Hoi Sin sauce.	13.0
Pulled Beef Wrap: pulled beef with Hickory BBQ Sauce & Caramelised onion	13.0
Falafel Veggie Wrap: vegetarian falafel balls, lettuce, tomato, Houmas & garlic yogurt. (V)	12.0

SEASONAL SPECIALS

We offer a range of Salad specials & dishes
Please ask our staff for the Chef's recommendations.
We are also happy to accommodate any dietary requirements or variations.

PIES & PASTRIES

Our pies are hand crafted served with a side salad & relish
Gluten Free Pie Option on request baked to order. + \$3

Beef Ragout Pie : slow cooked chunky beef brisket in a tomato & red wine gravy.	8.5
Chicken & Leek Pie : chicken and leek with chicken & thyme veloute sauce	8.5
Lamb & Vegetable Pie : slow cooked lamb shoulder, vegetables & rosemary	8.5
Vegetable Pastie : a blend of seasonal vegetables with mild curry spices encased in flaky puff pastry. (V)	8.5
Sausage Roll : Our house made Mild T-Mett sausage	5.0
Half Sausage Roll :	3.0

KIDS MEALS

Kids Egg on Toast - Egg cooked : Fried, Scrambled or Poached on sough dough toast.	6.0
Kids Bacon & Egg – Egg cooked : Fried, Scrambled or Poached on sough dough toast with bacon.	7.5
Kids Pancake – 2 Buttermilk pancakes with a choice of syrups & Vanilla Ice cream	7.5
Syrups: Maple Chocolate Caramel Strawberry Vanilla Banana Nutella Apple sauce	
Kids toasties	
• Cheese	5.0
• Cheese & Tomato	5.5
• Ham & Cheese	6.5
• Ham Cheese & Tomato	6.8
Kids Cheese Burger – pork & beef pattie, cheese, lettuce & tomato sauce on a brioche bun	7.5
Chicken Nuggets – crumbed chicken thigh pieces & chips	7.0
Chicken Schnitzel – crumbed 1/2 chicken thigh Schnitzel served with chips & lettuce	9.5
Kids Calamari & Chips – crumbed calamari rings served with chips & tomato sauce	6.8
Kids Pasta –	
• Bolognaise - traditional beef & pork bolognaise	7.5
• Napoli – Rich Tomato sauce topped with cheese	6.0
Sausage Roll -	5.0

SIDES

Hash Brown -	2.0	Side Salad	2.5
Side of Chips -	2.5	Garden Salad	5.0
Bowl of Chips -	5.0		

BEVERAGE – NON ALCOHOLIC

	Reg.	Med.	Lrg.
COFFEE – GENOVESE SUPER BRAZIL			
Latte	4.0	4.5	5.0
Cappuccino	"	"	"
Flat White	"	"	"
Long black	4.0	4.5	5.0
Short black	3.5	-	-
Macchiato	3.5	-	-
Long Macchiato	4.0	-	-
Extra Coffee Shot	0.8	0.8	0.8
Decaffeinated	0.8	1.0	1.5
HOT CHOCOLATE	4.0	4.5	5.0
Milk Options	0.5	0.8	1.0
Bon Soy			
Almond Milk			
Syrups - Caramel Vanilla Hazelnut	0.5	0.5	0.8
SHAI MASALA – Pot of Chai Tea or Chai Latte		5.5	
Our house blend of, Cardamom, Star Anise, Cinnamon, Cloves, Ginger pre-steeped with a blend of black teas.			
TEA POT			4.5
Black tea			
English Breakfast			
Earl Grey			
Black tea with cinnamon			
Herbal tea			
Peppermint			
Lemongrass & Ginger			
Chamomile			
Green Tea / Honey Dew			
ICED COFFEE Double shot coffee, Ice Cream & Milk		Sml.	Lrg.
Soy or Almond milk (extra)		5.5	6.5
		0.8	1.0
MILK SHAKES		5.5	6.5
Banana	Lime		
Chocolate	Strawberry		
Caramel	Vanilla		
SMOOTHIES		6.5	7.5
-Banana, Yoghurt, Cinnamon			
-Mango & Yoghurt			
-Apple, Pear Yoghurt, Cinnamon			
-Mixed Berry & Yoghurt			
FRESH EXTRACTION JUICES		Sml.	Lrg.
Sunrise – Organic Orange, Fresh Pineapple & Watermelon		5.5	6.5
Power Up – Carrot, Organic Orange, Pineapple juice,		6.5	7.0
Detox – Green apple, Pineapple, Lemon, Ginger & Mint		6.5	7.0
Green Juice – Kale, Cucumber, Green Apple juice, Spinach, Ginger & Mint		6.5	7.0
Mjor Tom – Tomato juice, Celery, Carrot, Lemon		6.5	7.0
FRESH FRUIT JUICES		5.5	6.5
Organic Orange Pineapple Apple			
Combination of above			
SPARKLING DRINKS, WILD JUICES, ICED TEAS – from refrigerator			



CAFÉ BAR BISTRO

Private Functions – Event Catering & Supply
House Made Cakes – Specialty Cakes