



# 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

**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

**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**