



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'.

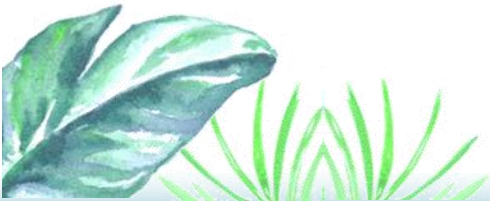
With a milk chocolate, candied hazelnuts & orange cake taste its *Not Too Light, Not Too Bold, But Just Right!*

500g 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	Paradise Juice	\$10.00
Apple, Celery, Pear, Baby Spinach		Pear, Apple, Pineapple, Watermelon	
Fresh Living Juice	\$10.00	Detox Juice	\$10.60
Orange, Apple, Carrot, Beetroot, Pineapple		Pineapple, Lemon, Apple, Spinach, Ginger	
		Orange Zing Juice	\$10.60
		Orange, Carrot, Pineapple, Lemon, Ginger	



If you have a dietary requirement, please inform our staff

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	Short Black	\$3.60
Cappuccino	\$5.00	\$6.00	\$7.00	Babyccino	\$3.00
Latte	\$5.00	\$6.00	\$7.00	Piccolo Latte	\$3.80
Hot Chocolate	\$5.00	\$6.00	\$7.00	Chai Latte Short	\$5.00 Tall \$6.00
Long Black	\$4.00	\$5.00	\$6.00	Mocha or Dirty Chai	50c extra
Tea - Loose Leaf by the Pot				Decaf Coffee	60c extra
Organic & Fairtrade		\$5.00		Syrup flavour:	60c extra
English Breakfast, Earl Grey, Spice Chai, Darjeeling Green, Peppermint				Caramel, Hazelnut, or Vanilla	
				Milk Options: Full Cream or Skim	
				Soy, Almond,	70c extra
				Oat, Lactose-Free	
				Hot/Cold Milk on the side	30c extra

Cold Drinks

Iced Chocolate	S-\$7.00 L-\$8.00	Bottled Spring Water	\$3.50
Iced Coffee	S-\$7.00 L-\$8.00	Cans	\$4.00
2 shots of coffee with Vanilla, Ice Cream & Whipped Cream		Coke, Coke No Sugar, Lemonade, Solo	
Iced Mocha	S-\$7.00 L-\$8.00	Bundaberg drinks	\$5.95
1 shot of coffee with Ice Cream, Chocolate Syrup, Whipped Cream, Chocolate Powder & Ice		Ginger Beer, Lemon Lime & Bitters	
Iced Chai Latte	S-\$7.00 L-\$8.00	Sparkling Mineral Water	
with Ice Cream & Whipped Cream		500ml	\$6.00
Iced Latte	S-\$6.50 L-\$7.80	Lipton Peach Ice Tea	\$6.00
with 2 shots coffee over ice & milk		Bottled Juices	\$5.80
Iced Long Black	S-\$5.00L-\$6.00	Apple, Orange	
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		



Fruit Smoothies

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

Mad Nutter - Peanut Butter, Protein Powder, Banana, Honey, Milk, Ice	\$12.60
Pro Mocha - 3 shots of Coffee, Chocolate Powder, 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		
Shiraz - 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

All Day Breakfast

Free-range Eggs \$12.00

any which way

Fried, Scrambled or Poached, on Sourdough

Feta & Avocado Smash \$17.50

✓ Cherry Tomatoes & Poached Egg, with Balsamic Glaze, on Sourdough

Corn & Zucchini Fritters \$19.50

✓ with Avocado, Cherry Tomatoes, Beetroot Relish & Aioli

Omelettes

GF Ham & Cheese **\$17.50**

GF Veggie **\$17.50**

Bacon & Mushroom **\$18.50**

Smoked Salmon, **\$20.00**

Baby Spinach & Onion

Please allow a few extra minutes for this delicious brekky

Pancakes \$18.50

with Maple Syrup, Strawberries, Banana & Cinnamon Butter

GF **GF Banana Pancakes \$21.50**

with Seasonal Berries, Cinnamon Butter & Maple Syrup

Cinnamon French Toast \$16.50

with Strawberries, Blueberries, Maple Syrup & Ice Cream

GF **Strawberry & Banana Crepe**

with Maple Syrup & Ice Cream

\$17.50

Choice of Sauces:

