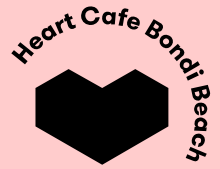


EAT

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



BREAKFAST UNTIL 12PM

MISO MUSHROOMS - \$18

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

MIDDLE EASTERN BREAKFAST (V) - \$16

Poached free range eggs, smoky baba ganoush, haloumi, tomato and pomegranate salad, harissa, ezme (Turkish salsa) 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.

ALL DAY BREAKFAST

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 and seasonal berries. (GF, DF option available)

DUKKAH SCRAMBLED EGGS - \$15

Served with feta, coriander, mint and sourdough. Recommended with a side of Chorizo.

AVOCADO AND FETA SMASH (V) - \$16

Avocado, heirloom tomato salsa, feta, nuts and seeds on sourdough.

ZUCCHINI CORN FRITTERS (V) - \$16

Zucchini, corn, avocado, salt-reduced haloumi, minted labne.

TRADITIONAL BREAKFAST - \$16

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

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
Harissa

BREAD/TOAST

SOURDOUGH, RYE, MIXED GRAIN, OR FRUIT BREAD - \$7 GLUTEN FREE - \$9

We use Bread & Butter Project sourdough. Traditionally crafted loaves made from the highest quality ingredients from Australia's first social enterprise bakery.

HOUSE MADE SPICED BANANA BREAD WITH COCONUT AND MACADAMIA - \$7

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

HAM AND CHEESE TOASTIE - \$6

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 - \$7.50

Double smoked ham and Swiss cheese

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

HEART CAFE WIFI

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GF - GLUTEN FREE
DF - DAIRY FREE

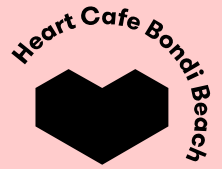
V - VEGETARIAN
VG - VEGAN

Dishes may contain traces of nuts

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EAT

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



LUNCH

SUMAC CRUSTED WA WHITEBAIT - \$15

Western Australian Sandy Bay whitebait served with saffron aioli.

VEGETARIAN BOWL (V) - \$15

House made dukkah spiced carrot puree, mixed wild rice and chickpea, sautéed kale, pickled beetroot, and radish, fresh shallots, fried shallots, fresh lime and herb dressing with produce from Wayside's Bondi Garden.

SEARED TUNA BOWL - \$18

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

SALMON TARTARE - \$18

Sashimi grade salmon, avocado, cucumber, tomato, coriander, chives dressed with tamari, lime, sesame dressing served with seeded crispbread.

IRANIAN SPICED CHICKEN - \$20

Served with mint and garlic labne and Middle Eastern slaw, with tahini, yoghurt, sumac, lemon dressing.

PAN SEARED KING PRAWNS - \$22 (GF, DF)

Mango, pomegranate, watercress salad, tamarind lime dressing, Mauritian coconut and mint sambal.

HEART ROLLS

Choose from panini, wrap, or charcoal roll.

BACON AND EGG DETOX ROLL - \$9

Activated charcoal brioche, bacon, eggs, rocket and house made harissa aioli. Our charcoal brioche not only tastes amazing but has digestive health benefits. Add haloumi for an extra \$2.

VEGO - \$10

Chargrilled mixed vegetables, marinated feta, salsa verde and salad greens.

CHICKEN - \$12

Chicken, chimichurri, avocado and harissa.

TUNA - \$14

Tuna, olive tapenade, egg, lemon and caper aioli and salad greens.

KIDS LUNCH

BOX 1 - \$10

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

BOX 2 - \$10

Fish and chips, fruit salad and yoghurt.

HAM AND CHEESE TOASTIE - \$6

SIDES

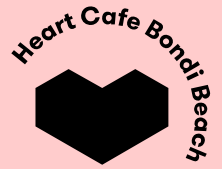
ANDEAN CHIPS (V, GF)

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.

CHECK DAILY SALAD MENU AT THE COUNTER.

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 \$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 - REGULAR \$4.30

LARGE \$5

TURMERIC LATTE - REGULAR \$4.30

LARGE \$5

HOT CHOCOLATE - REGULAR \$4.30

LARGE \$5

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, 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.

HEART CAFE WIFI

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Password: heart2018

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

Chocolatey 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.

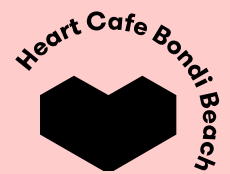
EARL GREY BLUEFLOWER

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 \$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

LO BROS KOMBUCHA - \$6

Ginger Lemon
Raspberry Lemon
Watermelon
Cola
Passionfruit

SMOOTHIES

Kids \$5 Regular \$9

BERRY HEART

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

LEAN GREEN

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

MILKSHAKE OF THE DAY

Ask your waiter

**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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