

Lunch

Chicken Pesto Stack \$17.50

GF Grilled Chicken, Chargrilled Veggies, Pesto, Parmesan and Salad

Chicken Schnitzel \$17.00

Crumbed Chicken with Salad & Chips

Prawn Cutlets \$16.00

with Salad, Sweet Chili & Mayo

Salt & Pepper Squid \$18.00

GF with Sweet Potato Wedges & Salad

Crispy-Battered Flathead

Fillet \$18.95

with Garden Salad & Chips

Crepes with Salad \$16.80

V Chicken & Mushroom, or Pumpkin & Ricotta Crepe

Deluxe Beef Burger \$17.50

Angus Beef Pattie, Bacon, Egg, Lettuce, Roasted Beetroot, Tomato & Grilled Pineapple with Onion Relish, served on a Brioche Bun

Living Gourmet Bowl \$18.00

V GF DF, P Falafel, Beetroot Relish, Avocado, Grilled Asparagus, Shredded Cabbage, Quinoa, Grilled Sweet Potato, Baby Spinach

Build-Your-Own Burger from \$10.50

Angus Beef, Grilled Chicken, Falafel, or Chicken Schnitzel (+\$1), Lettuce, Tomato, Sauce (Tomato, BBQ, Caesar, Sweet Chili or Aioli)

Add \$1 each: Beetroot, Cheese, Onion, Cucumber, Egg, Pineapple, Sour Cream

Add \$2: GF Focaccia bread

Add \$3 each: Avocado, Bacon, Haloumi, Char-grilled Vegetables

Quiche or Frittata of the Day

with Garden Salad \$15.50

See our *Specials Board* for further *scrumptious options*

Light Bites

Fish & Chips \$9.50

Small serve of Battered Fish with Chips

Grilled or Crumbed Chicken

with Chips \$10.00

Bacon & Egg \$8.95

one rasher, one egg, one slice toast

Vegan Stack \$12.00 V, DF

Seasonal veggies & baby spinach with balsamic glaze, on sourdough

Small Pancakes \$9.50

with Strawberries & Ice Cream

Half Eggs Benedict \$9.95

with Ham & Baby Spinach

Small Breakfast \$12.50 GF

Bacon, Egg, Hash Brown, Roast Tomato & Mushrooms

Croissant

Ham & Cheese \$8.50

Butter & Jam \$7.00

Lunch + Light Bites



Welcome to the **Living Gourmet Café** take-home version of our menu. Our passion is good, wholesome food, delivered with a friendly, honest service - the kind you'd write home about.

To book a table, or order a take-away version of our delicious meals or drinks, please call us on **02 4365 2892**. You can also email orders through on orders@livinggourmet.com.au, but you should also follow up with a phone call to confirm receipt.

Living Gourmet Café, Shop 14, Karalta Plaza, 8 Karalta Road, Erina

Drinks

Take Away Coffee Med \$4.40

Take Away Coffee Large \$5.40

In-house Drinks

Short Black \$3.40

Long Black \$3.60

Macchiato \$3.40

Cappuccino Cup \$3.90 Mug \$4.90

Flat White Cup \$3.90 Mug \$4.90

Latte Small \$3.90 Large \$4.90

Vienna \$4.90

Mocha Cup \$4.10 Mug \$5.10

Babyccino \$2.50

Hot Chocolate

Cup \$3.90 Mug \$4.90

Chai Latte Cup \$4.10 Mug \$5.10

Dirty Chai Cup \$4.10 Mug \$5.10

Tea - Loose Leaf by the Pot \$4.50

Organic & Fairtrade

We use the quality Botanica brand of Fairtrade Organic Coffee.

Decaf Coffee available, 50c extra

Added Coffee Flavours, 50c extra
Caramel, Hazelnut, Vanilla, Chai

Milk Options: Full Cream, Skim

Soy, Almond, Coconut, Lactose-Free
50c extra

Hot or Cold Milk on the side 30c extra

Corkage or Cakeage: \$2 per person

We also have Milkshakes, Spiders, Iced Chocolate, Iced Caramel Latte, Iced Coffee, Iced Chai Latte, Fresh Juices, Fresh Fruit Smoothies and various bottled cold beverages available.

Call us for *catering* information or our tasty *take-home dinner meal* options: perfect for when you're too tired to cook that delicious healthy meal you know you want.

Ph: 4365 2892

Items & prices current as at 9 November, 2018, and subject to change. Please contact us for our latest menu.

