

# BREAKFAST ALL DAY

## HEART GRANOLA BOWL - \$16 (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.

## CHIA COCONUT PUDDING - \$14

Served with mango coulis, toasted coconut and seasonal fruit.

## HEART PROTEIN PANCAKES - \$15 (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)

## HAM AND CHEESE TOASTIE - \$9

## TOMATO AND CHEESE TOASTIE \$9

## HAM, TOMATO AND CHEESE TOASTIE \$10

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

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

## SULTAN'S BREAKFAST- \$20

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

## 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. Extra bacon \$2. Extra cheese \$1.

## 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. Extra cheese \$1.

## 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. Extra bacon \$2. Extra cheese \$1.

## 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

## HOUSEMADE MANOUSH FLATBREADS

Served with rocket & fennel & lemon wedge

## SLOW COOKED PERSIAN LAMB, FETTA, POMEGRANATE, PINENUT, MINT \$14

## SPINACH, MARINATED FETTA, ZA'TAR \$12

Ask your server for today's Manoush Special

## 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, sliced tomato, baby spinach, dried onions, chilli jam, and vegan cheese on a charcoal activated bun

## HEART REUBEN - \$14

Choose toasted or fresh. Spiced pastrami, sauerkraut, pickles, Swiss cheese, Russian dressing and Dijon mustard

Gluten free bread extra \$2

**EXTRAS - \$3** Roast Tomato **EXTRAS - \$5** Free range bacon / egg / hash browns / avocado smash / haloumi marinated feta / chorizo / garlic Portobello mushroom **EXTRAS - \$6** Hot smoked salmon

## BREAD/TOAST

### SOURDOUGH \$7 / GLUTEN FREE \$8

Served with your choice of Vegemite, peanut butter, Wayside honey, in-house seasonal 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 macarons.

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

Add ice cream \$2

### PLEASE SEE CAKE DISPLAY FOR OTHER TREATS

**GF - GLUTEN FREE**

**V - VEGETARIAN**

**DF - DAIRY FREE**

**VG - VEGAN**

Dishes may contain traces of nuts

# 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

### CLASSIC HOT CHOCOLATE \$5

Fresh cream and marshmallows.

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

## TEAS BY TEA CRAFT - \$4.5

### CORE

A turmeric blend with ginger and hibiscus.

### DIGESTIVE

Lavender, fennel seeds, peppermint and spearmint.

## SINGLE ORIGIN - \$5.50

### HEART CHAI

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

### DRAGON WELL GREEN TEA

Delicate tastes of roasted corn and chestnut.

## TEA BLENDS - \$4.50

# 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

### SWIFT REFRESHERS - \$4.50

Passionfruit / Pomegranate & Blood Orange / Lime

## 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

Chocolate / Fresh strawberry / Vanilla / Caramel/Espresso

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