

# h o o - g a h

@hoogahbendigo

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## FOOD- Breakfast & Lunch all day

[ place ]

### **Sourdough Toast with Your Choice of Spreads//7.50** *GF OPTION*

With Butter and Choices of Preserves, Honey, Nutella, Peanut Butter, Vegemite

### **Spiced Fruit Loaf//8.50** *GF OPTION*

Toasted and Served with Butter and Your Choice Of Spreads

### **House-Made Chocolate Granola//13.5** *GF OPTION* *#containsnuts*

With Coconut Yoghurt, Fresh Banana, Berry Compote and Almond Milk

### **Bacon & Egg Toastie//15** *GF OPTION*

Fried Egg and Bacon on Sourdough Toast with Tomato Relish

### **Herbed Mushrooms, Smashed Avocado & Spinach on pumpkin sourdough Toast//19**

*#GF OPTION*

### **Mexican Corn Fritters //18** *GF #VEGAN OPTION AVAILABLE*

With Black-Bean, Roasted Corn and Tomato Salsa, Avocado, Spinach and Spiced Sour Cream

### **Eggs Benedict//20** *GF OPTION*

Triple Smoked Leg Ham, Wilted Spinach and Apple Cider Hollandaise served on Wild and Tamed sourdough toast

### **Free Range Eggs on Sourdough Toast//13.50** *GF OPTION*

Poached Or Scrambled

**Add** Bacon//5 Cherry Tomatoes//4 Mushrooms//4 Avocado//4 Spinach//4

### **Buttermilk Pancakes//19** *GF OPTION*

Biscoff Pancakes w fresh strawberry, biscoff crumble real maple syrup & ice-cream

 Vegan

GF- Gluten Free

GF Option// +2



Vegan

GF- Gluten Free

GF Option// +2

### **Buddha Bowl//16.5** *GF*

Nutritious and Delicious Power Bowl Filled with Seasonal Vegetables, Grains and Protein-See Board For todays special

**Add//6 Chili Tuna, Herbed Chicken, Pulled Pork, BBQ Jackfruit**

### **Slow-Roasted Shoulder of Lamb//23** *GF OPTION*

With Ancient Grain Salad, Lemon Potatoes and Herbed Labneh

### **House Made Ricotta Gnocchi//22** *#contains nuts*

With Mushrooms, Cream, Sage, Parmesan, and Toasted Walnuts

### **Roasted Cauliflower, Beetroot, Chickpea & Quinoa Salad//19** *GF #nuts*

With Smoked Almonds, Mixed Greens and Tahini Dressing

Herbed Chicken//6

Haloumi Or Vegan Fetta//5

### **Free-range Chicken Schnitzel Burger//20**

House-made chicken schnitzel, Italian slaw & Caesar dressing served on a charcoal brioche bun with a side of home-fries

### **House-made falafel//20** *GF OPTION* **contains nuts**

with freekeh, pickled carrot, micro-herbs, cashew feta, sunflower hummus & pita

**See our display cabinets** for a variety of sandwiches, pies & assorted cakes. scrolls & donuts. We have a great variety of vegan & gluten-free options.

### **Extras**

Bacon//5 Haloumi//5 Hollandaise//4

Cherry Tomatoes//4 Spinach//4

Mushrooms//4 Avocado//4

Extra egg//3 Coconut yoghurt//3 Ice-cream//3

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## DRINKS

### **Milkshakes//6.5**

Strawberry, Chocolate, Caramel & Vanilla

### **Smoothies//7.5 #dairyfree #vegan**

**Tropicana Smoothie** (banana, coconut milk & pineapple juice)

**Berry Nice** (mixed berry, apple & cranberry juice)

**Green Smoothie** (mango, kale, kiwi fruit, spinach, coconut milk & pineapple juice)

### **Fresh Juice//7.5**

Choice of three (orange, apple, watermelon, pineapple, ginger, carrot & lemon)

**Extra//.50**

### **Bottled Water//3 San Pellegrino Mineral Water//4.5**

**Coke, Coke No Sugar//4.5**

**San Pellegrino assorted//4.5**

**Capi- Blood Orange, Ginger Beer, Lemonade//4.5**

**Harcourt Apple Cider//5**

**Fire Tonic Traditional Switchel- assorted//5**

**Liberty Kombucha- assorted//5.5**

**Sips fruit infused soda -assorted//5**

**Somersault slow-brewed organic soda- assorted//6**

**Iced Coffee//6.5**

**Iced Chocolate//6.5**

**Iced Latte//5**

**Iced Chai//5**

**Iced Long Black//4.5**

### **Alternative Milks//.50**

Milk-lab Almond, HappyHappy Soy-boy

Alternative Milk Co Oat, Bonsoy, Sugar-free

Almond, Coconut, lactose Free

### **MOTO BEAN COFFEE- Seasonal House Blend// 4/4.5/5**

Cappuccino

Latte

Flat White

Long Black

Chai Latte

Mocha

Hot Chocolate

Long Macchiato

**Short Black//3.5**

**Short Macchiato//3.5**

**Prana Chai Brewed Chai//5.5**

**Larsen and Thompson Tea//4.5**

English Breakfast Tea

Earl Grey

Chai

Green

Peppermint

Lemongrass & Ginger

**Alternative Milks//.50**

Milk-lab Almond, HappyHappy Soy-boy

Alternative Milk Co Oat, Bonsoy, Sugar-free Almond,

Coconut, Lactose Free