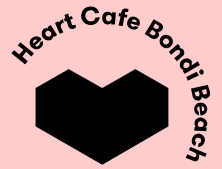


EAT

**REAL FOOD,
GREAT COFFEE,
WITH LOVE**



BREAKFAST ALL DAY

CACAO AND PUFFED QUINOA GRANOLA - \$14

Puffed quinoa, hazelnuts, pistachios, chia seeds, shredded coconut, cranberries, apricots, EVO coconut oil, cacao and blueberry coulis served with Greek yoghurt and seasonal berries (GF, DF option available)

ZUCCHINI CORN FRITTERS (V) - \$15

Zucchini, corn, roast capsicum, avocado, salt reduced haloumi, ezme (Turkish salsa), chipotle and sumac labne

TRADITIONAL BREAKFAST - \$16

Poached free range eggs, free range bacon, roasted tomatoes on sourdough with Adriatic roast potatoes.

MISO MUSHROOMS - \$16

Poached free range eggs, miso marinated mushrooms, Meredith Farm goats curd, edamame mash on sourdough

MIDDLE EASTERN BREAKFAST (V) - \$16

Poached free range eggs, smoky baba ganoush, haloumi, roast capsicum, harissa, ezme (Turkish salsa) on sourdough

AVOCADO AND FETA SMASH (V) - \$16

Avocado, heirloom tomato salsa, feta cheese, bean sprouts, nuts and nigella seeds on sourdough

KIDS BREAKFAST BOX - \$10

BOX 1

Ham and cheese toasties, fruit salad, yoghurt and hardboiled egg

BOX 2

Chicken, avocado and cheese toasties, fruit salad, yoghurt and hardboiled egg

EXTRAS - \$5

Free range bacon
Cured salmon
Chorizo
Poached egg (2)

EXTRAS - \$3

Smoky baba ganoush
Haloumi
Org DF coconut yoghurt
Avocado

EXTRAS - \$1

PEPE SAYA probiotic butter
Wayside honey

BREAD/TOAST

SOURDOUGH, RYE, MIXED GRAIN, OR FRUIT BREAD - \$7

GLUTEN FREE - EXTRA \$2

Served with PEPE SAYA probiotic butter and choice of Vegemite, peanut butter, Wayside Honey, in-house berry jams. We use Bread & Butter Project sourdough. Traditionally crafted loaves made from the highest quality ingredients from Australia's first social enterprise bakery.

PASTRIES

CROISSANTS - \$5

Served with PEPE SAYA probiotic butter and choice of Vegemite, peanut butter, Wayside Honey, in-house berry jams.

HAM AND CHEESE CROISSANT \$7

Double smoked ham and Swiss cheese

SEASONAL FRUIT SALAD WITH HONEY LABNE OR YOGHURT - \$8

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GF - GLUTEN FREE

DF - DAIRY FREE

Dishes may contain traces of nuts

V - VEGETARIAN

VG - VEGAN

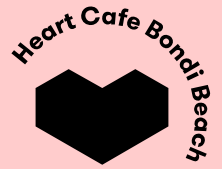
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EAT

**REAL FOOD,
GREAT COFFEE,
WITH LOVE**



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LUNCH

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SALMON BOWL - \$15

Vodka and beetroot cured salmon, sautéed kale, wild rice and quinoa, walnuts, carrot puree and heirloom tomatoes with citrus dressing

SEARED TUNA BOWL - \$15

Quinoa, brown rice, avocado, edamame, roasted nuts and seeds served with tamari, lime and chilli dressing

PUMPKIN AL CARBON & BABY BEETS SALAD - \$14

Served with citrus yoghurt sauce and roasted nuts and seeds

ADD CURED SALMON OR CHORIZO - \$5

PORK BELLY (GF, DF) - \$18

Organic pork belly twice-cooked with shaved fennel, yellow beets, radish and blood orange salad served with glazed dutch carrots and romesco sauce

FREE RANGE CHICKEN (GF, DF) - \$20

Roast free range Cuban chicken (1/2) with chimichurri, quinoa tabbouleh and citrus dressing

SEARED SALMON - \$22

Market fresh salmon pan fried with lemon herb butter and confit garlic kale

KIDS LUNCH BOX - \$10

BOX 1

Chicken tenderloins with quinoa, raw veggies, fruit salad and yoghurt

BOX 2

Fish and chips, fruit salad and yoghurt

HEART ROLLS

CHICKEN - \$12

Chicken, chimichurri and avocado

VEGO - \$10

Haloumi, avocado, lettuce, pico de gallo

CHORIZO - \$14

Chorizo, chimichurri, roquette

We use La Boqueria Smallgoods for authentic, sustainable, ethically sourced charcuterie

HEART CAFE GOES BEYOND SERVING QUALITY FOOD AND COFFEE - WE RETURN HOPE TO THE LIVES OF UNEMPLOYED YOUNG PEOPLE BY PROVIDING PAID HOSPITALITY TRAINEESHIPS FOR 12 MONTHS, AS PART OF OUR WINGSPAN PROJECT. THE HEART CAFE IS A SOCIAL ENTERPRISE BY WAYSIDE CHAPEL.

