10% surcharge on Sundays and public holidays

LIVINGGOURMETERINA

LIVING GOURMET CAFE

Welcome to **Living Gourmet Cafe**, where our passion is good, wholesome food, delivered with a friendly, honest service. Feel free to like and tell your friends about us on Facebook, Instagram or face-to-face, the old-fashioned way.

10 Karalta Lane, Erina

Ph: 02 4309 3301

Here at Living Gourmet, we use the quality Seven Miles coffee blend, 'Goldilocks'.

With a milk chocolate, candied hazelnuts & orange cake taste, it's *Not Too Light, Not Too Bold, But Just Right!*

250g and 1kg bags of our coffee beans are available to purchase, ready for you to grind at home.

Call us for catering, group booking and special events information.

Fresh Juices

Green Living $10.00
Apple, Celery, Pear, Baby Spinach

Fresh Living Juice $10.00
Orange, Apple, Carrot, Beetroot, Pineapple

Paradise Juice $10.00
Pear, Apple, Pineapple, Watermelon

Detox Juice $10.60
Pineapple, Lemon, Apple, Spinach, Ginger

Orange Zing Juice $10.60
Orange, Carrot, Pineapple, Lemon, Ginger

Hot Drinks

	1 shot Cup or Small T/A	2 shot Reg or Med T/A	3 shot Mug or Large T/A
Flat White	$5.00	$6.00	$7.00
Cappuccino	$5.00	$6.00	$7.00
Latte	$5.00	$6.00	$7.00
Hot Chocolate	$5.00	$6.00	$7.00
Long Black	$4.00	$5.00	$6.00
Matcha	$7.00	$8.00	$9.00

Tea - Loose Leaf by the Pot
Organic & Fairtrade $5.00
English Breakfast, Earl Grey, Spice Chai, Darjeeling Green, Peppermint, Lemongrass & Ginger

Short Black $3.60

Babyccino $3.00

Piccolo Latte $3.80

Chai Latte Short $5.00 Tall $6.00

Mocha or Dirty Chai 50c extra

Decaf Coffee 60c extra

Syrup flavour: 60c extra
Caramel, Hazelnut, or Vanilla

Milk Options: Full Cream or Skim
Soy, Almond, Oat, Lactose-Free 70c extra

Hot/Cold Milk on the side 30c extra

Cold Drinks

Iced Chocolate S-$7.00 L-$8.00

Iced Coffee S-$7.00 L-$8.00
2 shots of coffee with Vanilla, Ice Cream & Whipped Cream

Iced Mocha S-$7.00 L-$8.00
1 shot of coffee with Ice Cream, Chocolate Syrup, Whipped Cream, Chocolate Powder & Ice

Iced Chai Latte S-$7.00 L-$8.00
with Ice Cream & Whipped Cream

Iced Latte S-$6.50 L-$7.80
with 2 shots coffee over ice & milk

Iced Long Black S-$5.00 L-$6.00
2 shots coffee over ice & cold water

Milkshake S-$6.50 L-$8
Chocolate, Caramel, Vanilla, Strawberry, Coffee or Banana

Thickshake $3 extra

Alternative Milk $2 extra

Dairy-free Ice Cream $2 extra

Iced Matcha S-$8.00 L-$9.00

Syrup flavour: $1 extra
Strawberry, Mango, Vanilla, Caramel, Hazelnut, Honey
See Milk Options Above

Bottled Spring Water $3.50

Cans $4.00
Coke, Coke No Sugar, Lemonade, Solo

Bundaberg drinks $5.95
Ginger Beer, Lemon Lime & Bitters

Sparkling Mineral Water
500ml $6.00

Lipton Peach Ice Tea $6.00

Bottled Juices $5.80
Apple, Orange

Fruit Smoothies

GF V

Choose from Banana, Strawberry, Mixed Berries or Mango $10.80

Freshly made with Greek Yoghurt, Honey & Ice Cream

Alternative Milk Options

Soy, Almond Milk, Oat Milk, Lactose-Free Milk $2 extra

Dairy-free Ice Cream $2 extra

Coconut Yoghurt $1 extra

Protein Shakes

GF V

Mad Nutter - Peanut Butter, Protein Powder, Banana, Honey, Milk, Ice $12.60

Pro Mocha - 3 shots of Coffee, Chocolate Powder, Banana, Protein Powder, Ice, Milk

