

Breakfast Wrap ham, cheese, chutney, spinach & scrambled egg wrap 12.9

Sourdough Toast or Gluten Free Toast: jam | vegemite | peanut butter 6 (V, GFO, VGO)

Banana Bread 6 (V)

Natural Yoghurt with berries & honey 9 (GF, V)

Artisan Fruit Toast with ricotta & lime honey 7 (V)

Byron Bay Gluten Free Granola or **Muesli** with natural yoghurt & berries 11.9 (GF, V)

Smashed Avocado on sourdough with dukkah & lemon 14.9 (*add feta 2.5, salmon 4.5*) (GF, VG)

Acai Bowl with granola & seasonal fruit 13.5 (GF, VGO)

Toss Salad: marinated feta, sun dried tomatoes, olives, cucumber on a bed of mixed lettuce with our house dressing 15.9 (*add chicken 3.5, salmon 4.5*) (GF, V)

Quinoa Salad: sunflower seeds, pepita seeds, sweet potato, currants & chick peas on a bed of mixed lettuce with our house dressing 18.9 (*add chicken 3.5, salmon 4.5*) (GF, VG)

Tuna Salad: artichokes, cornichons, egg on a bed of baby spinach with dill & caper mayo dressing 16.9 (GF)

Autumn Salad: artichokes, eggplant, semi-sundried tomatoes, sweet potato, ricotta, black olive tapenade & croutons with our house dressing 18.9 (*add chicken 3.5*) (V, GFO, VGO)

Mezze Plate: chicken, hommus, tabbouleh, falafels, olives served with a toasted flour tortilla 20.9 (GFO, VGO)

Long Board: leg ham, Maffra cheddar, cornichons, honeycup mustard, Spoonfed Foods Red Onion Jam & fresh bread 19.9 (GFO)

Roast Vegetable Frittata with salad & our house dressing 15.9 (GF, V)

Thai Fish Cakes with Asian salad & sesame dressing 16.9 (GF)

Gourmet Sandwich or **Wrap** 11.9 (*see display cabinet*)

Extras: avo 3, chicken 4, feta 2.5, ham 4, salmon 5

Please ask staff or see board for specials.

www.alfrescoemporium.com.au

BEVERAGES

Coffee: regular 4 | large 5

Extras: soy | almond | mocha | extra shot | coconut | caramel & vanilla .5

Espresso 3.2

Chai latte: regular 4 | large 5

Hot chocolate: regular 4 | large 5

Babycino 3

Soft drinks 4.2

Bottled juices 5

Milk shake 7

Mini shake 3.5

Iced chocolate | iced coffee | iced chai |

iced cappuccino | iced latte 7

Affogato 6

Spider 5.5

Smoothie: Acai, berry, mango, banana 8

TEA

English Breakfast Premium 4

Earl Grey 4

Irish Breakfast 4

Organic Peppermint 4

Ayurveda Yoga Blend (Chai) 5

Organic Detox Blend 4

Organic Relax Max 4

Okinawan Green Tea 4

Organic Awake Kapha Auyrveda 4

Organic Lemon Grass & Ginger 4

Organic Turmeric Tea Golden Milk 5

SWEET TREATS

Please see display cabinet for daily sweet treats.

GF - Gluten Free V - Vegetarian VG - Vegan O - Option Available

Salad Splash

If you like our salad splash dressing you can now recreate it at home. Our salad dressing is a mix of 1/3 Jomei's Sweet Balsamic Reduction to 2/3 Rylstone Olive Oil.

PLEASE ORDER AT THE COUNTER

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