

# BREAKFAST ALL DAY

## HEART GRANOLA BOWL \$15

### (GF, DF & VG option available)

Heart Signature Granola (puffed quinoa, mixed nuts, chia, coconut, cranberries, apricot, cacao), mixed berry compote, with yoghurt and seasonal fruit. Honey labne or coconut yoghurt \$1 extra

## HEART PROTEIN PANCAKES \$14

### (V, DF OPTION AVAILABLE)

Banana, oats, egg whites, berry compote, toasted coconut, Greek yoghurt, nuts and seeds. Honey labne or coconut yoghurt \$1 extra

## EGGS ON TOAST - \$12

Poached, fried, or scrambled, with sourdough.

## DUKKAH SCRAMBLED EGGS - \$16

### (Vegan option available)

With house-made dukkah, feta, mixed herbs and sourdough. (Vegan option with scrambled tofu, herbs and dukkah)

## AVOCADO AND FETA SMASH (V, VG) - \$18

### (Vegan option available)

Avocado, cherry tomato, rocket, feta, nuts and seeds with balsamic reduction on sourdough

# LUNCH - FROM 11AM

## IRANIAN GRILLED CHICKEN SALAD - \$18

Middle Eastern coleslaw, cherry tomato, mixed herbs, lemon tahini and sumac dressing, minted labne, pickled vegetables, dukkah, Swap chicken for falafel

## KOREAN SPICY TOFU & VEGETABLE

### BIBIMBAP - \$18

Crispy tofu, brown basmati rice, shredded carrot, edamame, wilted spinach, sautéed Asian mushrooms, kimchi, spicy Gochujang dressing, toasted sesame seeds Add fried egg - \$2.50

## HEART SEARED SALMON - \$24

Seared Salmon, carrot puree, shaved cauliflower and green apple, coconut kale, nuts and seeds with salt bush, white miso, tamari and sesame dressing

## FISH TACOS \$20

Crispy whiting, red cabbage, caramelised pineapple, jalapeno, shallots, house chilli, honey, lime & coriander mayo

## VEGAN BURGER - \$15

Cauliflower and chickpeas patty, avocado smash baby spinach, dried onions, chilli jam, and vegan cheese

## HEART REUBEN - \$14

Choose toasted or fresh. Spiced pastrami, sauerkraut, pickles, Swiss cheese, Russian dressing and Dijon mustard. Gluten free bread extra \$2

## SULTAN'S BREAKFAST- \$18

Poached eggs, burnt butter labne, Turkish salad (cucumber, tomato, red onion, mixed herbs pomegranate, sumac), pickled vegetables, green harissa, house made flatbread. Add chorizo or falafel - extra \$5

## HEARTSHROOMS - \$20

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

## HEART BREAKFAST BOWL (VG, GF) - \$18

Chickpea walnut falafel, beetroot hummus, cherry tomatoes, mixed herbs, pomegranate molasses salad, haloumi, harissa, and a poached egg

## BACON AND EGG DETOX ROLL - \$12

### + hash browns \$16

Bacon, eggs, rocket and house-made harissa aioli on an activated charcoal bun. Gluten free bread extra \$2

## VEGETARIAN DETOX ROLL (v) - \$12

### + hash browns \$16

Haloumi, egg, avocado, roast tomato, rocket and house-made harissa aioli on an activated charcoal bun. Gluten free bread extra \$2

## CHICKEN BLAT - \$13 + hash browns \$17

Chicken schnitzel or grilled chicken breast, bacon, lettuce, avocado, house-made harissa mayo on an activated charcoal bun. Gluten free bread extra \$2

## HAM AND CHEESE TOASTIE - \$8

## TOMATO AND CHEESE TOASTIE \$8

## HAM, TOMATO AND CHEESE TOASTIE \$9

**EXTRAS - \$3** Roast Tomato

**EXTRAS - \$5** Free range bacon (2) / egg (2) / hash browns (2) / avocado smash / haloumi (3) / marinated feta

**EXTRAS - \$6** Hot smoked salmon

# BREAD/TOAST

## SOURDOUGH / DETOX CHARCOAL - \$5 / GLUTEN FREE \$7

Served with Pepe Saya probiotic butter and choice of Vegemite, peanut butter, Wayside honey, in-house berry jams.