Tropical Treat - Pineapple, Strawberry, Mango, Coconut Water & Protein Powder

Alcoholic Drinks

	Glass	Bottle
Sparkling Wines		
Prosecco - De Bortoli - King Valley, Victoria	$9.50	$42
Mimosa - Orange Juice & Prosecco	$9.50	
White Wines		
Chardonnay - Elephant in the Room - Limestone Coast, SA	$9.00	$40
Sauvignon Blanc - Kim Crawford - Marlborough, NZ	$9.00	$40
Pinot Gris - Squealing Pig - Marlborough, NZ	$10.00	$45
Red Wines		
Cabernet Sauvignon - Riddoch - Coonawarra, SA	$10.00	$46
Pinot Noir - La Forge Estate - France	$12.00	$57
Shiraz - Duck Duck Goose - Barossa Valley, SA	$11.00	$48
Rosé Wine		
Rosé - Arrogant Frog - Languedoc-Roussillon, France	$9.50	$42

Beers

Dark Ale - Coopers 375mL	$11.00
Lager - Peroni Nastro Azzurro 330mL	$9.50
Lager - Hahn Super Dry 330mL	$9.50
Lager - Great Northern Brewing Co. Super Crisp 330mL - mid-strength	$9.00
Lager - James Boag's Premium Light 375mL	$9.00
Lager - Heineken Zero (non-alcoholic) 330mL	$8.00

If you have a dietary requirement, please inform our staff

Items & prices current as of December 2025 & subject to change. Please contact us for our latest menu.

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All Day Breakfast

Free-range Eggs $13.50
any which way
Fried, Scrambled or Poached, on Sourdough

V **Feta & Avocado Smash** $18.00
Cherry Tomatoes & Poached Egg, with Balsamic Glaze, on Sourdough

V **Corn & Zucchini Fritters** $21.50
with Avocado, Cherry Tomatoes, Beetroot Relish & Aioli

Omelettes

GF Ham & Cheese $21.00
GF V Veggie $21.00
Bacon & Mushroom $21.50
Smoked Salmon, Baby Spinach & Onion $22.00
Please allow a few extra minutes for this delicious brekky

Pancakes $22.00
with Maple Syrup, Strawberries, Banana & Cinnamon Butter

GF **GF Banana Pancakes** $25.00
with Seasonal Berries, Cinnamon Butter & Maple Syrup

Cinnamon French Toast $20.00
with Seasonal Berries, Maple Syrup & Ice Cream

GF **Strawberry & Banana Crepe**
with Maple Syrup & Ice Cream $18.50

Granola Bowl $19.00

Choice of Sauces:
$1 each: BBQ, Mayo, Mustard, Sour Cream, Tartare, Tomato, Worcestershire
$2 each: Aioli, Caeser Dressing, Gravy, Hollandaise, Onion Relish, Mustard Pickles, Pesto Mayo, Sweet Chili Sauce, Tomato Relish, Beetroot Relish

Toast from $6.50
Choice of Bread
2x Sliced White, Wholemeal or Multigrain
Sourdough or Turkish $1.15 extra
With a Choice of Spread

Raisin Turkish $7.10

Bacon & Haloumi Stack on Turkish $22.00
Tomato Relish, Avocado, Mushrooms, Baby Spinach & Poached Egg

Bacon & Egg Roll $13.00
with Tomato or BBQ Sauce
Add Cheese $1 extra

Eggs Benedict with Baby Spinach
Florentine $19.00 V
Bacon or Smoked Salmon $22.00
Ham or Mushroom $12.00
Half Benny or Gluten Free Available

Lambs Fry $20.50
Bacon, Mushrooms, Gravy & Sourdough

Big Breakfast $25.50
2 Bacon, Sausage, 2 Eggs, Haloumi, Hash Brown, Roast Tomato, Mushrooms, Avocado & Turkish

Extras:
$1 each: Honey, Jam, Marmalade, Vegemite, Peanut Butter, Nuttelex, Cream Cheese
$3 each: Baby Spinach, Egg, Feta, Roast Tomato, Hash Brown
$4 each: Avocado, Sausage, Corn Fritter, Haloumi
$5 each: 1 Bacon rasher, Mushrooms, Smoked Salmon
$8 each: Grilled Chicken

