

# HOT DRINKS

## COFFEE BY GYPSY ESPRESSO

Regular \$4                      Large \$4.5

### ESPRESSO / MACHIATO / PICCOLO - \$3.5

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

### CHAI LATTE/ TUMERIC LATTE

Regular \$4.30                      Large \$5

### HOT CHOCOLATE - \$5

## TEA BLENDS BY TEA CRAFT - \$4.5

### CORE

Turmeric blend with ginger and hibiscus

### COOL

Ginseng, tulsi, lemon verbena, spearmint, liquorice

### HEART CHAI

Masala chai blended organic botanicals from the Wayside Chapel rooftop garden

### DRAGON WELL GREEN TEA

Delicate tastes of roasted corn and chestnut

### GOOD MORNING

Luxurious take on the traditional breakfast tea

### EARL GREY BLUEFLOWER

Black tea Camellia sinensis, bergamot oil, orange oil, blueflower

We pride ourselves on being the Heart of the community in Bondi Beach, a place where people come together to connect, converse, and enjoy beautiful fresh food and coffee. If you are here to work on your laptop, there is a limit of 1/2 hour with coffee or 1 hour with a meal. We are a social enterprise cafe and we know you understand that in order for us to keep our doors open, we need tables available for customers to dine. Thank you for your understanding.

# WEEKDAY MENU

**SWEET** see counter display for full range  
**HOUSE MADE SPICED BANANA BREAD WITH COCONUT AND MACADAMIA - \$8**

### PASTRIES - \$5

Heart brownie (GF), choc-chip cookies, vegan choc-chip cookies, macaroons (GF)

### MUFFINS - \$5 change daily

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

### 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

### FRESH FRUIT SALAD (GF, VG) - \$15

Fresh seasonal fruit with Greek yogurt. Honey labne or coconut yoghurt \$1 extra

### CHIA COCONUT PUDDING (V) (DF) - \$14

Served with mango coulis, toasted coconut, seasonal fruit

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

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

## HOUSEMADE MANOUSH FLATBREADS

Served with rocket & fennel & lemon wedge

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

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

EXTRAS - \$3  
ROAST TOMATO

EXTRAS - \$5  
GARLIC PORTOBELLO MUSHROOMS  
HASH BROWNS  
MARINATED FETA  
AVOCADO SMASH  
HARD BOILED EGGS (COLD)

EXTRAS - \$7  
HOT SMOKED SALMON

## DAILY FRESH SALAD BAR

Showcasing the best of seasonal produce.  
Please see salad bar for today's selection.

### \$10 REGULAR (choose ONE or TWO salads)

### \$14 LARGE (CHOOSE THREE SALADS)

## TOASTIES/BURGERS

\* Gluten free bread \$2 extra

### HEART REUBEN - \$14

Spiced pastrami, sauerkraut, pickles, Swiss cheese, Russian dressing and Dijon mustard

### VEGAN BURGER - \$15

Cauliflower & chickpea patty, avocado smash, sliced tomato, baby spinach, dried onions, chilli jam, vegan cheese on an activated charcoal bun

### MUSHROOM AND CHEESE - \$9

Garlic Portobello mushrooms, baby spinach, Swiss cheese

### CHEESE AND TOMATO                      \$9

### HAM AND CHEESE                      \$9

### HAM, CHEESE AND TOMATO                      \$10

### TOAST - \$7 SOURDOUGH / GLUTEN FREE

Served with your choice of Vegemite, peanut butter, Wayside honey, in-house seasonal berry jams

# COLD DRINKS

### ICED - \$5

Latte / Chai / Chocolate

### COLD BREW - \$4

### ORGANIC COCONUT WATER - \$4 COKE \$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. Can also be made with coconut water

## DAIRY FREE SMOOTHIES - \$8

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

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

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

**DRAGONFRUIT** Dragonfruit, mixed berries, coconut water

## MILKSHAKES - \$6.5

Chocolate / Strawberry / Vanilla / Caramel / Espresso

GF - GLUTEN FREE                      V - VEGETARIAN  
DF - DAIRY FREE                      VG - VEGAN  
Dishes may contain traces of nuts

PLEASE ORDER AT YOUR TABLE USING  
CONTACTLESS ORDERING BUTTON,  
OR WITH OUR FRIENDLY STAFF  
AT THE COUNTER



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# MENU

Love your community?

The Heart Cafe is a social enterprise that goes beyond serving you quality coffee and healthy food – it returns hope to the lives of unemployed young people by supporting them into paid work and education in hospitality to break the cycle of disadvantage. All profits go back into The Wingspan Project, Wayside Chapel's youth and employment program that changes the lives of young people.

Looking for a venue for your next event? Book your event with us knowing that every dollar spent is doing good.

Event enquires: [events@heartcafe.com.au](mailto:events@heartcafe.com.au)  
or 0450 119 404

Heart Cafe by Wayside Chapel  
95 Roscoe St, Bondi Beach  
[heartcafe.com.au](http://heartcafe.com.au)

Real Food,  
Great Coffee,  
With Love