Eggs any which way \$9.95
Fried, Scrambled or Poached, on Sourdough

Pancakes \$16.50
with Maple Syrup, Strawberries,
Grilled Banana & Cinnamon Butter

Omelette \$15.50
Ham & Tasty Cheese
GF, P **Bacon & Sautéed Mushroom**
V, GF, P **Tomato & Baby Spinach**
GF, P **Smoked Salmon & Onion \$2 extra**

Eggs Benedict
Florentine **\$13.95**
Ham **\$15.95**
Bacon or Smoked Salmon **\$17.50**

Fetta & Avocado Smash \$12.50
with Poached Egg on Sourdough

Big Breakfast \$20.50
Bacon, Sausage, 2 Eggs, Hash Brown,
Haloumi, Baked Beans, Roast Tomato,
Mushrooms & Sourdough

Corn & Zucchini Fritters \$15.00
with Avocado & Tomato Salsa, Bacon,
Sour Cream & Sweet Chili Sauce

Lambs Fry \$18.00
Bacon, Mushrooms, Gravy & Sourdough

Avocado Stack on Turkish \$16.95
Pesto, Avocado, Baby Spinach,
Haloumi, Mushrooms & Poached Egg

Gourmet Bruschetta \$15.50
On Sourdough with Tomato, Onion,
Avocado, Crunchy Sweet Potato,
Poached Egg, Parmesan & Balsamic

If you have a dietary requirement, please inform our staff

Bacon & Egg Roll \$8.95
With Tomato or BBQ Sauce. Cheese \$1 extra

Vegetarian Breakfast \$18.50
House-made Baked Beans, Zucchini,
Sweet Potato, Sautéed Mushrooms,
Eggs, Baby Spinach, Fetta & Maple Pecans
Sourdough \$2 extra

Toast from \$5.50
Choice of Bread
2x Sliced White, Wholemeal or Multigrain;
Sourdough or Turkish \$1 extra

Choice of Spread
Jam, Honey, Peanut Butter, Vegemite or
Marmalade

Raisin Turkish \$7.00
Living Gourmet Muesli \$12.95
with Coconut Yoghurt,
Pure Maple Syrup & Fresh Fruit

Breakfast Extras
50c each: Butter, Hollandaise Sauce, Jam,
Peanut Butter, Sour Cream, Sweet Chilli,
Vegemite, Hot Sauce, Relish,
Worcestershire Sauce

\$2 each: Baby Spinach, Egg, Sausage,
Roast Tomato, Hash Brown, Mushrooms

\$3 each: Avocado, 1 Bacon rasher, Fetta,
Haloumi, House-made Baked Beans,
Corn Fritter, Smoked Salmon, Sourdough,
Turkish Bread

**All Day
Breakfast**

Sandwiches & More

Sandwiches (Toasted on request)
White, Wholemeal, or Multigrain.
GF \$2 extra: Gluten-Free
\$2 extra: Sourdough or Turkish

V **Egg, Mayo & Lettuce \$7.50**
Ham, Cheese, Tomato, Lettuce
& Onion Relish **\$9.50**

V **Pumpkin, Lettuce, Tomato, Cucumber,
Avocado, Carrot & Aioli \$9.50**

Bacon, Lettuce, Tomato & Mayo \$12.50

**Chicken, Bacon, Pesto, Cheese,
Lettuce & Sundried Tomatoes \$12.50**

**Smoked Salmon, Cream Cheese,
Red Onion, Capers & Lettuce \$12.50**

Wraps
GF \$2.50 extra: Gluten-Free*
Roast Beef, Cheese, Baby Spinach and
In-house Tomato & Onion Relish **\$12.00**

**Turkey, Cranberry, Cheese, Lettuce &
Cucumber \$12.00**

**Chicken Schnitzel, Lettuce, Bacon, Egg,
Parmesan & Caesar Dressing \$12.50**

Vegetarian Option Available

Open Melts on Turkish
(Half Melts & Gluten-free available)

Bacon, Avocado & Cheese \$15.00
Roast Pumpkin, Avocado, Baby Spinach
& Cheese **\$14.50**

V **Chicken, Tomato, Avocado
& Cheese \$16.00**

Ham, Pineapple & Cheese \$13.50
**Bacon, Onion, Mushrooms, Sausage,
Cheese & Fried Egg \$18.00**

If you have a dietary requirement, please inform our staff

Potato Wedges \$10.00 Side \$5.50
with Sour Cream & Sweet Chili Sauce

Sweet Potato Wedges*
\$12.00 Side \$6.50
with Aioli V, GF

Bowl of Potato Chips
\$8.00 Side \$4.50

Sweet Treats
Fruit Salad \$12.50
with yoghurt and honey V, GF

Strawberry & Banana Crepe GF
with Maple Syrup and Ice Cream **\$12.95** V

Muffin of the Day \$4.95
with butter (muffins made fresh in-house)

*Please see our Display Cabinet for
today's delicious Sweet Selection,
or ask our friendly staff.*

*Subject to availability
**Paleo, Gluten Friendly and
Vegetarian options
frequently available.**

Sandwiches + Sweets