

Bent on Food all day takeaway menu 8am – 2pm

Spicy corn fritters with avocado, poached egg, Rudi's bacon, baby spinach and Bent on Food Chilli Jam (gf)	18.00
Vegan option	15.00
Brioche French toast – Thick sliced brioche served with Rudi's bacon, organic Canadian maple syrup, cinnamon dukkah and vanilla bean mascarpone	18.00
Avocado, goat's cheese and roasted pumpkin on sourdough served with roasted seeds, Rocket, one poached egg finished with Bent on Food Caramelised Balsamic	18.00
Vegan option – no egg or goats cheese	16.00
Bent on Food bacon & egg roll – Turkish bread w 2 Idlewilde eggs, baby spinach, Rudi's locally smoked bacon, tasty cheese & Bent on Food Tomato Relish	12.00
Homemade banana bread w butter (v)	7.00
Palms Sourdough Raisin toast with butter – 2 slices	7.00
Poke Bowl of the day	20.00
vegan option vegetarian option	16.00
Beef and bacon burger – housemade patty of local beef & diced speck on toasted milk bun w lettuce, tomato, Dijon mayonnaise and Bent on Food Beetroot Relish	16.50
Salad wraps with house made beetroot aioli (v)	10.00
with poached chicken breast locally smoked ham avocado	13.50
with smoked salmon	13.50
Toasted spinach tortilla wrap –lightly toasted spinach tortilla w chicken breast, feta, semidried tomato, roast pumpkin and house made basil pesto	14.00
Vegetarian option with baby spinach – no chicken [v]	12.00
Soup of the Day	10.00
Ham and Cheese croissant	6.00
Ham, cheese, tomato toastie on Turkish	9.00
Mediterranean style Turkish toastie w pesto and feta	10.00
Add chicken	13.00
 TAKE HOME DINNERS – HEAT AND SERVE	
Soup of the Day	10.00
Moroccan Lamb Shanks w Roasted Vegetables	16.00
Turmeric and Ginger Thai Chicken Curry w Baby Chats & Cherry Tomatoes	16.00

GF = Gluten Free V = Vegetarian

Drinks menu – all day

HOT DRINKS

Cappuccino	reg 4.00/lg 4.50
Café latte	reg 4.00/lg 4.50
Flat white	reg 4.00/lg 4.50
Short black long black	3.50
Macchiato Piccolo	3.50
Mocha	5.00
Affogato	5.00
Vienna coffee	5.00

All our large coffees are double shots and our small are single shots –
please ask if you would like an extra shot .50

Add shot Caramel | Hazelnut | Vanilla .50

Matcha Maiden organic Matcha latte Reg 5.00/lg 5.50

Hot Chocolate 4.50

Add shot mint | Turkish delight | jaffa | chilli spice | raspberry |
coconut | butterscotch 1.00

Pot of tea - English breakfast | Earl grey | Peppermint | Green |
Chamomile | Jasmine | Lemongrass and ginger 4.00

Chai latte 4.50

Chai tea made on milk 5.00

Turmeric latte 4.50

Turmeric tea made on milk 5.00

Extras –soy milk .50

coconut | almond | macadamia milk 1.00

COLD DRINKS

Glass of juice – Apple | Orange | Tropical 4.50

Saxbys Soft Drink 4.50

Spider - choice of soft drink 5.50

Coke | coke zero | diet coke 4.50

Bottled Culture Kombucha – ginger | honey turmeric 5.00

San Pellegrino large 7.00

Smoothies - banana | mango | berry | green | summer vegan 8.00

(1 fruit only, or \$1 each for extra selections of fruit)

Iced coffee | Chocolate | Chai | Mocha 6.00

Fruit frappes – Banana mango and lime | Mixed berry and rosewater |
Raspberry and coconut 7.50

Milkshakes – Chocolate | strawberry | caramel | vanilla | lime | banana 5.50

Thickshakes – Chocolate | strawberry | caramel | vanilla | lime | banana 7.50

Extras -malt | shot syrup .50

-soy 1.00

-almond | coconut | macadamia milk 2.00

Fresh seasonal juice – ask our staff for daily choices 8.00