



TAKE AWAY MENU

BREAD/TOAST

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

Served with butter and choice of Vegemite, peanut butter, Wayside honey, in-house berry jams.
Add sides: avocado, marinated feta, roasted or fresh tomato

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

Please see cake display for other treats

BREAKFAST ALL DAY

HEART WARMER ORGANIC 5 GRAIN PORRIDGE - \$14 Made-to-order organic 5 grain porridge with maple syrup

HEART GRANOLA BOWL - \$15 (GF, DF & VG option available) Heart Signature Granola (puffed quinoa, mixed nuts, chia, coconut, cranberries, apricot, cacao), mixed berry compote, (Vegan option available)

AVOCADO SMASH (V, VG) \$18 Avocado, cherry tomato, rocket, feta, nuts and seeds with balsamic reduction on sourdough

CITRUS CURED SALMON ON SOURDOUGH \$18 Citrus cured Salmon, herbed cream cheese, capers, red onions, chives.

VEGAN BURGER - \$15 Cauliflower and chickpeas patty, avocado smash, sliced cheese.

HEART REUBEN - \$14 Choose toasted or fresh. Spiced pastrami, sauerkraut, Pickles, Swiss cheese, Russian dressing and Dijon mustard seeds.

SOUP OF THE DAY - \$12 - \$16

TOASTIES

HAM AND CHEESE TOASTIE - \$8

TOMATO AND CHEESE TOASTIE \$8

HAM, TOMATO AND CHEESE TOASTIE \$9