



At Cafe Henkel we aim to provide great tasting food for everyone, irrespective of allergies and dietary requirements. For the health, safety & enjoyment of all our patrons, please enjoy our entirely gluten free and allergy friendly menu. For orders / enquiries please call 9381 0099
Open Monday to Friday 7am-3pm, Saturday and Sunday 8am-3pm

ALL DAY BREAKFAST

toast (multigrain, sourdough) or **muffin** with choice of peanut butter, DF butter or jam **GF, DF, V, VG, SFA** 6.0

cranberry & macadamia toasted muesli with coulis, mixed berries, with choice of almond, soy, macadamia or coconut milk **GF, DF, V, VG, SF** 10.5

french toast, mixed berry compote, macadamia milk, sticky date & pecan ice cream **GF, DF, V** 14.5

eggs anyway on toast, tomato relish **GF, DF, V, SFA** 10.5

eggs benedict, smoked ham, hollandaise sauce **GF, DF, SFA** 17.0

eggs florentine, spinach, hollandaise sauce **GF, DF, V, SFA** 16.0

eggs royale, smoked salmon, hollandaise sauce **GF, DF, SFA** 17.0

big breakfast, eggs, mushroom, bacon, tomato, spinach, capsicum stuffed with sausage & haloumi, corn and zucchini fritter, tomato relish **GF, DFA, SFA** 24.5

vegetarian big breakfast, eggs, tomato, mushroom, spinach, avocado, corn fritter, tomato relish **GF, DF, V, SFA** 22.0

turkish bread w/

bacon, fried egg, rocket, tomato relish **GF, DF** 13.0

scrambled eggs with smoked salmon, tomato relish, rocket 14.0

SIDES

spinach, tomato, mushroom, dairy free hollandaise 3.5

avocado, chorizo, bacon, corn fritter 4.5

capsicum stuffed with sausage & haloumi **DFA** 5.0

DAIRY FREE SMOOTHIES

green vegan protein smoothie 8.5

almond milk, spinach, banana, chia seeds, almond butter, dates

goji berry orange smoothie 8.5

coconut milk, goji berries, orange, banana, chia seeds

blueberry coconut smoothie 8.5

coconut milk, coconut vanilla ice-cream, blueberries, dates

chocolate cashew smoothie 8.5

macadamia milk, coconut milk, coconut vanilla ice-cream, banana, cocoa powder, cashews, cashew butter, dates, maple syrup

GF = GLUTEN FREE DF/DFA = DAIRY FREE/DAIRY FREE AVAILABLE V = VEGETARIAN VG = VEGAN SF/SFA = SOY FREE/SOY FREE AVAILABLE LOFO = LOW FODMAP

WE DO NOT USE PRODUCTS WITH 'MAY CONTAIN TRACES...' STATEMENTS

LUNCH (FROM 11.30 AM)

turkey burger , spinach, feta, coz lettuce, tomato, cranberry mayonnaise GF	14.5
vegetarian burger , beetroot, quinoa, sweet potato, parsley, hummus, avocado GF, DF, V, VG	13.5
caesar salad , cos lettuce, poached egg, crispy bacon, anchovies, croutons, parmesan crisps GF, DFA	14.5
<i>add chicken</i>	+2.5
lamb salad , greek salad, feta, olives, oregano, yogurt dressing GF, DFA, SF	22.0
sweet potato frittata with goat's cheese , egg, sweet potato, pepper creamed corn, thyme, green part of spring onion, almond milk GF, DFA, SF, LOFO	12.5
hot potato chips served with tomato relish GF, DF, V, VG, SF	8.5
<i>add house made aioli</i>	+1.0
Dairy Free cheese is available as a supplement to any meal	+2.0

A SELECTION OF FOCCACIAS, SALADS, SAVOURIES & SWEETS ARE AVAILABLE ON DISPLAY

**MENU UPDATED NOVEMBER 2017
SUBJECT TO CHANGE WITHOUT NOTICE**

DRINKS

COFFEE

cappuccino	3.9
latte	4.2
long black	3.9
espresso	3.5
flat white	3.9
iced coffee	6.0
iced chocolate	6.0
iced strawberry	6.0

MILK OPTIONS

almond, coconut, macadamia, soy	+1.0
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TEA

green tea	4.0
english breakfast	4.0
earl grey	4.0
camomile	4.0
turkish apple tea	4.0

HOT DRINKS

hot chocolate	4.2
golden turmeric latte	5.0
pink latte with choice of milk	5.0

COLD DRINKS

freshly squeezed orange juice	6.0
bottled juices	4.0
bottled soft drinks	4.5

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