

EAT

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



VEGAN MENU

BREAKFAST UNTIL 12PM

MIDDLE EASTERN BREAKFAST (V) - \$16

Smoky baba ganoush, chickpea, tomato and pomegranate salad, harissa, ezme (Turkish salsa) on sourdough.

MISO MUSHROOMS - \$18

miso marinated mushrooms, edamame mash, nigella seeds on sourdough.

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 coconut yogurt.

AVOCADO SMASH (V) - \$16

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

SEASONAL FRUIT SALAD - \$10

Served with Coconut yogurt

BREAD/TOAST

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

Served with Cashew butter, choice of Vegemite, peanut butter, 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.

EXTRAS - \$3

Smoky baba ganoush
Org DF coconut yoghurt
Avocado

EXTRAS - \$1

Cashew butter
Harissa
Cacao butter

LUNCH

VEGAN BOWL - \$15

House made baba ganoush mixed wild rice and chickpea, sautéed kale, pickled beetroot & radish, fresh shallots, fried shallots, fresh lime and herb dressing with produce from Wayside's Bondi Garden

AVOCADO TARTARE AND SEEDED CRISPBREAD - \$18

Avocado, cucumber, tomato, coriander, olives dressed with tamari, lime, sesame dressing, served with seeded crispbread.

VEGAN ROLL

Choose from sourdough or mixed grain - \$10

Gluten free - \$2 extra

Chargrilled mixed vegetables, vegan harissa mayo and salad greens.

ANDEAN CHIPS - \$8

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

**VEGAN SALADS ALSO AVAILABLE,
CHECK COUNTER FOR TODAY'S OPTIONS.**

HEART CAFE WIFI

Username: Heartcafe

Password: heart2018

GF - GLUTEN FREE

DF - DAIRY FREE

V - VEGETARIAN

VG - VEGAN

Dishes may contain traces of nuts