

## SAMPLE MENU - PARKVILLE

### Breakfast on the go

Date and honey loaf, toasted with butter (WGF)	\$5.50
Tasty cheese toastie	\$6.00
Tasty cheese and tomato	\$7.00
Pesto and tasty cheese toastie	\$7.00
Ham and tasty cheese toastie	\$7.50
Pesto, tasty cheese and tomato toastie	\$7.50
Ham, tasty cheese and tomato toastie	\$8.00

### Counter offering

Iraqi inspired date, sesame, walnut and almond balls (V WGF)	\$3.00
Coconut, apricot, almond and cardamom balls (V WGF)	\$3.00
Lamington square	\$3.00
Blueberry Muffin	\$3.50
Worthy Cause chocolate chip cookie	\$4.00
Chocolate Cake	\$4.50
Cinnamon, coconut, fruit and grain bar (V)	\$4.50
Coconut Cake	\$5.00
Fruit Danish	\$5.00
Pain au Chocolat	\$5.00
Almond croissant	\$5.50

### Wraps

Josh's rainbow free range eggs with rocket & green leaves (OGF)	\$6.00
Beetroot, feta, pinenut, carrot and mixed salad	\$6.00
Falafel, Mesculin lettuce, hummus, sumac and cucumber (V)	\$6.00
Roasted eggplant, cauliflower, semi dried tomato (V)	\$6.00
Poached chicken with spring onion, parsley and rocket (DF)	\$8.00

### Salads

Douha's Lebanese fattoush salad with tomatoes, cucumbers, radishes, sumac, crisp pita bread (V, DF)	\$9.50
Artichoke, Mildura raisin, Moghrabieh couscous, chickpea and lemon dressing salad (V)	\$9.50
Quinoa salad with sumac roasted vegetables and pomegranate molasses emulsion (V, WGF, OGF)	\$9.50
Chickpeas, baharat pumpkin, wild rocket, local feta salad with pomegranate emulsion (WGF)	\$9.50

### From the pie warmer

Gourmet Beef Sausage Roll	\$5.50
Spinach & Ricotta Roll	\$5.50
Vegetable Pastie	\$6.00

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### Hot Meals (examples)

- Harchana's Malaysian rendang curry with potato, tofu, protein balls, carrot and rice (V WGF)	\$9.95
- Janu's South Indian curry with Sebago potatoes, red lentils and basmati rice (V WGF)	\$9.95
- Sri Lankan Yellow Lentil Dhal with coriander and rice (V WGF)	\$9.95
- Harchana's Lemak coconut curry, with cabbage, carrots, potatoes and beans (V, WGF)	\$9.95
- Gawaher's 'Sbanikh Mae Eads', red lentils, spinach and tomato from Eritrea (V, WGF)	\$9.95

### Beverages to enjoy

<b>Timor-Leste Ethical coffee</b>	
Long black   Espresso	\$3.80
Latte   Flat White   Cappuccino	\$4.00
Bonsoy   Milklab Almond   Minor Figures Oat Milk	\$0.30
<b>Timor-Leste Ethical teas</b>	\$4.00
Moringa (Green)   Peppermint   Lemongrass Ginger   Turmeric	
English Breakfast Tea	\$4.00
Grounded Pleasures Hot chocolate	\$4.00
Grounded Pleasures Chai latte	\$4.00
Takeaway cup	\$0.20
<b>From the fridge</b>	
Sparkling Water 500ml	\$4.50
Still Water 500ml	\$4.50
Karma Organic Juices	\$5.00
Karma Organic Sodas	\$5.00
Remedy Kombucha 330ml	\$5.00