

Bent on Food all day menu

Kitchen open 7.30 – 3pm | Café 7.30 – 4pm – Winter hours

Bent on Food bacon & egg roll – Turkish bread w 2 fried Idlewilde eggs, baby spinach, Rudi's locally smoked bacon, tasty cheese & Bent on Food Tomato Relish	14.00
Buttermilk pancakes w Rudi's locally smoked bacon, organic maple syrup, cinnamon dukkah and vanilla bean mascarpone	18.00
Bent eggs benedict – 2 poached Idlewilde eggs atop toasted Palms sourdough with freshly made hollandaise sauce, sautéed spinach and house smoked brisket	22.00
Warm salad of caramelised sweet potato, Thai basil, baby spinach, organic seeds and nuts w Bent on Food Chilli Jam (vegan)(gf)	17.00
Beef & 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
House smoked Brisket burger w slaw, cheese, Bent on Food Smoky Tomato Sauce on a toasted milk bun	16.50
Pork belly burger w Asian slaw, sweet chilli mayo on a toasted milk bun	16.50
Spicy corn fritters with avocado, baby spinach and Bent on Food Chilli Jam (gf) (vegan)	17.00
Toasted spinach tortilla wrap –lightly toasted spinach tortilla w chicken breast, feta, semidried tomato, roast pumpkin and house made basil pesto	17.00
Vegetarian option w baby spinach – no chicken [v]	14.00
Brookfarm porridge w caramelised banana, vanilla mascarpone, Sticky tips local honey (v) Gluten free available, or drop the honey and mascarpone for a vegan option.	13.00
Palms sourdough w field mushrooms, haloumi, baby spinach, and Bent on Food caramelised balsamic (v) vegan option available	16.00
Idlewilde eggs x 2 on Palms sourdough w baby spinach and Bent on Food Tomato Relish poached fried	10.00
scrambled	12.00
Salad wrap w house made beetroot aioli (v)	10.00
Homemade banana bread w strawberry and pear compote & house made yoghurt Or w butter (v)	9.00 7.00
Palms Artisan Bakery Sourdough Raisin toast w butter – 2 slices	8.00
Palms Artisan Bakery Sourdough w Bent on Food Strawberry Jam	8.00
Ham, cheese & tomato toastie	10.00
Sides	
Field mushroom haloumi Rudi's kransky Rudis bacon poached chicken avocado 1 x corn fritter smoked salmon beer battered chips cherry tomatoes	4.00
hollandaise Rudi's ham 1 x egg poached or fried caramelised banana slice sourdough	3.00

GF = Gluten Free | V = Vegetarian | Vegan = Vegan | Bolded condiments available for sale.

Please limit alterations/ No shared meals / No split bills/ Card preferred/ All ordering for table service at the table please/ No BYO anything/Wait to be seated/ Do not move furniture/Ask if you need help

Drinks menu – all day

HOT DRINKS

Cappuccino	4.00 reg/4.50 lg
Latte	4.00 reg/4.50 lg
Flat white	4.00 reg/4.50 lg
Short black long black	3.50
Macchiato Piccolo	4.00
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

