



At Cafe Henkel we aim to provide great tasting food for everyone, irrespective of allergies and dietary requirements. For the health, safety & enjoyment of all our patrons, please enjoy our entirely gluten free and allergy friendly menu. For orders / enquiries please call 9381 0099  
**Open Monday to Friday 7am-3pm, Saturday and Sunday 8am-3pm**

## ALL DAY BREAKFAST

**toast** (multigrain, sourdough) or **muffin** with choice of peanut butter, DF butter or jam **GF, DF, V, VG, SFA**

**cranberry & macadamia toasted muesli** with coulis, mixed berries, with choice of almond, soy, macadamia or coconut milk **GF, DF, V, VG, SF**

**french toast**, mixed berry compote, macadamia milk, sticky date & pecan ice cream **GF, DF, V**

**eggs** anyway on toast, tomato relish **GF, DF, V, SFA**

**eggs benedict**, smoked ham, hollandaise sauce **GF, DF, SFA**

**eggs florentine**, spinach, hollandaise sauce **GF, DF, V, SFA**

**eggs royale**, smoked salmon, hollandaise sauce **GF, DF, SFA**

**big breakfast**, eggs, mushroom, bacon, tomato, spinach, capsicum stuffed with sausage & haloumi, corn and zucchini fritter, tomato relish **GF, DFA, SFA**

**vegetarian big breakfast**, eggs, tomato, mushroom, spinach, avocado, corn fritter, tomato relish **GF, DF, V, SFA**

	<b>turkish bread w/</b> bacon, fried egg, rocket, tomato relish <b>GF, DF</b>	13.0
	scrambled eggs with smoked salmon, tomato relish, rocket	14.0
6.0		
	<b>SIDES</b>	
10.5	spinach, tomato, mushroom, dairy free hollandaise	3.5
	avocado, chorizo, bacon, corn fritter	4.5
	capsicum stuffed with sausage & haloumi <b>DFA</b>	5.0
14.5		
	<b>DAIRY FREE SMOOTHIES</b>	
17.0	green vegan protein smoothie <i>almond milk, spinach, banana, chia seeds, almond butter, dates</i>	8.5
16.0	goji berry orange smoothie <i>coconut milk, goji berries, orange, banana, chia seeds</i>	8.5
17.0	blueberry coconut smoothie <i>coconut milk, coconut vanilla ice-cream, blueberries, dates</i>	8.5
24.5	chocolate cashew smoothie <i>macadamia milk, coconut milk, coconut vanilla ice-cream, banana, cocoa powder, cashews, cashew butter, dates, maple syrup</i>	8.5
22.0		

**GF** = GLUTEN FREE **DF/DFA** = DAIRY FREE/DAIRY FREE AVAILABLE **V** = VEGETARIAN **VG** = VEGAN **SF/SFA** = SOY FREE/SOY FREE AVAILABLE **LOFO** = LOW FODMAP

WE DO NOT USE PRODUCTS WITH 'MAY CONTAIN TRACES...' STATEMENTS

## LUNCH (FROM 11.30 AM)

<b>turkey burger</b> , spinach, feta, cos lettuce, tomato, cranberry mayonnaise <b>GF</b>	14.5
<b>vegetarian burger</b> , beetroot, quinoa, sweet potato, parsley, hummus, avocado <b>GF, DF, V, VG</b>	13.5
<b>caesar salad</b> , cos lettuce, poached egg, crispy bacon, anchovies, croutons, parmesan crisps <b>GF, DFA</b>	14.5
<i>add chicken</i>	+2.5
<b>lamb salad</b> , greek salad, feta, olives, oregano, yogurt dressing <b>GF, DFA, SF</b>	22.0
<b>sweet potato frittata with goat's cheese</b> , egg, sweet potato, pepper creamed corn, thyme, green part of spring onion, almond milk <b>GF, DFA, SF, LOFO</b>	12.5
<b>hot potato chips</b> served with tomato relish <b>GF, DF, V, VG, SF</b>	8.5
<i>add house made aioli</i>	+1.0
Dairy Free cheese is available as a supplement to any meal	+2.0

A SELECTION OF FOCCACIAS, SALADS, SAVOURIES & SWEETS ARE  
AVAILABLE ON DISPLAY

MENU UPDATED NOVEMBER 2017  
SUBJECT TO CHANGE WITHOUT NOTICE

## DRINKS

### COFFEE

cappuccino	3.9
latte	4.2
long black	3.9
espresso	3.5
flat white	3.9
iced coffee	6.0
iced chocolate	6.0
iced strawberry	6.0

### MILK OPTIONS

almond, coconut, macadamia, soy	+1.0
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### TEA

green tea	4.0
english breakfast	4.0
earl grey	4.0
camomile	4.0
turkish apple tea	4.0

### HOT DRINKS

hot chocolate	4.2
golden turmeric latte	5.0
pink latte with choice of milk	5.0

### COLD DRINKS

freshly squeezed orange juice	6.0
bottled juices	4.0
bottled soft drinks	4.5