



# MENU

## Monday – Friday

8am-3pm

Cooked meals until 2.30pm

## Saturday

8am-2pm

Cooked meals until 1.30pm

## Sunday / Public Holidays

Closed

Café by

The Little Gourmet

Food Company

2/47 Wyndham Street

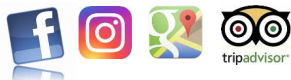
Shepparton Vic 3630

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### FIND US ON:

 [www.tlgfc.com.au](http://www.tlgfc.com.au)



## We love our ALL DAY BREAKFAST

### 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)

### Smashed Avo & Eggs

Smashed avo w a hint of lime on sour dough toast, poached local free-range eggs & oven roasted tomatoes \$17.95 (GF option available)

### Egg & Bacon Roll

Fried local free-range egg, smoked bacon, spinach & our tomato relish in a toasted soft bun \$11.50 (GF sandwich available)

### TLGFC Big Breaky

Scrambled, poached or fried local free-range eggs w house-made hash brown, oven roasted tomatoes, sautéed mushrooms, spinach, smoked bacon & our tomato relish served on toasted sour dough \$22.90 (GF option available)

### Vegetarian Big Breaky

Scrambled, poached or fried local free-range eggs w house-made hash brown, oven roasted tomatoes, sautéed mushrooms, spinach, avo & our tomato relish served on toasted sour dough \$22.90 (GF option available)

### Muesli & Yoghurt Layered Glass GF V

GF muesli w a mix of fruit, nuts & seeds served with layers of Greek yoghurt, a drizzle of honey topped with raspberry compote & toasted flaked coconut \$13.50 (VG option available)

### Nutella Pancake Stack v

Vanilla bean pancakes w Nutella, raspberry compote, vanilla ice-cream & hazelnuts \$12.75 (VG option available with changes)

### Pumpkin Feta & Chive Fritters v

House-made fritters topped w poached local free-range eggs, rocket, sun-dried tomatoes & balsamic glaze \$15.50

### Extra Sides –

Bacon \$4.00 per serve

Egg, Avo, Hash Brown, Oven Roasted Tomatoes, Spinach, Gluten Free & Vegan options \$2.00 per serve

## WHAT'S FOR LUNCH?

### Zucchini Sweet Potato & Spinach Quiche GF V

served w house-made relish & salad \$16.50

### 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

### Sweet Potato & Lentil Pattie DF GF V

Roasted sweet potato & corn lentil pattie with spices & fresh coriander served w coconut yoghurt & salad \$16.50

### Pumpkin Feta Spinach & Sun-dried Tomato Arancini GF V

served w house-made tomato relish & salad \$16.50

### Chingri Chicken Curry DF EF GF

Mild Indian spices, ground cashew nuts, red onion, coconut cream & baby spinach served w basmati rice \$17.90

### Couscous Salad v

Pearl couscous w char-grilled zucchini, eggplant, red capsicum, roasted pumpkin, feta and sun-dried tomatoes topped w rocket, pine nuts & pesto dressing \$15.95  
Add chicken \$2.00 extra (VG option available)

### Extra Sides –

Bowl of Sweet Potato Crisps GF \$4.50  
Salad GF \$7.90

Please advise us if you have any allergies or dietary requirements & we will do our best to help

GF = GLUTEN FREE DF = DAIRY FREE EF = EGG FREE  
P = PALEO V = VEGETARIAN VG = VEGAN

### King Sized Chicken & Bacon Pie

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

### Chicken Wrap

Fresh or Toasted

Poached chicken, crispy bacon, roasted pumpkin, spinach, feta, sun-dried tomatoes & mayo \$11.50 (GF option available)

### Pulled Pork Wrap DF

Fresh or Toasted

w rainbow slaw, apple & our BBQ sauce \$11.50 (GF option available)

### Chunky Beef & Vegetable Sausage Roll

served w house-made tomato relish & salad \$16.50

### Gourmet Filo Parcel

Chicken & sun-dried tomato filo parcel served w house-made tomato relish & salad \$16.50

### Chicken Bacon & Cheese Burger

w lettuce, lime mayo and relish served in a toasted soft bun & a side of sweet potato crisps \$18.90  
Add avo \$2.00 extra

### Double Smoked Ham Toastie

Caramelised red onion & tasty cheese served on grain sour dough \$11.50 (GF option available or GF wrap)

### Veggie Focaccia v

Fresh or Toasted

Char-grilled zucchini, eggplant, roasted red capsicum, pumpkin, sun-dried tomatoes, pesto, feta & baby spinach \$11.50  
Add chicken \$2.00 extra (VG option available)

All our meals are available eat in or takeaway

# KIDS MENU

Babycino FREE

Small milkshake Chocolate or Strawberry \$3.00

Pancakes w butter, jam or honey \$5.00

Kids Burger- Done kids style \$10.00

Mini Sausage Rolls w tomato relish \$5.00

Sandwich w vegemite, cheese, peanut butter or jam \$3.00

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

## TAKE HOME MEALS

Don't forget to check out our selection of Take Home Meals.  
Specializing in Gluten Free & Vegetarian.

## CELEBRATION CAKES

Have you seen our range of whole cakes & slabs of slice? If not ask our friendly staff, they will be happy to help you.

## CORPORATE CATERING?

Did you know we do corporate catering? Whether it be a breakfast morning or afternoon tea or a working lunch, we can assist. Ask our friendly staff today about what we can offer.

## 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 - \$5.00	
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

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

Emma and Tom's bottled drinks have no added sugar, nothing artificial, all natural, whole fruit & no preservatives

## REAL FRUIT SMOOTHIES \$9.00

Our fruit smoothies are naturally gluten free & can be made dairy free & vegan if required

### All Day Energy

GF muesli, mango, banana, blueberries, apple juice & Greek yoghurt

### Anti-inflammatory Mango & Turmeric

Mango, turmeric, banana & coconut milk

### Refreshing Mango & Pineapple

Pineapple, mango & orange

Dairy Free & Vegan option extra \$2.00