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

### PASTRIES - \$5

Heart brownie, Heart vegan brownie, choc-chip cookies, choc-chip vegan cookies.

## GLUTEN-FREE ALMOND AND RASPBERRY & FIG CAKE (GF) - \$5

Add ice cream \$2

**PLEASE SEE CAKE DISPLAY FOR OTHER TREATS**

# HOT DRINKS

## COFFEE BY GYPSY ESPRESSO

Regular \$4                      Large \$4.50

### ESPRESSO / MACHIATO / PICCOLO - \$3.50

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

### CHAI LATTE / TURMERIC LATTE

Regular \$4.30                      Large \$5

### HOT CHOCOLATES - \$5

#### CLASSIC HOT CHOCOLATE

Fresh cream and marshmallows.

### SICILIAN ORANGE / CHILLI / TURMERIC

Bonsoy / decaf / strong extra 50c  
Almond / macadamia milk extra 70c

## TEAS BY TEA CRAFT - \$4.5

### COOL

Ginseng, tulsi, lemon verbena, spearmint, liquorice.

### CORE

A turmeric blend with ginger and hibiscus.

### DIGESTIVE

Lavender, fennel seeds, peppermint and spearmint.

### HEAL

Lemon, lime zest, honey and a hint of cassia.

## SINGLE ORIGIN - \$5.50

### RED MYSTIC

Sweet malt flavour profile.

### HEART CHAI

Masala chai blended organic botanicals from the Wayside Chapel rooftop garden.

### DRAGON WELL GREEN TEA

Delicate tastes of roasted corn and chestnut.

### ORGANIC CHAMOMILE

Floral with a honeysuckle sweetness.

## TEA BLENDS - \$4.50

Darjeeling seasonal / Good Morning / Karavan / Earl Grey  
Blueflower

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**GF - GLUTEN FREE**

**V - VEGETARIAN**

**DF - DAIRY FREE**

**VG - VEGAN**

Dishes may contain traces of nuts

# COLD DRINKS

## ICED - \$5

Latte / Matcha Latte / Chai Latte / Chocolate / Tea

### COLD BREW - \$4

### ORGANIC COCONUT WATER - \$4

### COCA COLA - \$4

### COKE ZERO - \$4

### SPRITE - \$4

### SPRITE ZERO - \$4

### PUMP WATER - \$4

### ORGANIC HEMP KOMBUCHA - \$6

Pomegranate & apple / Mixed berries

### ORGANIC KOMBUCHA - \$6

Ginger / mango / turmeric ginger & pear

## COLD PRESS 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

## SMOOTHIES - \$8

### MILK BASED SMOOTHIES

**BANANA** Banana, honey, yoghurt, milk.

**MIXED BERRY** Mixed berry, banana, yoghurt, milk.

**MANGO** Mango, banana, yoghurt, milk.

## DAIRY FREE SMOOTHIES

**LEAN GREEN** Spinach, celery, avocado, apples, banana, coconut water

**ACAI** Organic acai berry, banana, organic guarana, coconut water

**TROPICAL** Mango, pineapple, passionfruit, coconut water

**DRAGONFRUIT & BERRY** Mixed berries, coconut water

## MILKSHAKES - \$6.50

### TRADITIONAL MILKSHAKES - \$6

Chocolate / Fresh strawberry / Vanilla / Caramel

### SPECIALITY MILKSHAKES - \$6

**ESPRESSO** Coffee, caramel, malt

**MALTED MATCHA** Matcha syrup, malt, vanilla, ice cream and cream