Lunch

GF **Chicken Pesto Stack** $21.00
Grilled Chicken, Tomato, Zucchini, Pumpkin, Pesto Mayo, Parmesan & Salad

Chicken Schnitzel $22.00
Crumbed Chicken with Salad & Chips GF available $3 extra

GF **Salt & Pepper Squid** $22.00
with Sweet Potato Wedges, Aioli & Salad

Crispy-Battered Flathead Fillets $22.00
with Garden Salad & Chips

GF **Crepe with Salad** $21.00
Chicken & Mushroom Crepe

Quiche of the Day
with Garden Salad $20.00
Bacon & Brie
V Pumpkin, Feta & Spinach
Salmon & Shallots

Dedicated GF Fryer on Request

Deluxe Burger $22.00
Beef or Chicken
Bacon, Cheese, Egg, Lettuce, Roasted Beetroot, Tomato & Grilled Pineapple with Onion Relish

Beef Nachos $22.00
with Corn Chips, Cheese, Avocado, Sweet Chili Sauce & Sour Cream

Veggie Bowl $21.80 V
Corn fritter, Haloumi, Avocado, Mixed Lettuce, Beetroot Relish, Cucumber, Grilled Pumpkin, Carrot, Aioli & Balsamic Glaze

Mushroom Bruschetta $21.00 V
Mixed Mushrooms, Garlic, Shallots, Avocado, Wilted Spinach & Balsamic Glaze on Toasted Sourdough

Salad Bowl $19.00 V
Lettuce, Cherry Tomatoes, Carrot, Cucumber, Beetroot, Pumpkin, Feta, Mushrooms & Balsamic Glaze
To Add - See Extras

Don't Forget To Check Out Our Specials!

*Please see our **Display Cabinet** for today's delicious house-made **Sweet Treats & Loaves.** GF available.*

LIVING GOURMET CAFE

Sandwiches & More

Open Melts on Turkish
(Half Melts & Gluten-free available)
Bacon OR Chicken, Avocado & Cheese $19.00
Roast Pumpkin, Avocado, Cheese & Tomato $19.00
Ham, Pineapple & Cheese $19.00

Wraps
Fresh or Toasted
Sweet Chili Chicken Wrap $15.00
Chicken, Tomato, Cheese, Lettuce & Sweet Chili Sauce

Brekkie Wrap $15.00
Bacon, Egg, Hash Brown, Sausage, Cheese & BBQ sauce

Caesar Wrap $15.00
Caeser Dressing, Chicken Schnitzel, Lettuce, Bacon, Egg & Parmesan

Sandwiches (Fresh or Toasted)
White, Wholemeal, or Multigrain
$3 extra: Gluten-Free Bread or Roll
$1.15 extra: Sourdough or Turkish
Pumpkin, Lettuce, Tomato, Carrot Cucumber, Avocado & Aioli $14.80
Bacon, Lettuce, Tomato & Mayo $17.00
Chicken, Bacon, Lettuce, Tomato, Pesto & Mayo $20.00
Smoked Salmon, Cream Cheese, Red Onion, Capers & Lettuce $18.00

Chips

	Small	Med
Potato Chips	$6.00	$9.00 GF
Potato Wedges	$8.00	$12.00
Sweet Potato Wedges*	$7.00	$10.50 GF

Add Aioli $2 extra
Add Sweet Chili & Sour Cream $3 extra
*Subject to availability

Light Bites

Small Pancakes $15.00
With Strawberries & Ice Cream

Bacon & Egg $13.00
One rasher, one egg, one slice toast

Small Breakfast $16.80
Bacon, Egg, Hash Brown, Roast Tomato & Mushrooms

Cheese Burger $13.00
Cheese, Beef Pattie & Tomato sauce

Ham, Cheese & Tomato Toastie *on White Bread* $11.00

Fish & Chips $15.00
Small serve of Battered Fish with Chips

Prawn Cutlets $18.00
With Salad, Sweet Chili & Mayo

Croissant
Ham & Cheese $9.60
Butter & Jam $8.20

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