



MENU

Monday – Friday

8am-3pm

Cooked meals until 2.30pm

Saturday / Sunday &

Public Holidays

Closed

Café by

The Little Gourmet

Food Company

2/47 Wyndham Street

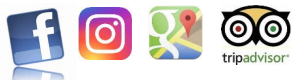
Shepparton Vic 3630

Phone: 03 5858 4669

Email: café@tlgfc.com.au

FIND US ON:

 www.tlgfc.com.au



ALL DAY BREAKFAST

Banana Bread toasted w butter \$7.95

Egg & Bacon Roll

Fried local free-range egg, smoked bacon, spinach & our tomato relish in a toasted soft bun \$11.95 (GF sandwich available)

Muesli Layered Glass GF VG

Raspberry compote, coconut yoghurt & gluten free muesli topped w toasted coconut \$14.95

Chocolate Nutella Waffles

Chocolate waffles topped w vanilla ice cream, nutella hazelnut's & raspberry compote \$15.95 (VG option available)

Smashed Avo w persian feta, on toasted pumpkin sour dough toast, poached local free-range eggs & beetroot chutney \$17.95

Add smoked bacon for \$4 (GF option available)

Eggs Benedict

Poached local free range eggs on a toasted English muffin w double smoked ham & hollandaise sauce \$15.95

Change from ham to smoked salmon \$2.00 extra (V option available)

Bacon & Eggs

Scrambled, poached or fried local free-range eggs w smoked bacon & our tomato relish served on toasted sour dough \$17.95

(GF option available)

Big Breaky or Veggie Big Breaky

Local free-range eggs to your liking w hash brown, roasted tomatoes, mushrooms, spinach, on toasted sour dough w our tomato relish Big Breaky w Bacon or Veggie Big Breaky w Avo

\$22.90 (GF option available)

Extra Sides

Bacon, Smoked Salmon \$4 per serve.

\$2 per serve Egg, Avo, Spinach, Tomato, Hash brown, Gluten Free & Vegan

Please advise us if you have any allergies or any dietary requirements

WHAT'S FOR LUNCH? TO 2.30PM

Avocado Delight Toastie

w sun-dried tomatoes, feta, basil pesto, spinach, bush tucker dukkah & macadamia's on pumpkin sour dough \$11.95 Add chicken \$2extra

(GF or VG option available)

Chicken Wrap

Fresh or Toasted

Poached chicken, bacon, roasted pumpkin, spinach, feta, sun-dried tomatoes & mayo \$11.95 (GF option available)

Double Smoked Ham Toastie

Caramelised red onion & tasty cheese served on sour dough \$11.95 (GF option available or GF wrap)

Chunky Beef & Veggie

Sausage Roll

served w house-made tomato relish & salad \$16.95

Gourmet Filo Parcel of the Day

served w house-made tomato relish & salad \$16.95

Steak Sandwich

Toasted sourdough w scotch fillet, mustard mayo, cheese, tomato, caramelised red onion, lettuce & a side of sweet potato crisps \$19.95

Add an egg \$2.00 extra

Smoked Trout Tart

Served w salad & fresh lemon \$16.95

King Sized Slow Cooked Beef & Veggie Pie

served w house-made tomato relish

Soup of the Day GF \$13.50
(Please check our specials board)

Zucchini Sweet Potato & Spinach

Quiche GF V

served w beetroot chutney & salad \$16.50

Chicken Korma Curry DF EF GF

Mild korma curry with coconut cream, pumpkin, zucchini, spinach & coriander served w basmati rice \$17.95 (VG option available)

Sweet Potato & Lentil Pattie DF GF V

Roasted sweet potato & corn lentil pattie with spices & fresh coriander served w coconut yoghurt & salad \$16.95

Pumpkin Feta Spinach & Sun-dried

Tomato Arancini GF V

served w house-made tomato relish & salad \$16.95

Warm Saffron Honey Chicken & Asparagus Salad EF GF DF P

Chicken marinated in saffron and honey served w roasted hazelnuts, avo, lettuce & asparagus \$19.95

Extra Sides
Salad GF \$7.90

DF = Dairy Free EF = Egg Free

GF = Gluten Free P = Paleo

V = Vegetarian VG = Vegan

All our meals are available Takeaway

KIDS MENU

(Menu for kids under 12 & includes a free activity book with each meal)

Small milkshake Chocolate, Strawberry or Vanilla \$3.50

Chocolate waffles w jam or honey \$6.50

Mini Sausage Rolls w tomato relish \$6.50

Sandwich w vegemite, cheese, peanut butter or jam \$4.50

Ice-cream w chocolate topping & sprinkles \$5.00

SOMETHING SWEET?

Come & check out our range of cakes, slices & cookies in our cabinet. Our cakes can be served with coconut yoghurt or cream

We can cater for Gluten Free, Dairy Free, Egg Free, Paleo & Vegan

DID YOU KNOW WE HAVE A SISTER

CAFÉ ?

WHICH IS OPEN

WEDNESDAY TO SUNDAY

GARDEN KITCHEN CAFE @

BILLABONG GARDEN COMPLEX

COFFEE

	REGULAR	LARGE
Cappuccino	\$4.30	\$4.80
Latte	\$4.30	\$4.80
Flat White	\$4.30	\$4.80
Long Black	\$4.00	\$4.50
Vienna	\$4.30	\$4.80
Long Macchiato	\$4.00	\$4.50
Short Macchiato	\$3.50	
Short Black	\$3.00	
Piccolo Latte	\$3.50	
Decaf available	\$4.60	\$5.10
Extra shot	.50c	
Flavour Shot	\$1.00	
Vanilla/Caramel		

HOT DRINKS

	REGULAR	LARGE
Hot Chocolate	\$4.30	\$4.80
Mocha	\$4.70	\$5.25
Chai Latte	\$4.70	\$5.25
Matcha Latte	\$4.70	\$5.25
Turmeric Latte	\$4.70	\$5.25
Fresh Chai Latte	\$4.70	\$5.25

w full cream or skinny milk

Almond, lactose free, soy & coconut milk extra 50c

POT OF TEA \$4.50

English Breakfast, Earl Grey, Fresh Chai, Green Tea, Peppermint or Lemongrass

w full cream or skinny milk

Almond, lactose free, soy & coconut milk extra 50c

Takeaway tea will be brewed to taste

ICED DRINKS

Iced Latte	\$5.50
Iced Coffee	\$6.60
Iced Chocolate	\$6.60
Iced Mocha	\$7.00
Iced Chai	\$7.00

MILKSHAKES

Chocolate	\$6.00
Strawberry	\$6.00
Coffee	\$6.00
Vanilla	\$6.00
Extra shot	.50c
Flavour Shot	\$1.00

w full cream or skinny milk

Almond, lactose free, soy & coconut milk extra \$1.00

BOTTLED DRINKS

Flavoured Sparkling	
Water	\$4.50
Sparkling Water	\$4.50
Juices	\$4.50
Coke	\$4.50
Coke Zero	\$4.50
Water	\$3.00
Prima	\$1.50

REAL FRUIT SMOOTHIES \$9.00

Our fruit smoothies are naturally gluten free, dairy free & vegan.

All Day Energy

GF muesli, mango, banana, blueberries, apple juice & Coconut Yoghurt

Anti-inflammatory Mango & Turmeric

Mango, turmeric, banana & coconut milk

Refreshing Mango & Pineapple

Pineapple, mango & orange

Dairy Free & Vegan option extra \$2.00