

# THE FOREST BLEND CAFE

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

## BREAKFAST

11AM CUT OFF UNLESS NOTED

### EGGS BENEDICT (ALL DAY)

- BACON (\$21)
- SMOKED SALMON (\$24)
- PULLED PORK (\$24)
- MUSHROOMS (\$19)

GFO|DFO

### SMASHED AVO (ALL DAY) - \$16

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

GFO|DFO

### LITTLE BREKKY TOWER (ALL DAY) - \$19

HOUSE MADE POTATO ROSTI, BABY SPINACH, TOMATO RELISH AND A POACHED EGG (ADD SMOKED SALMON AND AVOCADO FOR \$8)

GF|DF

### EGGS YOUR WAY (ALL DAY) - \$15

TWO POACHED, SCRAMBLED OR FRIED EGGS ON SOURDOUGH (CHILLI SCRAMBLED EGGS +2)

GFO|DFO

### BREKKY ROLL - \$13

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

DFO|GFO (+4.5)

### ACAI BOWL (ALL DAY) - \$14

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

GF|VG

### VEGGIE BIG BREKKY - \$23

TWO EGGS YOUR WAY ON SOURDOUGH WITH MUSHROOMS, WILTED SPINACH, AVOCADO, HALOUMI AND BLISTERED CHERRY TOMATOES

GFO|DFO

### OMELETTE

- HAM, MUSHROOM, SPINACH AND PARMESAN (\$18)
- MUSHROOM, TOMATO, SPINACH AND FETA (\$17)
- SMOKED SALMON, SPINACH, FETA AND CAPERS (\$19)

GFO|DFO

### GOLDEN WAFFLES - \$19

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

### GRANOLA BOWL - \$12

HOUSEMADE GRANOLA SERVED WITH COCONUT YOGHURT, FRESH SEASONAL FRUIT, GOJI, HEMP SEEDS AND REAL MAPLE SYRUP

GF|VG

### SOURDOUGH/RAISIN TOAST - \$6

TWO SLICES OF SOURDOUGH WITH YOUR CHOICE OF:

- STRAWBERRY JAM, HONEY, VEGEMITE OR PEANUT BUTTER -OR-

TWO SLICES OF LOCALLY MADE RAISIN TOAST WITH BUTTER

GFO|DFO

## ADD ONS

MUSHROOMS, HALOUMI, HOUSEMADE ROSTI, HAM - 5  
BACON, SMOKED SALMON, PULLED PORK - 6  
EXTRA EGGS (2) - 4.5  
AVOCADO - 4  
HOLLANDAISE - 2

BREAD CHOICES - WHITE SOURDOUGH, RYE SOURDOUGH, TURKISH, MILK BUN, WHITE, WHOLEMEAL, GLUTEN FREE (+2), GLUTEN FREE BUN (+4.5)

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

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

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## ALL DAY MENU

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GF|DF

### EGGS YOUR WAY - \$15

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GFO|DFO

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

GF/VG

### HOT CHIPS - \$10

WITH YOUR CHOICE OF TOMATO, BBQ OR AIOLI

### LOAD IT UP! (+7)

- PULLED BBQ PORK, SHALLOTS, CHEESE SAUCE
- BACON, SHALLOTS, CHEESE SAUCE

### VEGGIE BURGER - \$20

PANKO-CRUMBED FIELD MUSHROOM, BABY SPINACH, TOMATO, CHEESE, PICKLES AND ONION RELISH ON A MILK BUN (ADD CHIPS +\$3)

### PULLED BBQ PORK BURGER - \$20

PULLED BBQ PORK WITH ONION RELISH, TOMATO, AND CHEESE SAUCE ON A MILK BUN (ADD CHIPS +\$3)

DFO|GFO (+4.5)

### PERI PERI CHICKEN BURGER - \$20

GRILLED CHICKEN TENDERLOIN WITH ROCKET, TOMATO, CHEESE AND PERI PERI MAYO (ADD CHIPS +\$3)

GFO|DFO (+4.5)

### WILTED SPINACH AND HALOUMI SALAD - \$18

BABY SPINACH, ROASTED CAPSICUM, RED ONION AND PINE NUTS TOSSED IN A WARM OLIVE OIL AND BALSAMIC DRESSING, WITH HALOUMI

GF|DFO

## ADD ONS

GRILLED CHICKEN, PULLED PORK, SMOKED SALMON,  
BACON, PANKO-CRUMBED MUSHROOM - 6  
EXTRA SAUCE - 1  
AVOCADO - 4

BREAD CHOICES - WHITE SOURDOUGH, RYE SOURDOUGH,  
TURKISH, MILK BUN, WHITE, WHOLEMEAL, GLUTEN FREE (+2),  
GLUTEN FREE BUN (+4.5)

# THE FOREST BLEND CAFE

## HOT DRINKS

CAPPUCCINO	4.5 5.5 6.5
LATTE	
FLAT WHITE	
LONG BLACK	
CHAI LATTE	
MATCHA 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/LACTOSE	0.5
FREE	
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, GOJI BERRIES AND HONEY
- TROPICANA - PINEAPPLE, MANGO, PASSIONFRUIT, COCONUT YOGHURT AND GINGER
- BASIC B -BANANA, CINNAMON AND HONEY
- FOREST GREEN - SPINACH, PASSIONFRUIT, BANANA, SUPER GREENS, COCONUT YOGHURT 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!-

# **FOR THE KIDS!**

**ALL \$10**

## **NINJA LUNCH BOX**

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

**SPARKLING JUICE**

**ELECTROPOP OR COOKIE**

**GFO|DFO**

## **MINI WAFFLE**

**GOLDEN WAFFLES ACCOMPANIED BY FRESH SEASONAL FRUIT, REAL MAPLE SYRUP AND VANILLA ICE-CREAM**

## **MINI AVO**

**ONE SLICE OF TOAST WITH LIGHTLY SEASONED AVO AND FETA**

**GFO|DFO**

## **MINI BACON AND EGG**

**ONE SLICE OF TOAST WITH BACON AND ONE EGG FRIED, SCRAMBLED OR POACHED (OPTION TO SWAP BACON FOR AVO)**

**GFO|DFO**

## **SPAGHETTI BOLOGNESE**

**HOUSEMADE RAGU, SPAGHETTI AND PARMESAN**

## **MINI BURGER**

**GRILLED CHICKEN, TOMATO SAUCE AND CHEESE ON A MILK BUN**