

**PLEASE ORDER AND PAY AT THE COUNTER**

**Gluten Free Bread Option Available Extra** 1.00

(V) Vegan (V.O.) Vegan Option (D.F.) Dairy Free (D.F.O.) Dairy Free Option  
(G) Gluten Free (G.O) Gluten Free Option

**TOAST**

1 **Himalaya Toast** with jam and butter 6.90

**Free Range EGGS**

3 **Eggs** (D.F.O.), (G.O) 11.90

Two Eggs Scrambled, Poached or Fried with organic sour dough toast

OPTION: Country style small goods – HAM or Bacon

3.00

4 **Mushroom Omelette** (D.F.O.), (G.O) 13.90

Sautéed mushrooms, porcini powder with organic sour dough toast

5 **Spanish, Chorizo Omelette** (D.F.O.), (G.O) 16.90

Sautéed tomatoes, onion, roasted peppers, spinach, chorizo with organic sour dough toast

**ORGANIC TOFU**

10 **Mushroom Scrambled Tofu** (V) (D.F.), (G.O) 14.90

Sautéed mushroom, spinach, porcini powder, and tofu with organic sour dough toast

11 **Spanish Scrambled Tofu** (V) (D.F.), (G.O) 14.90

Sautéed tomatoes, onion, roasted peppers, spinach and tofu, with organic sour dough toast

**TOASTED**

12 **Chèvre & Mushroom Himalaya Toast** (G.O.) 14.90

Fried sour dough with Meredith goat chèvre, sautéed mushrooms & baby spinach

13 **Bruschetta** (V.O.) (contains garlic) 13.90

Fried sour dough with gremolata, tomatoes, onion and baby spinach

**Option Extra:** Meredith Goat Chèvre

3.00

**SIDES**

61 Sautéed spinach 3.00

62 Sautéed mushroom 3.00

63 Sautéed tomato 3.00

68 Country style small goods – HAM, Bacon, Chorizo 3.00

## **PIES / TARTS / PASTRIES**

**10.90**

**Served with salad, seeds, dressing (contains sesame seed) & chutney (V.O.)**

### **Pies**

Spinach & potato / Smoked tofu & veggie / Mixed veggie.

### **Pasties**

Samosa (curried vegetables)

### **Puff Pastries**

Spinach & ricotta triangle

### **Sausage roll (Vegan)**

### **Tart**

Pumpkin, zucchini & feta

### **Pies - Meat**

Beef / Chicken / Moroccan Lamb

### **Sausage Roll (beef)**

## **SANDWICH**

- |    |                                                                                                                                                    |              |
|----|----------------------------------------------------------------------------------------------------------------------------------------------------|--------------|
| 20 | <b>Organic house made Hummus and Salad Sandwich (V) (G.O.)</b>                                                                                     | <b>11.90</b> |
|    | House made organic hummus, lettuce, tomato, cucumber & carrot on organic sour dough bread                                                          |              |
| 21 | <b>Cheddar Cheese, Dijonnaise &amp; Salad Sandwich (G.O.)</b>                                                                                      | <b>11.90</b> |
|    | Cheddar cheese, lettuce, tomato, cucumber & carrot, with dijonnaise on organic sour dough bread. (Option Country style free range small goods HAM) | <b>3.00</b>  |
| 22 | <b>Turkey Cranberry &amp; Salad Sandwich (G.O.)</b>                                                                                                | <b>13.90</b> |
|    | Turkey & Cranberry, lettuce, tomato, cucumber on organic sour dough bread (Option cheddar cheese)                                                  | <b>1.00</b>  |

## **TOASTIES**

- |    |                                                                                                                             |              |
|----|-----------------------------------------------------------------------------------------------------------------------------|--------------|
| 25 | <b>Feta Cheese, Tapenade, Spinach &amp; Tomato Toastie (G.O.)</b>                                                           | <b>11.90</b> |
| 26 | <b>Ham, Cheese and Tomato (G.O.)</b>                                                                                        | <b>11.90</b> |
|    | Ham, Cheese and Tomato on sourdough toast                                                                                   |              |
| 27 | <b>BLT (G.O.)</b>                                                                                                           | <b>14.90</b> |
|    | Country Style smallgoods free range bacon, tomato, lettuce, in house chutney and dijonnaise on our organic sourdough bread. |              |