\$1 each: BBQ, Mayo, Mustard, Sour Cream, Tartare, Tomato, Worcestershire

\$2 each: Aioli, Caesar 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 \$19.95

Tomato Relish, Avocado, Mushrooms, Baby Spinach & Poached Egg

Bacon & Egg Roll \$10.00

with Tomato or BBQ Sauce

Add Cheese \$1 extra

Eggs Benedict with Baby Spinach

Florentine or Mushroom **\$15.00**

Bacon or Smoked Salmon **\$19.50**

Ham **\$17.50**

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

\$4.00 each: Avocado, Sausage, Corn Fritter, Haloumi

\$5.00 each: 1 Bacon rasher, Mushrooms, Smoked Salmon

Lunch

GF **Chicken Pesto Stack \$20.50**

Grilled Chicken, Tomato, Zucchini, Pumpkin, Pesto Mayo, Parmesan & Salad

Chicken Schnitzel \$20.00

Crumbed Chicken with Salad & Chips **GF available \$3 extra**

GF **Salt & Pepper Squid \$21.00**

with Sweet Potato Wedges, Aioli & Salad

Crispy-Battered Flathead

Fillets \$19.95

with Garden Salad & Chips

GF **Crepe with Salad \$18.00**

Chicken & Mushroom Crepe

Quiche of the Day \$17.00

with Garden Salad

Bacon & Brie

✓ Pumpkin, Feta & Spinach

Salmon & Shallots

Dedicated GF Fryer on Request

Deluxe Burger \$19.50

Beef or Chicken

Bacon, Cheese, Egg, Lettuce, Roasted Beetroot, Tomato & Grilled Pineapple with Onion Relish

Beef Nachos \$19.95

with Corn Chips, Cheese, Avocado, Sweet Chili Sauce & Sour Cream

Veggie Bowl \$20.00

✓ Corn fritter, Haloumi, Avocado, Mixed Lettuce, Beetroot Relish, Cucumber, Grilled Pumpkin, Carrot, Aioli & Balsamic Glaze

Mushroom Bruschetta \$17.50

✓ Mixed Mushrooms, Garlic Salt, Shallots, Avocado, Wilted Spinach & Balsamic Glaze on Toasted Sourdough

Don't Forget To Check Out Our Specials!

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

GF available.



Sandwiches & More

Open Melts on Turkish

(Half Melts & Gluten-free available)

Bacon OR Chicken, Avocado & Cheese \$17.00

Roast Pumpkin, Avocado, Cheese & Tomato \$17.00

Ham, Pineapple & Cheese \$16.00

Wraps

Fresh or Toasted

Sweet Chili Chicken Wrap \$14.00

Chicken, Tomato, Cheese, Lettuce & Sweet Chili Sauce

Brekkie Wrap \$15.00

Bacon, Egg, Hash Brown, Sausage, Cheese & BBQ sauce

Caesar Wrap \$15.00

Caesar Dressing, Chicken Schnitzel, Lettuce, Bacon, Egg & Parmesan

Sandwiches (Fresh or Toasted)

White, Wholemeal, or Multigrain

\$3 extra: Gluten-Free

\$1.15 extra: Sourdough or Turkish

Pumpkin, Lettuce, Tomato, Carrot Cucumber, Avocado & Aioli \$10.80

Bacon, Lettuce, Tomato & Mayo \$15.00

Chicken, Bacon, Lettuce, Tomato & Pesto Mayo \$20.00

Smoked Salmon, Cream Cheese, Red Onion, Capers & Lettuce \$16.80

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 \$13.00

With Strawberries & Ice Cream

Bacon & Egg \$11.00

One rasher, one egg, one slice toast

Small Breakfast \$16.80

Bacon, Egg, Hash Brown, Roast Tomato & Mushrooms

Cheese Burger \$10.00

Cheese, Beef Pattie & Tomato sauce

Ham, Cheese & Tomato

Toastie on White Bread \$7.00

Fish & Chips \$13.50

Small serve of Battered Fish with Chips

Prawn Cutlets \$16.00

With Salad, Sweet Chili & Mayo

Croissant

Ham & Cheese **\$8.60**

Butter & Jam **\$7.20**

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10% surcharge on Sundays and public holidays

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