



INLAKESH
• **LIVING FOODS** •

WHOLEFOOD CAFÉ & ORGANIC GROCER

  inlakeshlivingfoods.com.au

BREAKFAST all day

TWO SLICES OF ORGANIC SOURDOUGH TOAST white, wholemeal, rye, soy & linseed or gluten free	6
vegemite or natural peanut butter	1
natural almond butter, ABC butter (almonds, Brazil nut, cashews) or homemade redcurrant jam	2
ADD FRESH RICOTTA AND HONEY	6
ORGANIC RYE FRUIT AND RAISIN TOAST OR GLUTEN FREE SPICY FRUIT TOAST	7
✓✓ ALMOND NUT GRANOLA w banana, coconut flakes and chia	14
CHOICE OF milk, and coconut or low fat yoghurt	
✓✓ ACAI BOWL organic acai, blueberries, chia, hemp seeds, banana blended with almond milk	15
ADD ALMOND NUT GRANOLA	5
✓✓ VEGAN PANCAKE STACK saffron infused coconut yoghurt, almond walnut brittle, red currant coulis, seasonal fruit	22
✓ BREAKFAST POWER BOWL quinoa, avocado, mushrooms, spinach, cherry tomato, poached egg	23
ADD GRILLED HALOUMI	5
✓ CORN ZUCHINNI FRITTERS egg, gherkin, tahini salad, avocado, tomato salsa, snow pea tendrils	21
ADD SMOKED OCEAN TROUT	7
ADD BACON	6
✓ RANCH EGGS mixed bean salsa, fried eggs, picante sauce, avocado, tomato bruschetta, feta, tortillas	22
ADD GRILLED FREE RANGE CHORIZO	6
✓ MEDITERRANEAN BREAKFAST scrambled eggs, leek, mushrooms, feta, balsamic glaze choose sourdough or gluten free	22
ADD GRILLED FREE RANGE CHORIZO	6
✓ MORNING BRUSCHETTA poached eggs, avocado salsa, pesto, tomato & basil bruschetta choose sourdough or gluten free	22
ADD CRISPY FREE RANGE BACON	6
✓ GREEN EGGS scrambled eggs with spinach puree, Danish feta, cherry tomato choose sourdough or gluten free	21
ADD SMOKED SALMON	6
FREE RANGE BACON & EGG SANDWICH	15
crispy free range bacon, fried egg, homemade tomato relish choose sourdough, activated charcoal brioche bun or gluten free bun	
PROTEIN OMELETTE egg whites only, poached chicken breast, fresh ricotta, spinach choose sourdough or gluten free	23
✓ VEGIE OMELETTE mushroom, spinach, asparagus, cherry tomato on sourdough or gluten free	20
✓ EGGS BENNY poached eggs w homemade hollandaise on sourdough or gluten free	17
w Sautéed spinach	20
w Free range ham	22
w Free range bacon	23
w Smoked salmon	24
✓ TWO ORGANIC EGGS poached, fried or scrambled	12
CHOICE OF sourdough or gluten free vg df gf	

BREAKFAST SIDES

CHOOSE two veggie sides 8

CHOOSE three veggie sides 11

Free range bacon 7	Smoked salmon 7
Free range chorizo 6	Free range ham 6
Avocado salsa 6	Extra organic egg 3

Fresh Avocado 5	Grilled haloumi 5
Sautéed spinach 5	Roasted mushrooms 5
Herb roast tomato 5	Organic baked beans 5

LUNCH

HOME MADE SOUP please see soup menu for daily selections

CRISPY SALMON TACOS red cabbage, chipotle mayo, avocado, coriander, chili verde aioli, corn tortilla 20

SALT & PEPPER SQUID carrot, cucumber, shallot, capsicum, bean sprout, coriander salad, Thai dressing 21

LEMON HERB BAKED SALMON quinoa, sautéed greens, garlic, carrot puree 26

LAMB CURRY slow cooked aromatic lamb curry, coconut cream, saffron rice 25

BBQ CHICKEN free range chermoula spiced chicken breast, chips, garlic sauce, house salad 24

PALEO CHICKEN SCHNITZEL house slaw, chipotle mayo 22

✓✓ **MEDITERRANEAN VEGGIE PLATTER** Platter for one : 23 Platter for two : 40
falafel, Turmeric Cauliflower, antipasti, baba ganoush, hummus, garlic toum, bruschetta tomato, pitta

