

All Day Breakfast

Free-range Eggs \$10.50
any which way
Fried, Scrambled or Poached, on Sourdough

Feta & Avocado Smash \$14.00
with Cherry Tomatoes & Poached Egg on Sourdough

Corn & Zucchini Fritters \$16.50
with Avocado, Pumpkin smash, Poached Egg, Sour Cream & Sweet Chilli Sauce on side

Pancakes \$16.50
with Maple Syrup, Strawberries, Grilled Banana & Cinnamon Butter

Vegan Brekky Bowl \$18.50
GF House-made Baked Beans, Zucchini,
V Sweet Potato, Sautéed Mushrooms,
Quinoa, Wilted Kale & Toasted Nut Mix

Omelettes \$15.50
Classic: Ham & Cheese

GF The Veggie One

GF Bacon & Mushroom \$2 extra

GF Smoked Salmon, \$3 extra
Baby Spinach & Onion

Please allow a few extra minutes for this delicious brekky

Toast from \$5.50

Choice of Bread

2x Sliced White, Wholemeal or Multigrain

Sourdough or Turkish \$1 extra

With a Choice of Spread

Raisin Turkish \$7.00

Gluten-Free Raisin Toast Available

Living Gourmet Muesli \$12.95

GF with Coconut Yoghurt,

V Pure Maple Syrup & Fresh Fruit

If you have a dietary requirement, please inform our staff

Gourmet Bruschetta \$15.50
On Sourdough with Tomato salsa, Avocado, Crunchy Sweet Potato, Poached Egg, Parmesan & Balsamic

Bacon & Haloumi Stack on Turkish \$18.00
Tomato Relish, Avocado, Wilted Baby Spinach, Mushrooms & Poached Egg

Bacon & Egg Roll \$8.95
With Tomato or BBQ Sauce
Add Cheese \$1 extra

Eggs Benedict \$13.95
Florentine

Ham \$15.95

Bacon or Smoked Salmon \$17.50

Half Benny or Gluten Free Available

Lambs Fry \$18.00
Bacon, Mushrooms, Gravy & Sourdough GF

Big Breakfast \$21.00
2 Bacon, Sausage, 2 Eggs, Haloumi, Hash Brown, Baked Beans, Roast Tomato, Mushrooms & Sourdough GF

Extras
50c each: Nuttalex Butter, Vegemite, Hollandaise Sauce, Sour Cream, Jam, Peanut Butter, Sweet Chilli, Hot Sauce, Relish, Worcestershire Sauce

\$3 each: Baby Spinach, Egg, Feta, Roast Tomato, Hash Brown, Haloumi, House-made Baked Beans, Toast

\$4 each: Avocado, 1 Bacon rasher, Sausage, Mushrooms, Corn Fritter, Smoked Salmon

Fresh Juices

Green Living \$7.95
Apple, Celery, Pear, Baby Spinach

Detox Juice \$8.45
Pineapple, Lemon, Apple, Kale, Ginger

Fresh Living Juice \$7.95
Orange, Apple, Carrot, Beetroot, Pineapple

Recharge Juice \$8.45
Pear, Apple, Celery, Kale, Pineapple, Watermelon

Create Your Own Juice

from \$7.95

Step 1 Select a base
Apple, Orange, Watermelon or Carrot

Step 2 Choose your veggies
Beetroot, Baby Spinach, Celery, Ginger or Kale (+50c)

Step 3 And choose your fruit
Lemon, Pear, Pineapple, Tomato

Fruit Smoothies

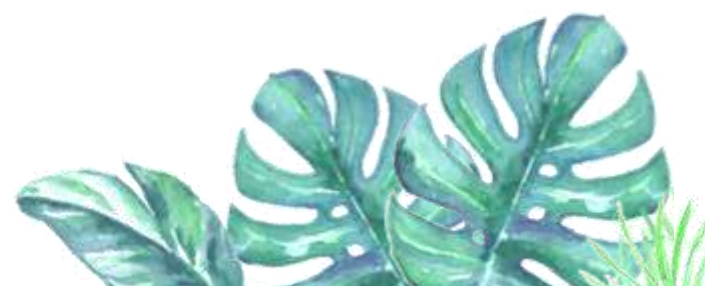
Choose from Banana, Strawberry, Mixed Berries or Mango \$8.15

Freshly made with vanilla yoghurt, honey and gluten-free ice cream

Protein Shakes

Mad Nutter, Pro Mocha, Tropical Treat, Pina Colada \$9.50

Ask staff for details or refer to the protein shake board behind the counter



Living Gourmet Cafe

Ph: 02 4365 2892



Menu

Welcome to Living Gourmet Cafe, where our passion is good, wholesome food, delivered with a friendly, honest service. Feel free to like and tell your friends about us on Facebook, or face-to-face the old-fashioned way.

