

BREAKFAST MENU

sourdough toast (v)-\$9.95

Toast 2 piecessourdough with condiment of your choice (peanut butter/vegemite/Butter)

Eggs your wav(v)-\$13.95

Toast sourdough with egg of your choice(Poached/Fried/Scrambled)

chilli scrambled eggs(v)-\$14.95

Toast sourdough, scrambled eggs, parmesan cheese , Bird Eye Fresh chilli

Avocado sourdough(v)-\$15.95

Toast sourdough, smashed avocado, feta cheese, top of toasted seed

Egg Benedict-\$16.95

Toasted English muffin, wilted spinach, crispy bacon/smoked salmon, poached eggs with hollandaise sauce

veggie medley(v/VG)-\$22.95

Toasted sourdough, falafel, roast pumpkin, forest mushroom, grilled tomato, wilted spinach, hash brown, eggs your way (Poached/Fried/Scrambled) with hummus

Big breakfast-\$24.95

2 eggs your way, bacon, chorizo, cherry tomatoes, forest mushrooms, hash brown, spinach, served with toasted sourdough bread and tomato relish.

sides/Extras

Exchange sourdough for Gluten free bread-----+\$1

Mushroom----\$2.50

Half grilled tomato----\$2.50

Hash brown----\$2.80

Eggs-----\$2.50

Bacon-----\$4.50

Smoked salmon-----\$5.99

V: Vegetarian VG: Vegan GF: Gluten free

LUNCH MENU

Flat bread-\$11.99

Roasted zucchini and Roast eggplant, hummus,
rocket with balsamic drizzle&olive oil

pan fried Gyoza (8 prawn/veg)-\$12.99

Pan fried dumpling with soy sauce

cafelito's cheeseBurger-\$14.95 w chips\$18.95

Brioche bun, house made beef patty, cheese, pickles, tomato relish,
With lemon pepper chips

cafelito's chicken Burger-\$14.95w chips\$18.95

Brioche bun, grilled chicken breast, tomato, lettuce, cheese, chipotle
mayonnaise.With lemon pepper chips



Nourish Bowl (VG.GF) -\$14.95

Grains, vegetables, grilled tofu,pumpkin seeds, roasted beetroot, hummus.



Forest MushroomRisotto(VG.)-\$18.95

Buttered Forest mushrooms, sundried tomatoes, sautéed spinach topped
with Shaved Par mesan cheese

chicken parmigiana -\$20.95

Panko crumbed chicken breast, topped with salsa, crispy bacon, cheese.
Served with garden salad and chips.

Fish oftheDay w/ Roasted vegetables - \$26.95

Grilled Seasonal Fish fillets with in house spice mix and seasonal
roasted vegetables.



chilliprawnspasta - \$21.95

Pan-fried prawn cutlets with olive oil, fresh herbs,garlic,Bird's eye
chili,Pasta ,Parmesan

Add grilled chicken or prawns ... \$6

snacks-

Dragon Spring roll w sweet chilli\$6.50

Sweet Potato Chips with Mayonnaise..... \$8.50

Lemon Pepper Chicken Schnitzel \$11.95

Dessert

Selection Cake with vanilla ice cream--\$13.95

V: Vegetarian || VG: Vegan || GF: Gluten Free to try out the **Good Food**
options as these are the most nutritious choice

POWER BOWLS



Miso Eggplant&Tofu Bowl \$13.90

Roasted miso eggplant and tofu, jasmine rice, edamame, pickled carrot & daikon, cucumber and fresh herbs, finished with a miso dressing.



Lemon grass Chicken Bowl\$14.90

Grilled lemongrass chicken, jasmine rice, edamame, pickled carrot & daikon, cucumber and fresh herbs, finished with a zesty herb dressing.



Five-Spice Beef Bowl\$15.90

Five-spice seasoned beef, jasmine rice, edamame, pickled carrot & daikon, cucumber and fresh herbs, finished with our signature glaze.