

Lunch

Served from 11:30am

B.L.T. Bagel 16.00
Grilled bacon, fresh tomato, baby spinach and aioli.
Served in a toasted organic bagel

Grilled Chicken Burger 19.50
Grilled free range chicken breast lightly marinated in
garlic and lemon zest. Tomato, garden greens, cheese
and aioli served in a toasted focaccia bun.
Served with chips

Beef Burger 19.50
180g angel bay beef, tomato, house chutney,
garden greens, cheese and aioli in a toasted
focaccia bun. Served with chips

Chicken Avocado Salad (GF) 19.00
Grilled free range chicken breast, marinated lightly in
garlic and lemon zest. Served on a bed of mixed
lettuce, garden salad mix, quinoa avocado, yoghurt
and lemon olive oil

Garden salad (GF) 10.50
Mixed lettuce, garden salad mix and balsamic dressing.

Calamari Salad 19.00
Crisp calamari served on a bed of mixed lettuce,
garden salad mix, bean sprouts and sweet chili
soy dressing

Toasties 8.00
Your choice of ham cheese and tomato,
seved on rye or white

Croissants 8.50
Your choice of ham cheese and tomato, toasted

Side of chips 4.50
Chips 7.50

Organic Gourmet Roll 14.50
Both served fresh or toasted

Roast Free Range Chicken
Breast, baby spinach, sundried tomato, brie, avocado
and aioli.

Roast Pumpkin, Feta Cheese, spinach, red peppers,
hummus and aioli

Kids Corner 10.00

Mini Chicken Burger
Grilled using free range chicken breast, tomato, cheese,
baby spinach, and aioli in a mini bun. Served with chips

Grilled free range chicken breast, chips and salad

(GF) – Gluten Free



Breakfast

Served from 9am until 11:30am

Toast and Preserves

Rye	6.00
White	6.00
Fruit toast	7.00
Croissant	7.00

Big Breakfast 20.50

2 eggs, mushrooms, tomatoes, 2 bacon rashers, 2 chipolatas served with ciabatta toast

Omelette

Tomato, Ham and Swiss cheese	16.50
Smoked Salmon and Spinach	18.50

Two Eggs	11.00
Fried, poached or scrambled served with ciabatta toast	

Pancakes	16.50
Mixed berry, maple syrup and cream	

Blueberry Bagel	12.50
Blueberry bagel toasted with warm poached pear, toasted coconut and citrus cream cheese	

Eggs Benedict	18.50
Toasted organic bagel, ham, spinach, poached free range eggs, asparagus and homemade hollandaise	
Eggs Benedict Salmon	20.50
Eggs Benedict Bacon	20.50

Veggie Delight	19.00
Spinach, 2 free range poached eggs, mushrooms, tomato, asparagus, avocado and labneh Served with toasted ciabatta	

Kids Pancakes	10.00
Mixed berry compote, maple syrup & cream	

Kids Egg on Toast	7.50
1 egg, 1 toasted ciabatta	

Pop Tart Choc or Straw	4.50
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Extras	
2 eggs	4.50
bacon	4.50
spinach	3.50
mushrooms	4.00
chipolata sausages	4.00
grilled tomatoes	3.00
smoked salmon	4.50
half avocado	4.00
labneh & quarter avocado	4.50
asparagus with lemon olive oil	4.00
gluten free bread	2.50
hash brown	3.00

Espresso	3.00
Short Macchiato	3.50
Flat White, Cappuccino, Café Latte	3.90
Long Black	3.80
Hot Chocolate	4.00
Long Macchiato	4.30
Mocha	4.30
Chai Latte	4.20
Extra shot Soy Decaf	0.50
Mug	1.00

We use only the finest and freshest ESSENZA coffee beans, roasted daily by master roaster Mena Samios in Mt Lawley.

ELMSTOCK TEA POT FOR ONE	
English breakfast, Earl Grey, Green, Chamomile, Guava & Pomegranate	
Peppermint, Rooibos, Chai	4.50

ICED DRINKS	
Iced Coffee, Iced Chocolate, Iced Mocha	
with cream + ice cream	6.00

MILKSHAKES	
Vanilla, Chocolate, Strawberry, Banana, Caramel, Spearmint (blended with ice cream)	5.50

COLD DRINKS	
Still Water	2.50
Soft Drinks	4.00
Iced Tea Varieties	4.00
Bundaberg Sparkling Drinks	4.50
Luscombe Sparkling Drinks	5.00

Noah's Creative Juices	4.50
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- Apple
- Apple, Banana + Lychee
- Apple, Peach, Kiwi Fruit, Mango + Lime
- Apple, Guava, Blackcurrant, Strawberry + Blueberry
- Valencia Orange
- Orange, Apple, Guava, Pineapple + Pawpaw

blue lotus cafe