Shop 14, Karalta Plaza, 8 Karalta Road, Erina

Ph: 02 4365 2892

Orders: orders@livinggourmet.com.au

Hot Drinks

Short Black	\$3.40	Piccolo Latte	\$3.60
Flat White Reg \$3.90 Lrg \$4.90		Long Black Reg \$3.60 Lrg \$4.60	
Macchiato	\$5.50	Latte Reg \$3.90 Lrg \$4.90	
Cappuccino Reg \$3.90 Lrg \$4.90		Dirty Chai Reg \$4.10 Lrg \$5.10	
Hot Chocolate Reg \$3.90 Lrg \$4.90		Mocha Reg \$4.10 Lrg \$5.10	
Chai Latte Reg \$4.10 Lrg \$5.10		Decaf Coffee available	60c extra
Babyccino	\$2.50	Added Coffee Flavours	60c extra
Tea - Loose Leaf by the Pot		Caramel, Hazelnut, & Vanilla	
<i>Organic & Fairtrade</i>	\$4.50	Milk Options: Full Cream, Skim	
English Breakfast, Earl Grey,		Bonsoy, Milklab: Almond,	
Spice Chai, Lemongrass & Ginger,		Coconut or Lactose-Free	60c extra
Darjeeling Green, Peppermint		Hot/Cold Milk on the side	30c extra

Cold Drinks

Iced Chocolate \$6.50 Kids \$5.00		Bottled Spring Water	\$3.00
Iced Coffee	\$7.10	Cans	\$3.50
With a shot of Vanilla		Coke, Coke No Sugar, Diet Coke,	
Iced Chai Latte	\$7.10	Lemonade, Solo	
All Iced drinks with gluten-free		Bundaberg drinks	\$4.80
Ice Cream and Whipped Cream		Apple Cider, Ginger Beer,	
Milk Options: Full Cream, Skim		Guava, Lemon Lime & Bitters,	
Bonsoy, Milklab: Almond,		Pineapple & Coconut	
Coconut or Lactose-Free	\$1 extra	San Pellegrino Sparkling	
Dairy-free Ice Cream	\$2 extra	Mineral Water	
Iced Latte	\$5.60	500ml	\$5.80
with 2 shots coffee over ice & milk		Lipton Ice Tea	\$5.50
Iced Long Black	\$5.60	Various flavours	
with 2 shots coffee over ice & milk		Bottled Juices	\$4.80
Milkshake \$6.50 Kids \$5.00		Apple, Orange, Pineapple	
Chocolate, Caramel, Vanilla, Lime,		Noah's Creative Juices	\$5.60
Strawberry, Coffee or Banana		Various fruit juices and smoothies	
Malt	50c extra		
Thickshake	\$2 extra		

If you have a dietary requirement, please inform our staff

Lunch

Chicken Pesto Stack \$17.50		Deluxe Beef Burger \$17.50	
GF Grilled Chicken, Chargrilled		Angus Beef Pattie, Bacon,	
Veggies, Pesto, Parmesan and		Cheese, Egg, Lettuce, Roasted	
Salad		Beetroot, Tomato & Grilled	
Chicken Schnitzel \$18.00		Pineapple with Onion Relish,	
Crumbed Chicken with Salad		served on a Brioche Bun	
and Chips	GF available	Build-Your-Own Burger from \$10.50	
Pan-fried Squid \$18.00		Angus Beef, Grilled Chicken,	
GF Infused with Sweet Chilli & Garlic,		Falafel, or Chicken Schnitzel (+\$1),	
served with Sweet Potato Wedges		Lettuce, Tomato, Sauce (Tomato,	
and Salad		BBQ, Caesar, Sweet Chilli or Aioli)	
Crispy-Battered Flathead		Add \$1 each: Beetroot, Cheese,	
Filletts \$18.95		Onion, Cucumber, Pineapple,	
With Garden Salad & Chips		Sour Cream	
Crepes with Salad \$16.80		Add \$3 each: Egg, Haloumi	
GF Chicken & Mushroom Crepe, or		Add \$4 each: Avocado, Bacon,	
GF Hawaiian Crepe		Char-grilled Vegetables	
Quiche or Frittata of the Day		Recharge Bowl \$19.00	
With Garden Salad \$15.50		With Mixed Lettuce, Carrot,	GF
Living Gourmet Bowl \$18.00		Cucumber, Corn, Edamame Beans,	
GF Falafel, Pumpkin Smash, Avocado,		Beetroot, Pumpkin, Honey Mustard	
V Cherry Tomatoes, Edamame Beans,		Dressing with your choice of Chicken	
Quinoa, Shredded Carrot, Baby		or Smoked salmon	
Spinach & Dressing		Beef Nachos \$18.00	
		With Corn Chips, Cheese, Avocado,	
		Sweet Chilli Sauce & Sour Cream GF	

