

# idelic

## CAFE MENU

### BREAKFAST

POACHED SPECIAL II - (\*GF). . . . . 17.00  
Poached Egg, Bacon, Cherry Tomato, Avocado, Rocket, Fried Scallions, Feta on Toast

BREAKFAST CASSOULET. . . . . 17.00  
Haricot Beans, Smoked Ham Hocks, Baked Egg with Crusty Bread

BUTTERMILK PANCAKES - (V). . . . . 16.00  
Mixed Berries Compote, Lemon Mascarpone, Vanilla Bean Infused Maple Syrup, Pistachios

MUSHROOM BRUSCHETTA - (V) (\*GF). . . . . 16.00  
Herb and Garlic Roast Portobellos, Zesty Hummus, Rocket, Slow Roast Truss Cherry Tomatoes on Toast

BENEDICT - (\*GF) (V). . . . . 17.00  
Bacon, Smoked Salmon or Ham, Poached Eggs, Sautéed Spinach, our Hollandaise on Toast

HOUSE MADE PORK AND MAPLE SAUSAGE. . . . . 18.00  
Sweet Potato Rosti, Rocket, Onion Jam, Horseradish Cream

SUPER FRITTERS - (V). . . . . 18.00  
Corn, Quinoa, Kale, Poached Egg, Black Bean Avocado Salsa

SEASONAL FRUIT PLATE - (V) (\*GF). . . . . 14.00  
With House Made Honey and Cinnamon Yogurt Dollop Encrusted with Hazelnut Praline

YOUR EGGS ON TOAST (V) (\*GF). . . . . 11.00  
Fried, Poached or Scrambled

TOAST W/ BAKED RASPBERRY JAM - (V) (\*GF). . . . . 7.00  
Sourdough or Fruit

EGG AND BACON ROLL. . . . . 13.00  
Fried Eggs, Bacon, Rocket, Our Spiced Tomato Relish

HONEY TOASTED GRANOLA (V). . . . . 13.00  
Oats, Sunflower Seeds, Pumpkin Seeds, Almonds, Coconut, Our selection of Dried Fruits with Greek Yogurt and Milk of your choice

### EXTRAS

Jam, Hollandaise, Egg  
2.00

Spinach, Portobellos,  
Smashed Avocado, Roast  
Tomatoes, Our Beans,  
Bacon

4.00

Smoked Salmon, Our Sausage

5.00

\*Gluten Free bread

1.00

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### BREAKFAST FROM

7am to 12pm weekdays  
&  
8am to 1pm Saturday

See other side for drinks.  
No changes to the menu  
thank you

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OPENING HOURS: 7am to 3pm Weekdays, 8am to 2pm Saturdays

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## DRINKS MENU

### SUPERIOR BLEND

ESPRESSO . . . . .	3.00
RISTRETTO . . . . .	3.00
LONG BLACK . . . . .	3.50
MACCHIATO . . . . .	3.50
PICCOLO . . . . .	3.50
LONG MACCHIATO . . . . .	3.80
FLAT WHITE . . . . .	3.80
CAPPUCCINO . . . . .	3.80
CAFÉ LATTE . . . . .	3.80

### TEAS (LOOSE LEAF)

TRADITIONAL . . . . .	4.00
English breakfast, Earl Grey or Irish Breakfast	
HERBAL . . . . .	4.00
Jasmine, Green Sencha, Green Peppermint, Chamomile	
TEA INFUSED WITH MILK & HONEY. . .	5.00
Chai Masala	

### SPECIALTIES

HOT CHOCOLATE MELTS. . . . .	4.50
CHAI LATTE. . . . .	4.50
MOCHA. . . . .	4.80
VIENNA (BLACK/WHITE). . . . .	5.80
AFFOGATO. . . . .	5.80

### EXTRAS

BONSOY SOY MILK. . . . .	1.00
DECAFE. . . . .	0.50
SYRUPS. . . . .	1.00
EXTRA SHOT. . . . .	0.50

### SMOOTHIE & FRAPPES

7.90

- Berry Banana; skim milk, yoghurt & honey
- Mango Passion; milk, ice cream, honey & passion fruit
- Banana Almond; milk, ice cream, peanut butter, honey & almond meal
- Berry Boost; apple juice, banana, ice cream & ice
- Mango & Pine; apple juice, banana, pineapple, mango & ice
- Iced Chai Latte
- Iced Chocolate Frappe; choc fudge, ice cream & ice
- Iced Coffee; 2 shots, ice cream, syrup, milk & ice
- Latte on Ice; 2 shots, milk & syrup over ice - 6.50

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### FRESHLY SQUEEZED

7.90

- The Awakening; pear, apple, kale & mint
- The Senior; carrot, orange & apple
- The Refreshed; celery, apple & ginger
- The Hangover; apple, strawberries, watermelon & orange
- The De-Stress; pineapple, orange, apple, pear & lemon
- The Detox; pear, lemon, pineapple, blueberries & watermelon
- The Immunity; pineapple, apple, lemon & ginger
- The Hydrator; kale, cucumber, celery & apple

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