5.00 reg/5.50 lg

Chai latte

4.50 reg/5.00 lg

Hot Chocolate

4.00 reg /4.50 lg

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 | Chai

4.00

Chai tea made on milk

5.00

Turmeric latte

4.50

Extras –soy milk

.50

coconut | almond | macadamia milk

1.00

COLD DRINKS

Glass of juice – Apple | Orange | Pineapple

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

5.50

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 |

7.50

Raspberry and coconut

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

5.50

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

8.00

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

Wine List

	Bottle	Glass
Sparkling wine		
Dunes and Greene NV Chardonnay Pinot Noir or Moscato - SA		7
Great Lakes Winery Sparkling Wine - local NSW	28	
White wine		
Pitchfork SSB – Margaret River WA	28	7
Saint Claire Sauvignon Blanc - Marlborough NZ	34	
Jim Barry Watervale Riesling - Clare Valley SA	32	
Yalumba Organic Chardonnay SA	28	7
Wirra Wirra Mrs Wigley Moscato (500ml)	26	
La Maschera Pinot Grigio Limestone Coast SA	29	7
House wine Cassegrain Q Semillon Chardonnay - NSW	24	6
Old Inn Road Verdelho – local NSW	28	
Cassegrain Stone Circle Semillon Sauvignon Blanc – local	25	7
Red and Rosé		
Pitchfork Rosé - Margaret River WA	26	7
Brokenwood 8 Rows Cabernet Merlot - Beechworth VIC + Orange NSW	31	
Great Lakes Winery Shiraz Cabernet- local NSW	28	7
Wirra Wirra Church Block - Cabernet, Shiraz, Merlot - Mc Laren Vale SA 375 ml	19	
House wine Cassegrain Q Cabernet Merlot - NSW	24	6
Dessert wines		
Mitchelton Botrytis Riesling - Central Victoria (375ml)	25	
Cassegrain Stone Circle Shiraz Viogner – local	25	7
Beer and cider		
Corona		7
James Boags Premium Lager		7
James Squire 150 Lashes Pale Ale		7
Lord Nelson Three Sheets Ale		8
Coopers Light/pale ale/lager		7
A selection of local beers from Coastal Brewery Forster (cans)		8
Fernbank Creek Dry Apple Cider – local NSW - gf, vegan no added sugar.		8

Strictly no BYO

TAKE HOME DINNERS – HEAT AND SERVE

Massaman Beef Curry | Turmeric and ginger Thai chicken curry w baby chats & cherry toms
 | Beef & red wine ragout w vegetables | Check with staff for others

16.00

BENT ON FOOD COVID-19 BEST PRACTICE GUIDELINES

We are so pleased to welcome our customers back into the premises. To keep you and our staff safe we have developed the following guidelines;

1. BOOKINGS AND CONDITIONS OF ENTRY

- We are encouraging pre-bookings or sign ins to dine in (where practicable) with name, address/email address and contact number.
- Walk-in patrons are encouraged to download federal government's Tracking App or sign in.
- Staff has the right to refuse service and insist that anyone showing symptoms of coughing and sneezing or fever symptoms to leave the premises.

2. FRONT OF HOUSE/CUSTOMER INTERACTION:

- We have created floor markings that provide minimum guide distances between customers queuing for service.
- Please use the front door to enter and the side door to leave the premises. .
- Please practice social distancing when waiting for takeaways.

3. DINING IN AND SERVICE

- Social distance between table edges/centres to adjacent tables (minimum 1.5m between patrons seated at different tables)
- Please bear with bus as we sanitise tables, chairs, stools after every seating.
- No condiments will left on tables - including salt & pepper, please ask for sugar when you place your order for drinks.
- We love our environment but we currently cannot accept keep-cups, or containers for safety reasons.
- Menus are laminated to facilitate easy cleaning and you can download our menu on your phone with our easy QR code.
- No bar service or waiting at the bar for drinks
- No shared platters
- All of our cutlery and crockery is washed and sanitised using a commercial grade dishwasher. We are currently providing cutlery pouches for limited contact.
- Sanitisers are available for your use.
- No cushions or blankets are available as we cannot guarantee the surfaces are sanitised.
- No BYO anything
- Please wait to be seated and do not move any tables and chairs.

4. COMPLETING SERVICE AND PAYMENT

- Electronic payment preferred – cash is accepted and we will wash hands after handling cash.
- Customers are welcome to preorder and pre-pay (with SKIP or via credit card)
- No split bills

5. STAFF PRACTICES

- We are limiting physical interactions between staff, and practicing social distancing within the café.
- We are reviewing our practices daily.
- Frequently touched surfaces (such as handrails, scanners, machinery and doors) are cleaned regularly using appropriate sanitiser.
- Food preparation areas, equipment and front of house areas that customers access are cleaned in line with Safe Work Australia's guidance on cleaning and COVID-19.
- Frequently touched surfaces, including counters, menus, handrails, doors, till, phones, keyboards and EFTPOS facilities, are sanitised regularly.
- We are reducing the number of touch points for staff.
- Bathrooms are sanitised regularly

Thank you so much for understanding.

We are ensuring that our business is Covid Safe.

We have undergone the Covid 19 Hospitality Best Practice training.

Regards, Donna and team

