



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

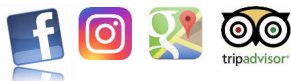
Shepparton Vic 3630

Phone: 03 5858 4669

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FIND US ON:

 www.tlgfc.com.au



ALL DAY BREAKFAST

Breakfast Burrito scrambled free-range eggs, spicy baked beans, corn, spinach, cheese topped w salsa & jalapenos

\$17.95 V Add smoked bacon for \$4 (GF option available)

Egg & Bacon Roll Fried local free-range egg, smoked

bacon, spinach & our tomato relish in a toasted soft bun

\$13.50 (GF option available in a wrap)

Muesli Layered Glass strawberry compote, coconut yoghurt, gluten free muesli topped w toasted coconut & honey

\$14.95 GF VG

Jamaican Banana Pancakes House-made pancakes topped with banana's caramelised in maple syrup w a dusting of cinnamon & toasted pistachio nuts. Your choice of

ice-cream or coconut yogurt **\$16.95** (VG option available)

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

\$17.95 Add smoked bacon for \$4 (GF option available)

Eggs Benny w 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,

baked beans, 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, Baked beans \$ 4 per serve.

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

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 **\$13.95**

Add chicken \$2 extra (VG option available or GF wrap)

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

w caramelised red onion & tasty cheese served on sour dough **\$11.95**

(GF option available in a wrap)

Chunky Beef & Veggie Sausage Roll

served w house-made tomato relish & salad **\$17.95**

Gourmet Filo Parcel of the Day

(Please check our specials board)

served w house-made tomato relish & salad **\$17.95**

Steak Sandwich

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 **\$17.95**

King Sized Slow Cooked Beef & Veggie Pie

served w house-made tomato relish & salad **\$17.95**

Salad of the Day GF

(Please check our specials board)

Zucchini Sweet Potato & Spinach

Quiche GF V

served w beetroot chutney & salad **\$17.95**

Chicken Korma Curry DF EF GF

Mild korma curry with coconut cream, pumpkin, zucchini, spinach & coriander served w basmati rice **\$17.95**

Sweet Potato & Lentil Pattie

DF GF V

Roasted sweet potato & corn lentil pattie with spices & fresh coriander served w coconut yoghurt & salad **\$17.95**

Pumpkin Feta Spinach & Sun-dried

Tomato Arancini GF V

served w house-made tomato relish & salad **\$17.95**

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

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

KIDS MENU

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

Small milkshake Chocolate, Strawberry or Vanilla \$3.50

Pancakes 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 CAFE ?

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	.50c	.50c
Extra shot	.50c	
Flavour Shot	\$1.00	
Vanilla/Caramel/ Hazelnut		

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

Water	\$3.00
Sparkling	\$4.50
Juices	\$4.50
Coke	\$4.50
Coke Zero	\$4.50
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

Strawberry Coconut Bliss

Strawberry & coconut milk, coconut yogurt & maple syrup

Refreshing Mango & Pineapple

Pineapple, mango & orange