DELI ANTPASTO BOARD Board for one : 25 Platter for two : 45

selection of 3 deli cheeses, 3 deli meats, antipasti, pickles, redcurrant jam, crackers, grilled pitta

PLOUGHMAN'S LUNCH Platter for one : 28 Platter for two : 48

grilled chicken breast, chorizo, haloumi, avocado salsa, garlic toum, chips, leafy salad, herb bread

NOURISHING BOWLS

✓✓ **ALKALIZING GREEN VEGGIE** quinoa, broccoli, kale, beans asparagus, avocado salsa, tamari, lime dressing 22

✓✓ **BUDDHA BOWL** quinoa, turmeric cauliflower, pickled red cabbage, avocado, zucchini, sweet potato, ginger dressing 20

✓✓ **HIPPIE BOWL** charred pumpkin, brown rice, mushrooms, fennel, spinach, hemp and chia 20

✓ **BLISS BOWL** brown rice, maple roasted pumpkin, feta, rocket, pepitas, sunflower seeds, tomato 20

✓✓ **MOROCCAN BOWL** sweet potato, chickpeas, lentils, roast capsicum, sunflower seeds, dates, kale, sweet balsamic 21

ADD A PROTEIN TO BOOST YOUR BOWL

Grilled organic rump steak 8

Grilled free range chicken 7

Pulled lamb 8

Homemade falafels 6

Poke raw salmon 8

Grilled chorizo 7

Polenta tofu 5

Poached egg 3

Grilled haloumi 5

SIDES

✓✓ **POTATO FRIES** 7

ADD GRATED MANCHEGO 3

✓ **SWEET POTATO CHIPS** served with aioli 9

LOADED FRIES crispy bacon, melted cheese 12

✓ Vegetarian

✓✓ Vegan

PLEASE ASK FOR GLUTEN FREE, DAIRY FREE AND PALEO MENU OPTIONS

PLEASE SEE OUR CAFÉ DISPLAY FOR SWEETS & HOMEMADE SAVOURIES

BURGERS & SANDWICHES

CHOOSE charcoal brioche bun, hamburger bun, or gluten and dairy free bun
 CHOOSE chips or leafy salad - Sweet potato chips add 2

ORGANIC BEEF BURGER melted cheddar, caramelized onions, beetroot, tomato, mixed leaf 21

CHICKEN BURGER grilled free range chicken breast, avocado, tomato, chili mayo, mixed leaf 20

PULLED LAMB BURGER tomato, garlic toum, spinach 22

✓✓ **HEMP BURGER** chickpea, herb & hemp patty, hummus, garlic toum, beetroot, spinach, tomato 20

✓ **HALOUMI BURGER** marinated zucchini, tomato bruschetta, hummus, avocado, mixed leaf 19

STEAK SANDWICH organic grilled steak, caramelized onions, lettuce, tomato, BBQ relish 22

CLUB SANDWICH grilled chicken, free range ham, chili mayo, tomato, relish, mixed leaf 21

BURGER BOOSTERS

Free range bacon 4

Avocado salsa 3

Cheddar cheese 1.5

Beetroot 1.5

Organic fried egg 3

Haloumi 3

KIDS BREAKFAST

✓ **ONE EGG** poached or fried w toasted turkish bread 6

ADD BACON 5

✓✓ **VEGAN PANCAKE** coconut yoghurt, banana, red currant jam, maple syrup, seasonal fruit 9

✓ **VEGEMITE AND CHEESE MELT** on toasted turkish bread 6

ADD AVOCADO 5

CROISSANT

✓ cheese & tomato

ham & cheese, or ham & avocado

9

KIDS LUNCH

all served with fries, sweet potato chips or leafy salad

CHICKEN STRIPS lightly crumbed free range chicken breast strips 11

MINI CHEESE BURGER spinach and tomato 12

✓✓ **VEGIE FALAFEL BURGER** spinach and tomato 12

CRISPY SALMON BURGER spinach, tomato, mayo 14

OPEN MELTS on toasted turkish bread 10

✓ cheese & tomato

ham & cheese, or ham & avocado

WINE TAMBURLAINE CERTIFIED ORGANIC

Bottle 38

Glass 10

SAUVIGNON BALNC Orange wine region, NSW

PINOT GRIS Orange wine region, NSW

ROSE Central ranges, NSW

SHIRAZ PINOT NOIR Orange wine region, NSW