

10% surcharge on Sundays and public holidays



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	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	2 shot	3 shot		
	Cup or Small T/A	Reg or Med T/A	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
Chai Latte	\$5.00	\$6.00	\$7.00	Tea - Loose Leaf by the Pot	
Hot Chocolate	\$5.00	\$6.00	\$7.00	Organic & Fairtrade	\$5.00
Long Black	\$4.00	\$5.00	\$6.00	English Breakfast, Earl Grey, Spice Chai, Darjeeling Green, Peppermint, Lemongrass & Ginger	
Matcha	\$7.00	\$8.00	\$9.00	Spice Chai Tea milk infused	\$6.00
				Alternate milk infused	\$7.00
				Mocha or Dirty Chai	50c extra
Milk Options: Full Cream or Skim				Decaf Coffee	60c extra
Soy, Almond,		70c extra		Syrup flavour:	60c extra
Oat, Lactose-Free				Caramel, Hazelnut, or Vanilla	
				Hot/Cold Milk on the side	30c extra

Cold Drinks

Iced Chocolate	S-\$7.00	L-\$8.00	Iced Matcha	S-\$8.00	L-\$9.00
Iced Coffee	S-\$7.00	L-\$8.00	Syrup flavour:		\$1 extra
2 Shots of Coffee with Vanilla, Ice Cream & Whipped Cream			Strawberry, Mango, Vanilla, Caramel, Hazelnut, Honey		
Iced Mocha	S-\$7.00	L-\$8.00	See Milk Options Above		
1 Shot of Coffee with Ice Cream, Chocolate Syrup, Whipped Cream, Chocolate Powder & Ice			Bottled Spring Water		\$3.50
Iced Chai Latte	S-\$7.00	L-\$8.00	Cans		\$4.00
with Ice Cream & Whipped Cream			Coke, Coke No Sugar, Lemonade, Solo		
Iced Latte	S-\$6.50	L-\$7.80	Bundaberg drinks		\$5.95
with 2 Shots Coffee over Ice & Milk			Ginger Beer, Lemon Lime & Bitters		
Iced Long Black	S-\$5.00	L-\$6.00	Sparkling Mineral Water		\$6.00
2 Shots Coffee over Ice & Cold Water			500ml		
Milkshake Kid	\$4.50	S-\$6.50	Lipton Peach Ice Tea		\$6.00
Chocolate, Caramel, Vanilla, Strawberry, Coffee or Banana		L-\$8	Bottled Juices		\$5.80
Thickshake		\$3 extra	Apple, Orange		
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, 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		
Shiraz - Duck Duck Goose - Barossa Valley, SA	\$11.00	\$48
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

Items & prices current as of May 2026 & 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

GF Feta & Avocado Smash \$18.00

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

GF Corn & Zucchini Fritters \$21.50

with Avocado, Cherry Tomatoes, Beetroot Relish & Aioli

Omelettes

GF Ham & Cheese \$21.00

GF Veggie \$21.00

Bacon & Mushroom \$21.50

Smoked Salmon(i), \$22.00

Baby Spinach & Onion

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 \$18.50

with Maple Syrup & Ice Cream

Granola Bowl \$19.00

with Yoghurt & Seasonal Fruit

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 \$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(i) \$22.00

Ham or Mushroom \$22.00

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(i)

\$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(i) \$22.00

with Sweet Potato Wedges, Aioli & Salad

Crispy-Battered Flathead

Fillets(i) \$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

Smoked Salmon(i) & 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.



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

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

(i) = imported

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(i), 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(i) with Chips

Prawn Cutlets \$18.00

With Salad, Sweet Chili & Mayo

Croissant

Ham & Cheese \$9.60

Butter & Jam \$8.20

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