



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

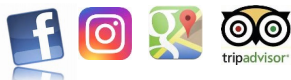
Shepparton Vic 3630

Phone: 03 5858 4669

Email: café@tlgfc.com.au

FIND US ON:

 www.tlgfc.com.au



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 \$11.95 (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 \$16.95 (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 \$17.95 (VG option avail-
able)

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

Smoked Trout Tart
Served w salad & fresh lemon \$16.95

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 \$11.95

Chicken Wrap

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

Chunky Beef & Vegetable

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

Double Smoked Ham Toastie

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

Avocado Delight Toastie

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

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 Youghurt

Anti-inflammatory Mango & Turmeric
Mango, turmeric, banana & coconut milk

Refreshing Mango & Pineapple
Pineapple, mango & orange

Dairy Free & Vegan option extra \$2.00