Light Bites

Small Pancakes \$10.50		Fish & Chips \$10.00	
With Strawberries & Ice Cream		Small serve of Battered Fish with	
Bacon & Egg \$9.95		Chips	
One rasher, one egg, one slice toast		Grilled or Crumbed Chicken	
Small Breakfast \$14.50		With Chips	\$10.00
Bacon, Egg, Hash Brown,		Prawn Cutlets \$15.00	
Roast Tomato and Mushrooms		With Salad, Sweet Chilli & Mayo	
Vegan Stack \$13.00		Croissant	
V Seasonal Veggies & Baby Spinach		Ham & Cheese	\$8.50
with Balsamic Glaze, on Sourdough		Butter & Jam	\$7.00

Sandwiches & More

Sandwiches (Toasted on request)			
White, Wholemeal, or Multigrain			
\$2 extra: Gluten-Free			
\$2 extra: Sourdough or Turkish			
Egg, Mayo & Lettuce	\$7.50		
Ham, Cheese, Tomato, Lettuce			
& Onion Relish	\$9.50		
Pumpkin, Lettuce, Tomato, Carrot			
Cucumber, Avocado & Aioli	\$9.50		
Bacon, Lettuce, Tomato & Mayo	\$14.50		
Chicken, Bacon, Pesto, Cheese,			
Lettuce & Sundried Tomatoes	\$15.50		
Smoked Salmon, Cream Cheese,			
Red Onion, Capers & Lettuce	\$15.50		
Wraps			
Roast Beef, Cheese, Tomato,			
Baby Spinach & Sweet Pickle			
Mustard	\$12.50		
Turkey, Cranberry, Cheese,			
Lettuce & Cucumber	\$12.50		
Chicken Schnitzel, Lettuce,			
Bacon, Egg, Parmesan and			
Caesar Dressing	\$12.50		
Falafel, Baby Spinach, Carrot,			
Cucumber, Pumpkin and			
Sweet Chilli Mayo	\$12.50		
Brekky Wrap - Bacon, Sausage, Hash			
Brown, Cheese, BBQ Sauce	\$12.50		
\$2.50 extra: Gluten-Free*			

Open Melts on Turkish			
(Half Melts & Gluten-free available)			
Bacon, Avocado & Cheese	\$15.00		
Roast Pumpkin, Avocado,			
Baby Spinach and Cheese	\$15.00		
Chicken, Tomato, Avocado			
and Cheese	\$16.00		
Ham, Pineapple & Cheese	\$14.00		
Roast Beef, Cheese, Onion,			
Tomato Relish & Bacon	\$16.00		

Items & prices current as at 1 July 2020 and subject to change. Please contact us for our latest menu.

For The Table

Bowl of Potato Chips			
	\$8.00	Side	\$4.50 ^{GF V}
Bowl of Potato Wedges			
With Sour Cream & Sweet Chilli			
Sauce	\$10.00	Side	\$5.50
Bowl of Sweet Potato Wedges*			
With Aioli	\$12.00	Side	\$6.50 ^{GF V}

Sweet Treats

Cinnamon French Toast	\$14.95		
With Strawberries, Blueberries,			
Maple Syrup and Ice Cream			
Strawberry & Banana Crepe			
With Maple Syrup & Ice Cream			^{GF V}
	\$14.95		
Muffin of the Day	\$4.95		
With butter (muffins made			
fresh in-house)			
<i>Please see our Display Cabinet for today's delicious Sweet Selection, or ask our friendly staff.</i>			
*Subject to availability			

More Info

Here at Living Gourmet, we use the quality Botanica brand of Fairtrade Organic Coffee.

Enquire with our friendly staff to purchase a 250g bag of our coffee beans ready to be ground at home.

Call us for catering information or our tasty take-home dinner meal options.

Ph: 02 4365 2892