

EAT

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



ALL DAY BREAKFAST

Our eggs are certified free range

HEART WARMER ORGANIC 5 GRAIN PORRIDGE - \$14

Made-to-order organic 5 grain porridge with maple syrup caramelised banana & heart signature seeds and nuts. Served with your choice of almond, macadamia, soy or regular milk.

CACAO AND PUFFED QUINOA GRANOLA - \$15

Puffed quinoa, hazelnuts, pistachios, chia seeds, shredded coconut, cranberries, apricots, EVO coconut oil, cacao and blueberry coulis served with Greek yoghurt & seasonal fruit.

(GF, DF option available)

HEART SHROOMS - \$16

Duxelle stuffed Portobello mushroom, herbed Meredith Farm goat's cheese, pine nut crumb, rocket and shaved fennel.

With poached eggs - **\$22**

DUKKAH SCRAMBLED EGGS \$16

Scrambled eggs, Danish feta, coriander, mint, dukkah nut mix on sourdough

With hot smoked salmon or chorizo - **\$20**

AVOCADO AND FETA SMASH (V) - \$17

Avocado, cherry tomato salsa, Danish feta, nuts and seeds on sourdough.

With bacon or hot smoked salmon - **\$21**

Vegan option available

MIDDLE EASTERN BREAKFAST (V) - \$18

Poached eggs, cucumber, tomato and pomegranate salad, pomegranate molasses, harissa, mixed herbs, minted labne, Manoush flat bread

With chorizo or haloumi - **\$22**

Vegan option available

TRADITIONAL BREAKFAST - \$18

Your choice of eggs, free-range bacon, roast tomatoes, house-made herbed tater tots on sourdough

SHAKSHUKA BAKED EGGS - \$18

Gently baked eggs in a spicy Algerian capsicum and tomato sauce, mixed herbs, dukkha with Manoush flat bread

HOT SMOKED SALMON SOLDIERS - \$18

Hot smoked salmon, poached eggs, confit garlic winter greens, tarragon hollandaise, salmon roe, Turkish bread soldiers

HEARTY BREAKFAST - \$19

6 hour slow cooked beef cheek and herbed potato hash cake, poached eggs, confit garlic winter greens, tarragon hollandaise

EXTRAS - \$5

Free range bacon
Hot smoked salmon
Chorizo
Poached egg (2)

EXTRAS - \$3

Haloumi
Org DF coconut yoghurt
Avocado

EXTRAS - \$1

PEPE SAYA probiotic butter
Wayside Honey
Harissa
Harissa Aioli

BREAD/TOAST/PASTRIES

SOURDOUGH, MIXED GRAIN \$6 GLUTEN FREE - \$8

Served with PEPE SAYA probiotic butter and choice of Vegemite, peanut butter, Wayside Honey, in-house berry jams. We use Bread & Butter Project sourdough. Australia's first social enterprise bakery.

HOUSE MADE SPICED BANANA BREAD WITH COCONUT AND MACADAMIA - \$8

HOUSE MADE GLUTEN FREE SPICED PUMPKIN, PEACAN AND MAPLE LOAF - \$8

HAM AND CHEESE TOASTIE - \$7

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 SPICED FRUIT COMPOTE WITH HONEY LABNE OR YOGHURT - \$8

HEART CAFE WIFI

Username: Heartcafe
Password: heart2018

**GF - GLUTEN FREE
DF - DAIRY FREE**

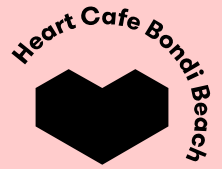
Dishes may contain traces of nuts

**V - VEGETARIAN
VG - VEGAN**

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LUNCH

SEARED TUNA BOWL - \$18

Quinoa, brown rice, avocado, edamame, pickled ginger, wakame, toasted nuts and seeds served with tamari, lime and chilli dressing.

MOROCCAN LAMB AND PISTACHIO CIGARS - \$20

Crispy spiced Moroccan lamb with pistachio and mixed herbs, rocket, fennel & pomegranate salad, minted yoghurt

STEAK SANDWICH - \$18

King Island rump steak, sauce gribiche, shredded winter greens, caramelised red onion, on Turkish bread
With a side of chips **\$23**

VEGAN ROASTED CAULIFLOWER STEAKS - \$18

Pistachio cream, shredded winter greens, mixed nuts and seeds

VEGAN SPICED CHICKPEA AND SWEET POTATO BUDDHA BOWL - \$16

Pickled baby vegetables, caramelised red onion wedge, wilted garlic winter greens, tahini, maple and lemon dressing

MACADAMIA CRUSTED FISH - \$25

Market fresh fish, macadamia, chilli and herb crumb, winter greens and carrot puree.

