

lunch menu

BUDDHA BOWL 22.50

(GF)

Nutritious and delicious power bowl filled with seasonal vegetables and grains. See our board for today's special.

Add a protein: **Chili Tuna, Herbed free range Chicken, Pulled Pork, BBQ Jackfruit or Gluten Free Crumbed Tofu.** +6

SLOW ROASTED SHOULDER OF LAMB 26

(GF) OPTION AVAILABLE (+2)

With ancient grain salad, roasted potatoes and lemon labneh.

GNOCCHI AMATRICIANA 25

Housemade ricotta gnocchi with a bacon, chilli & tomato sugo topped with *Grana Padano* cheese

MUSHROOM & ZUCCHINI FLATBREAD 24

(VG) **(GF)** OPTION AVAILABLE

Truffled mushroom and zucchini flatbread with vegan cheese, spinach and a warm potato salad with Green Goddess dressing.

ROASTED CAULIFLOWER, BEETROOT, CHICKPEA AND QUINOA SALAD 23

(GF) **(VG)**

With smoked almonds, mixed greens and tahini dressing.

Add **Herbed free range Chicken** +6

Add **Haloumi** +5.50

FREE RANGE CHICKEN SCHNITZEL BURGER 25

House-made chicken schnitzel, Italian slaw and caesar dressing, served on a charcoal bun with a side of home fries.

GLUTEN FREE CRUMBED TOFU 24

(GF) **(VG)**

Pan-fried and served with broccoli, sesame miso dressing, spiced edamame, crispy kale and toasted seeds finished with a pea and coconut puree.

GRILLED SALMON 26

(GF) **(DF)**

On a vibrant green salad of grilled vegetables and mixed leaves with a crushed pea and fresh herb salsa.

PULLED PORK NOODLE SALAD 24

(GF)

Pulled pork noodle salad with rice vermicelli, julienned vegetables, greens, roasted peanuts, fresh herbs, fried shallots & a sesame soy dressing.

PULLED LAMB OPEN SOUVLAKI 25

Slow roasted lamb served on grilled flat bread, greek salad, *Meredith* Goats Feta and tahini dressing. Served with a side of home fries.

TOASTED SANDWICHES 14.50

Roast beef, Swiss cheese, rocket, tomato relish, caramelised onion & mustard on beetroot sourdough.

Free-range herbed chicken, avocado, cheese, semi dried tomato, spinach and aioli on sourdough. 14.50

Roasted Mediterranean vegetable and cheese focaccia. 14.50

Ham, cheese and tomato on sourdough. 12

Roasted pumpkin, mushroom, spinach, semi dried tomato and vegan house made aioli on pumpkin sourdough. **(VG)** 14

IN THE CABINET

Please see our display cabinets for our range of house made cakes, pastries and baked goods - including many gluten-free and vegan options.

Please note: A 10% surcharge applies on weekends.

 @hoogahbendigo |  @hoo-gah |  Rate your Hoo-gah experience!

hoo-gah

all day breakfast

SOURDOUGH TOAST 10.50

(GF) OPTION AVAILABLE (+2)

Served with butter and your choice of Preserves, Honey, Nutella, Peanut Butter or Vegemite.

SPICED FRUIT LOAF 11.50

(GF) OPTION AVAILABLE (+2)

Toasted and served with your choice of spreads.

HOUSE MADE GRANOLA BOWL 18

Served with seasonal fruit salad, strawberry syrup and Greek yoghurt.

Add Coconut yoghurt instead +1

OVERNIGHT OATS 18

(VG)

Steel cut oats layered with a vanilla chia pudding, nut crumble and coconut yoghurt. Served with a rhubarb and raspberry compote.

BACON & EGG TOASTIE 18.50

(GF) OPTION AVAILABLE (+2)

Served with tomato relish.

SMASHED AVO 23.50

(GF) OPTION AVAILABLE (+2)

On toasted beetroot sourdough, roasted cherry tomatoes, Meredith Goats feta, toasted seed crumble.

Add Poached Egg +3

Add Bacon +6

MEXICAN CORN FRITTERS 23.50

(GF)

With blackbean, roasted corn and tomato salsa, avocado, spinach and spiced sour cream.

Add Poached Egg +3

Add Bacon +6

EGGS BENEDICT 24

(GF) OPTION AVAILABLE (+2)

Triple smoked leg ham, wilted spinach and apple cider hollandaise served on sourdough toast.

FREE RANGE EGGS ON SOURDOUGH TOAST 15

(GF) OPTION AVAILABLE (+2)

Poached, fried or scrambled.

Add Bacon, Hashbrown, Chorizo, or Smoked Salmon +6

Add Cherry Tomatoes, Mushrooms, Avocado, Goats Cheese, or Haloumi +5.50

Add Spinach, Extra Egg, Hollandaise, Relish, or Chilli Crisps +3

SPANISH BAKED EGGS 25

(GF) OPTION AVAILABLE (+2)

Spanish baked eggs in a spicy corn & chorizo cheese sauce with house made bread and smoked tomato butter.

CHILLI SCRAMBLED EGGS 26

(GF) OPTION AVAILABLE (+2)

With chorizo crumble, potato hash, roasted tomato salsa, rocket and seeded sourdough.

SMOKED MISO BUTTER MUSHROOMS 25

(VG)

With scrambled tofu, salsa verde, and potato hash on seeded sourdough.

RICOTTA BLUEBERRY PANCAKES 24

(GF)

Blueberry and ricotta hot cakes with blueberry compote, lemon curd, meringue, double cream and ice cream

IN THE CABINET

Please see our display cabinets for our range of house made cakes, pastries and baked goods - including many gluten-free and vegan options.

Please note: A 10% surcharge applies on weekends.

 @hoogahbendigo |  @hoo-gah |  Rate your Hoo-gah experience!

hoo-gah