SIDES (V, GF) - \$10

QUINOA TABOULI SALAD

Quinoa, mint, coriander, pomegranate tomato with lemon garlic dressing

ANDEAN CHIPS

Tri-coloured hot chips; sweet potato, purple potato and white potato served with adobo sauce and roasted nuts

BRUSSEL SPROUTS

Blue lentils, blood orange, mint, coriander, lime pisco dressing

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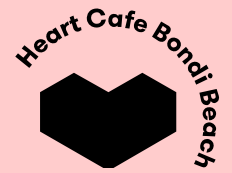
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VG - VEGAN**

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DRINK



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HOT

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COFFEE BY GYPSY ESPRESSO

Regular \$3.50

Large \$4

ESPRESSO/MACHIATO/PICCOLO - \$2.50

Our premium, single estate coffee is locally roasted in the Eastern suburbs using quality green beans from Colombia

CHAI LATTE - \$5

TURMERIC LATTE - \$5

HOT CHOCOLATE - \$6

Bonsoy / decaf / strong extra 50c

Almond / macadamia milk extra 70c

TEAS BY TEA CRAFT

We use a range of single estate, herbal and exotic blends that focus on the unique flavours of each brew.

HERBAL TEAS - \$4.5

COOL

A tea to focus and de-stress with flavours of lemon cola, mint, manuka gingko, Siberian ginseng, tulsi, ashwaganda, lemon verbena, spearmint, maca, licorice, astragalus, and schisandra.

CHAMOMILE

This organic chamomile is a simple single origin tonic with notes of chrysanthemum, marigold and honey. Anti-bacterial, anti-allergenic properties to promote skin health.

CORE

For intestinal health, a turmeric blend with ginger and hibiscus that has anti-microbial and anti-parasitic properties making this blend gentle and effective.

DIGESTIVE

A blend of lavender, fennel seeds, peppermint and spearmint to refresh the palate and purify the system. Rich in antioxidants, vitamins and anti-inflammatory properties.

HEAL

Lemon, lime zest, honey and a hint of cassia with restorative properties. Ideal for replacing lost minerals after colds, flus or strenuous exercise.

SINGLE ORIGIN - \$5.5

RED MYSTIC

A tea grown at a high elevation of 1680M+ sea level has tastes of molasses with a sweet malt flavour profile and aroma served with lemon, making for a bright, more developed and balanced cup.

HEART CHAI

Masala chai, blended especially with some organic botanicals from the Wayside Chapel rooftop garden. Assam tea base with spice selection including cardamon, cinnamon, star anise, nutmeg, ginger, bay leaf and stevia.

DRAGON WELL GREEN TEA

A seasonal tea that is hand-pressed against hot woks to form its signature spear-like form with delicate tastes of roasted corn and chestnut.

TEA BLENDS - \$4.5

DARJEELING SEASONAL

This season's pick from small family-run Giddapahar Tea Estate is a mature, lengthy, muscatel drop with lightly smoky, woody notes.

GOOD MORNING

Chocolaty Assam base with blend of Ceylon Orange Pekoe and Yunnan Red cap-off this unique wake-up breakfast tea.

KARAVAN

Tea Craft signature blend that pays homage to the legendary silk road with a blend of black and green teas, rose, peppermint and bergamot. For lovers of fragrance and mystery.

EARL GREY BLUEFLOWER

A Ceylon leaf tea layered with bergamot aroma, woody undertones, and blue cornflowers to create an intense fragrance with an equally vibrant aesthetic.

THIS MENU INCLUDES SOME ORGANIC PRODUCE SOURCED DIRECTLY FROM THE WAYSIDE GARDEN, LESS THAN 50 METRES AWAY, GIVING TRUE MEANING TO OUR LOCAL AND SUSTAINABLE FOOD PHILOSOPHY.

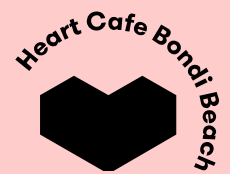
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DRINK



COLD

ICED COFFEE - \$6

ICED TEA - \$5

Made with single origin Dragon Well tea served with cucumber and citrus

PUMP WATER - \$4

ORGANIC COCONUT WATER - \$6

MOUNT FRANKLIN LIGHTLY SPARKLING MINERAL WATER

350MLS - \$4

750MLS - \$6.5

CASCADE GINGER BEER - \$4

SPRITE - \$4

SPRITE ZERO - \$4

COKE - \$4

COKE SUGAR FREE - \$4

PROBIOTIC BEVERAGES

LO BROS KOMBUCHA - \$6

Ginger Lemon
Raspberry Lemon
Watermelon
Cola
Passionfruit

SMOOTHIES

Kids \$5 Regular \$9 Large \$11

BERRY HEART

Acai, mixed berry, coco water, banana, goji berry

LEAN GREEN

Kale, coco water, cucumber, avocado, banana, mint

CHARLIE BROWN

Peanut butter dream almond milk or macadamia milk, cacao and cacao nibs, banana, peanut butter, dates

MILKSHAKES

Kids \$4.5 Regular \$6.5

Chocolate, Fresh Strawberry, Caramel, or Vanilla
add malt 50¢
extra shot 50¢

ANY PROFITS FROM HEART CAFE WILL BE FUNNELED BACK INTO OUR WINGSPAN PROJECT TO BREAK THE CYCLE OF UNEMPLOYMENT FOR SYDNEY'S MOST DISADVANTAGED YOUNG PEOPLE.

WAYSIDE CHAPEL HAS PROVIDED UNCONDITIONAL LOVE, CARE AND SUPPORT FOR PEOPLE ON AND AROUND THE STREETS OF SYDNEY SINCE 1964. UNDER THE BANNER OF 'LOVE OVER HATE', WAYSIDE CHAPEL CREATES COMMUNITY WITH "NO US AND THEM" WHERE EVERYONE IS WELCOME.

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