

THE FOREST BLEND CAFE

ALL DAY MENU

KITCHEN CLOSSES 2PM (1PM MONDAY)
- PLEASE ALERT STAFF TO ANY ALLERGIES -
DRINKS AND CAKES AVAILABLE TIL CLOSE

EGGS BENEDICT 20/24/19

- BACON
- SMOKED SALMON
- MUSHROOMS

GFO

SMASHED AVO 16

SEASONED AVOCADO ON SOURDOUGH, FETA, CHERRY TOMATOES, DUKKHA AND LEMON

GFO|DFO

EGGS YOUR WAY 15

TWO POACHED, SCRAMBLED OR FRIED EGGS ON SOURDOUGH WITH ROCKET AND DUKKHA

GFO|DFO

GOLDEN WAFFLES 19

- BERRY COMPOTE, REAL MAPLE SYRUP AND VANILLA ICE-CREAM
- BACON, REAL MAPLE SYRUP AND VANILLA ICE-CREAM

OMELETTES 18/17/19

HAM - HAM, MUSHROOM, SPINACH AND PARMESAN

VEGGIE - MUSHROOM, TOMATO, SPINACH AND FETA

SALMON - SMOKED SALMON, SPINACH, FETA AND CAPERS

GFO|DFO

VEGGIE BIG BREKKY 23

TWO EGGS YOUR WAY ON SOURDOUGH WITH MUSHROOMS, WILTED SPINACH, AVOCADO, HALOUMI AND GRILLED TOMATO

GFO|DFO

BREKKY ROLL 13

BACON, FRIED EGG, SPINACH, CHEESE AND TOMATO RELISH ON A TOASTED MILK BUN

GFO|DFO

GRANOLA BOWL 12

HOUSEMADE GRANOLA SERVED WITH COCONUT YOGHURT AND FRESH SEASONAL FRUIT

GF|VG

RAISIN TOAST 6

TWO SLICES OF LOCALLY MADE RAISIN TOASTED SERVED WITH BUTTER

DFO

SOURDOUGH TOAST 6

TWO SLICES WITH YOUR CHOICE OF:

- STRAWBERRY JAM, HONEY, VEGEMTINE OR PEANUT BUTTER

GFO|DFO

ACAI BOWL 14

AMAZONIAN ACAI BLENDED WITH BANANA, BERRIES AND COCONUT WATER, TOPPED WITH SEASONAL FRUIT, HOUSEMADE GRANOLA AND DESICCATED COCONUT

GF/VG

TOASTED TURKISHES 14

GFO

- HAM - HAM, CHEESE, TOMATO RELISH AND AIOLI

- CHICKEN - CHICKEN, BRIE, SPINACH, AVOCADO AND MAYO

- VEGGIE - HALOUMI, ROASTED EGGPLANT, ROASTED CAPSICUM, ROASTED ZUCCHINI, ROCKET AND PESTO

TODAY'S SOUP 12

CHECK OUR SPECIALS BOARD OR ASK OUR STAFF WHAT IS ON OFFER TODAY!

FOR THE KIDS!

NINJA LUNCH BOX 10

TOASTIE (CHEESE, HAM AND CHEESE OR CHEESE AND TOMATO)

SPARKLING JUICE

ELECTROPOP OR COOKIE

GFO|DFO

MINI WAFFLES 10

HALF SERVE OF OUR GOLDEN WAFFLES, ACCOMPANIED BY FRESH SEASONAL FRUIT, REAL MAPLE SYRUP AND VANILLA ICE-CREAM

MINI AVO 10

ONE SLICE OF TOAST WITH LIGHTLY SEASONED AVO AND FETA

GFO|DFO

MINI BACON AND EGG 10

ONE SLICE OF TOAST WITH BACON AND ONE EGG FRIED, SCRAMBLED OR POACHED

GFO|DFO

SPAGHETTI BOLOGNESE 10

HOUSEMADE RAGU, SPAGHETTI AND PARMESAN

ADD ONS

MUSHROOMS, HALOUMI, BACON, SALMONS - 5

EXTRA EGGS (2), AVOCADO - 3

HOLLANDAISE - 2

BREAD CHOICES - WHITE SOURDOUGH, RYE SOURDOUGH,

TURKISH, MILK BUN, WHITE, WHOLEMEAL, GLUTEN FREE (+2)

35 OWEN CREEK RD, FOREST GLEN | 5406 7866 (EXT. 3) | SYNERGY^[A7]THEFORESTBLENDCAFE.COM.AU

OPEN 7 DAYS | MON 7-1 | TUES - FRI 6-4 | SAT 7-4 | SUN 8-3

THE FOREST BLEND CAFE

HOT DRINKS

CAPPUCCINO	4.5 5.5 6.5
LATTE	
FLAT WHITE	
LONG BLACK	
CHAI LATTE	
MATCHA LATTE	
BEETROOT LATTE	
TURMERIC LATTE	
HOT CHOCOLATE	
WHITE HOT CHOCOLATE	

MOCHA	5 6 7
WHITE CHOCOLATE MOCHA	
DIRTY CHAI	
CHOCOLATE CHAI	

ESPRESSO	3.5
MACCHIATO	4.5
PICCOLO	3.8

TEAS

ALL 4.5

ENGLISH BREAKFAST	
EARL GREY	
CHAI	
HONEYDEW GREEN	
LEMONGRASS AND GINGER	
PEPPERMINT	
CHAMOMILE	

EXTRAS

VANILLA CARAMEL HAZELNUT SYRUP	0.5
SOY/ALMOND/COCONUT/OAT	0.5
EXTRA SHOT	1
DECAF	0.5

COLD DRINKS

ICED LATTE	5 6 7
ICED LONG BLACK	
ICED CHAI	
ICED CHOC/WHITE CHOC	
ICED MATCHA	

ALL MADE ON ICE, ADD ICE-CREAM (+1) OR CREAM (+0.5)

ICED COFFEE	5.5 6.5 7.5
ICED MOCHA/WHITE CHOC MOCHA	
ICED DIRTY CHAI	

MILKSHAKES

6|7|8

CHOCOLATE, VANILLA, CARAMEL, BANANA, STRAWBERRY, LIME, COFFEE, MOCHA
MAKE IT A THICKSHAKE (+2)

SMOOTHIES

6|9|10

(ALL MADE ON ALMOND MILK UNLESS SPECIFIED)

- BANANA BLEND - BANANA, CACAO, COCONUT YOGHURT, DATES, CINNAMON AND PEANUT BUTTER
- BERRY BEAUTIFUL - MIXED BERRIES, COCONUT YOGHURT, HONEY
- TROPICANA - PINEAPPLE, MANGO, PASSIONFRUIT, COCONUT YOGHURT AND GINGER
- BASIC B -BANANA, CINNAMON AND HONEY
- FOREST GREEN - SPINACH, PASSIONFRUIT, BANANA, SUPER GREENS AND HONEY

JUICES

6|9|10

- SUNRISE - WATERMELON, LEMON, ORANGE AND PINEAPPLE
- DETOX - BEETROOT, CELERY, CARROT, APPLE
- VITALITY - CELERY, APPLE, GINGER AND LEMON
- GINGER NINJA - GINGER, ORANGE, PINEAPPLE AND CARROT

-OR CREATE YOUR OWN JUICE!-