## **FOCCACIA**

- |    |                                                                                                                 |               |
|----|-----------------------------------------------------------------------------------------------------------------|---------------|
| 28 | <b>Himalaya Original Organic Feta Foccacia (V.O.)</b>                                                           | <b>14.90</b>  |
|    | Baby spinach, pumpkin pesto, roast red peppers, semi-dried tomato, feta. (Option swap feta for cheddar cheese). |               |
|    | <b>Option Add Chicken or Ham</b>                                                                                | <b>\$3.00</b> |

## LUNCH

- 31 **Open Organic house made Veggie Burger (V.O.) (G.O.)** **14.90**  
House made veggie lentil burger, lettuce, carrot, tomato, beetroot, dijonnaise & chutney on organic sour dough bread
- 32 **Open Angus Burger (G.O.)** **16.90**  
Angus Beef burger, lettuce, tomato, beetroot, carrot, dijonnaise & chutney on organic sour dough bread
- 33 **Our Own Organic Olive Napoli Sauce with Pan-Fried Gnocchi (V)** **14.90**  
Gnocchi, organic black olive napoli sauce, baby spinach and organic sourdough bread  
  
Option: parmesan cheese
- 34 **Pan-Fried Gnocchi with Chicken in a Gremolata and Cream Sauce** **16.90**  
Gnocchi, chicken, onion, baby spinach, gremolata (contains garlic), pumpkin pesto and cream
- 35 **Mushroom Risotto (G, V.)** **16.90**  
Sautéed mushrooms, porcini powder, baby spinach, gremolata (contains garlic), organic rice  
  
Option: parmesan cheese

## SALAD

- 40 **Himalaya Chicken Caesar Salad (G.O.)** **14.90**  
Our version of a traditional Caesar salad, with mixed lettuce, chicken, organic sour dough croutons and parmesan cheese with our dijonnaise dressing.
- 41 **Himalaya Greek Salad (G)** **14.90**  
Our version of a Greek salad with mixed lettuce, cucumber, tomatoes, olives, onion and Sheep feta. Dressed with lemon juice, balsamic glaze and virgin olive oil.

**NOTE:** If you have an allergy you have to make sure to tell the staff at ordering, No Refund given.  
We try our best to supply allergy free food, but we are not certified allergy free, so we are not responsible.

## DRINKS

### ORGANIC Fair-Trade COFFEE or TEA / Hot Chocolate

<b>Organic Fair-trade Coffee</b>	<b>Mug</b>	<b>Standard</b>
Cappuccino, Latte, Flat White, Long Black, Short Black (Espresso)	<b>4.90</b>	<b>3.90</b>
<b>Options</b>		
Organic Fair-trade decaf, extra		<b>0.50</b>
Double shot, extra		<b>0.50</b>
Organic soy milk with any drink, extra		<b>0.50</b>
<b>Mochaccino</b>	<b>5.90</b>	<b>4.90</b>
<b>Organic Tea</b> (per person) (\$1 Extra for a shared pot) English Breakfast, Earl Grey, Green jasmine, Peppermint, Relaxing Tea, Lemon grass		<b>4.90</b>
<b>Organic Chai Tea</b> (per person) (\$1 Extra for a shared pot)		<b>4.90</b>
<b>Organic Chai Latte</b>	<b>5.90</b>	<b>4.90</b>
<b>Fraus European Hot Chocolate</b>	<b>5.90</b>	<b>4.90</b>

### COLD DRINKS

<b>Iced Coffee</b> (vegan option see: soy coffee shake)		<b>6.90</b>
<b>Iced Chocolate</b> (vegan option see: soy chocolate shake)		<b>6.90</b>
<b>Milk Shakes</b> Chocolate, Coffee, Strawberry, Burnt Caramel, Vanilla, Banana, Blueberry, Raspberry.		<b>6.90</b>
<b>Vegan Shakes (Soy)</b> Chocolate, Coffee, Blueberry, Raspberry, Strawberry. Made with frozen fruit and/or Ice Cubes.		<b>7.90</b>

### ORGANIC JUICE / SODA

<b>Organic Juices</b> Orange, Cloudy Apple, Apple Guava, Mango & Banana		<b>4.90</b>
<b>Organic Drinks</b> Cola / Lemonade / Ginger Beer / Lemon Squash / Lemon Lime Bitters / Sparkling Apple		<b>4.90</b>
Kombucha – Apple, Raspberry, Cherry, Hibiscus		
Mineral Water (500ML)		
<b>Water</b>		<b>3.00</b>