WEEKLY SLOW COOKED SPECIAL

WEEKLY SOUP SPECIALS WITH SOURDOUGH

DELICIOUS HOUSE-MADE OFFERINGS FROM OUR PIE OVEN

Please ask our wait staff for any of our specials

HEART ROLLS - \$9

BACON AND EGG DETOX ROLL

Activated charcoal brioche, bacon, eggs, rocket and house-made harissa aioli.

With haloumi - **\$11**

VEGETARIAN BREAKFAST DETOX ROLL

Activated charcoal brioche, haloumi, egg, avocado, rocket and house-made harissa aioli

Our charcoal brioche not only tastes amazing but has digestive health benefits.

KIDS MENU - \$10

BOX 1

Ham and cheese toastie, fruit, yoghurt and hardboiled egg with glass of milk or juice.

BOX 2

Pancakes, house-made jam or maple syrup (optional) fruit, yoghurt and hardboiled egg with glass of milk or juice.

SIDES

ANDEAN CHIPS (V, GF) - \$8

Tri-coloured hot chips; sweet potato, purple potato and white potato served with nuts, seeds and harissa mayonnaise. Please note, our purple potato chips are only available in season.

Salad - green leaf, shaved fennel, pomegranate, feta with lemon-lime dressing - **\$10**

Torched tuna - **\$8**

Hot smoked salmon - **\$8**

Winter greens with confit garlic - **\$8**

SWEET

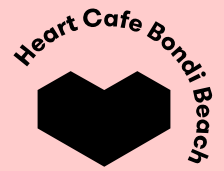
Poached seasonal fruit macadamia crumble with all natural premium artisan vanilla gelato - **\$10**

Heart brownie with all natural premium artisan vanilla gelato - **\$8**

Cookies – daily selection - **\$3**

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.

DRINK



COFFEE BY GYPSY ESPRESSO

REGULAR \$4

LARGE \$4.20

ESPRESSO - \$3

MACHIATO/PICCOLO - \$3.50

Premium, fair trade single estate coffee is roast locally in the Eastern Suburbs and source quality green beans from third-generation Colombian farmers.

CHAI LATTE - REGULAR \$4.30

LARGE \$5

TURMERIC LATTE - REGULAR \$4.30

LARGE \$5

HOT CHOCOLATES - \$5

CLASSIC HOT CHOCOLATE

Served in a latte glass with fresh cream and fine grated dark chocolate

SICILIAN ORANGE HOT CHOCOLATE

CHILLI HOT CHOCOLATE

BLANCA HOT CHOCOLATE

TURMERIC HOT CHOCOLATE

Bonsoy / decaf / strong extra 50c

Almond / macadamia milk extra 70c

TEAS BY TEA CRAFT

HERBAL TEAS - \$4.5

COOL

A tea to focus and de-stress with flavours of lemon cola, mint, Manuka, ginkgo, 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.

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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 cardamom, 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.

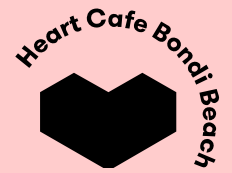
EARL GREY BLUEFLOWER

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 LATTE - \$5

COLD BREW \$5

WAYSIDE LEMON MYRTLE CORDIAL (SEASONAL) -\$4

ICED TEA - \$5

Made with a blend of our Heal and Core herbal teas. 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 - \$6

Free from sugar, gluten, GMO, lactose, fat & preservatives

ORGANIC HEMP KOMBUCHA

Pomegranate & Apple
Mixed Berries

ORGANIC KOMBUCHA

Wild Berry
Ginger
Mango
Turmeric Ginger & Pear
Coconut Lime & Bitters

COLD PRESSED JUICES - \$7

HEALTHY HEART

Apple, celery, cucumber, kale, mint, pineapple, spinach

GROOVE IS IN THE HEART

Orange, coconut water, pineapple, passionfruit

HEART OF GOLD

Carrot, apple, ginger, turmeric

MINTED HEART

Apple, lemon, strawberry, mint

HEART BEET

Beetroot, fennel, carrot, pink lady apple, celery

SMOOTHIES - \$8

BERRY HEART

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

LEAN GREEN

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

CHARLIE BROWN

Almond milk or macadamia milk, cacao and cacao nibs, banana, peanut butter, dates

SMOOTHIE OF THE DAY - ASK OUR WAIT STAFF

MILKSHAKES

Kids \$4.5 Regular \$6.5

Made with all natural premium artisan vanilla gelato

Chocolate, Fresh Strawberry, Caramel, or

Vanilla

add malt 50¢

extra shot 50¢

MILKSHAKE OF THE DAY - ASK OUR WAIT STAFF

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.

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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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