



MENU

Monday – Friday

8am-3pm

Cooked meals until 2.30pm

Saturday

8am-2pm

Cooked meals until 1.30pm

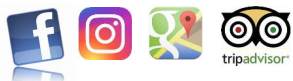
Sunday / Public Holidays

Closed

Café by
The Little Gourmet
Food Company
2/47 Wyndham Street
Shepparton Vic 3630
Phone: 03 5858 4669
Email: café@tlgfc.com.au

FIND US ON:

 www.tlgfc.com.au



We love our ALL DAY BREAKFAST

Smashed Avo & Eggs

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

Eggs Benny

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)

Egg & Bacon Roll

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

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)

Jamaican Banana Pancakes v

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 \$13.50 (VG option available)

Our House-made Banana Bread v

Toasted or fresh served w butter \$6.50

Extra Sides –

Bacon & Smoked Salmon \$4.00 per serve
Egg, Avo, Hash Brown, Oven Roasted Tomatoes, Spinach,
Gluten Free & Vegan options \$2.00 per serve

WHAT'S FOR LUNCH?

Salad of the Day GF
(Please check our specials board)

Zucchini Sweet Potato & Spinach Quiche GF V
served w house-made relish & salad \$16.50

Chicken Korma Curry DF EF GF
Mild korma curry with coconut cream, pumpkin, zucchini, spinach & coriander served w basmati rice \$17.90 (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 \$16.50

Pumpkin Feta Spinach & Sun-dried Tomato Arancini GF V
served w house-made tomato 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

Smoked Trout Tart
Served w salad & fresh lemon \$16.50

King Sized Slow Cooked

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

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

Pulled Pork Wrap
Fresh or Toasted
served w rainbow slaw, fresh apple & our bbq sauce \$11.50

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

Chunky Beef & Vegetable Sausage Roll
served w house-made tomato relish & salad \$16.50

Gourmet Filo Parcel of the Day
served w house-made tomato relish & salad \$16.50

Steak Sandwich
Toasted sourdough w scotch fillet, mustard mayo, cheese, tomato, caramelised red onion, lettuce & a side of sweet potato crisps \$19.90
Add an egg \$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)

Avocado Delight Toastie
w sun-dried tomatoes, feta, basil pesto, feta spinach, bush tucker dukkah & macadamia's on pumpkin sour dough \$11.50
Add chicken \$2.00 extra (GF or VG option available)

Extra Sides
Salad GF \$7.90

All our meals are available eat in or takeaway

KIDS MENU

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

Babycino FREE (Conditions Apply)

Small milkshake Chocolate, Strawberry or Vanilla \$3.50

Pancakes w butter, 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

SATURDAY SPECIAL

Scones with Jam & Cream \$6.50

CHRISTMAS GOODIES

Order your Plum pudding &
Christmas cake today.

(GF options available)

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

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

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, 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