

SPENCE & LARDER

COFFEE \$4.0 / \$4.5 / \$5.0

Latte	Golden Latte	Flat White
Matcha Maiden	Cappuccino	Prana Chai + \$0.5
Espresso	Hot Chocolate	Long Black
Mocha	Long Mac	Dirty Chai + \$0.5
Short Mac		

ALTERNATIVE MILK + \$0.8

Califia Oat	Milk Lab Coconut	Milk Lab Macadamia
Bonsoy Soy Milk	Milk Lab Almond	Milk Lab Lactose Free

TEA \$3.8 / \$4.2 / \$4.8

English Breakfast	French Earl Grey
Peppermint	Gunpowder Green
Chamomile	Lemongrass

SMOOTHIES \$8.9

Mango Madness – Mango, Banana, Coconut Milk
Berry Blast – Mixed Berried, Banana, Coconut Milk
Kiwi Green – Kiwi, Banana, Spinach, Coconut Sorbet, Coconut Milk
Pineapple Sensation – Pineapple, Banana, Coconut Sorbet, Coconut Milk
Banana – Banana, Coconut Sorbet, Coconut Milk

FRESH COLD PRESSED JUICES \$7.0

Orange or Apple

MIX YOUR OWN \$8.9

Apple, Orange, Pineapple, Celery, Beetroot, Kale, Spinach, Lemon, Watermelon, Cucumber

S&L COLD PRESSED JUICES \$8.9

Clean & Green – Apple, Cucumber, Celery, Baby Spinach, Lemon
Detox – Beetroot, Carrot, Apple, Lemon, Ginger
Summer Starter – Watermelon, Celery, Cucumber, Ginger
Immune Boost – Orange, Carrot, Ginger
Apple Zinger – Apple, Lemon, Ginger
Sunshine – Apple, Orange, Lemon, Ginger
Kale King – Kale, Baby Spinach, Celery, Cucumber, Lemon, Ginger

BREAKFAST TOASTIES

Ham, Cheese & Tomato \$7.9
Hot Sopressa Salami, Tomato & Cheese \$7.9
Ham & Cheese \$7.5
Cheese & Tomato \$6.6
Brekkie Wrap – Free Range Egg, Bacon & Tom Relish \$8.5
Veggie Brekkie wrap – Free Range Egg, Swiss Cheese, Pesto & Baby Spinach \$7.5
Brekkie Roti – Free Range Egg, Bacon, Avocado, Baby Spinach & Tom Relish \$9.9
Yogurt Pot – Natural Yogurt & Mixed Berry Coulis \$5.5
Fruit Salad Pot \$5.0
Toast with Vegemite, Peanut Butter, Honey, Strawberry Jam, Marmalade \$2 per slice (Grain or White Bread)

HOUSE MADE PASTRIES

(Pies can be made into Family pies on request and 48 hours notice)

Beef & Vegetable Curry Puffs \$8.9	Beef Curry Puffs \$5.0
Chicken, Mushroom & Potato Filo \$9	Spanakopita (V) \$7.0
Mediterranean Tart (V) \$7.8	Vegetable Pastie \$8.9
Prosciutto, Tomato & Fetta \$8.8	Smoked Ham & Brie \$8.2

(Family Size Available on request & 24 hours notice)

SALADS

Seasonal house Salads Small \$12.9 Large \$14.9

SWEETS – MADE IN HOUSE

Caramel Slice	Lemon Slice	Rocky Road
Brownie	Mud Cake	Baked Cheese Cake
Yoghurt Pot	Fruit Salad	Friends
Amaretti Biscuits	Melting Moments	Cookies (Smartie, Fudge Chip) and more.....

FOCACCIAS FROM \$11.9

Calabrese – Hot Sopressa Salami, Provolone Cheese, Semi Sundried Tom, Olives, Baby Spinach & Napoli
Cubano – Pulled Pork, House Pickles, Manchego Cheese, American Mustard & Fresh Chilli
Panko Chicken – Panko Crumbed Chicken, Slaw, Coz & House Mayo
Turkey BLT – Smoked Turkey, Bacon, Swiss, Tomato, Coz Lettuce, Mayo & Cranberry Sauce
Mediterranean (V) – Grilled Eggplant, Capsicum, Pumpkin, Zucchini, Bulgarian Fetta, Pesto & Tom Relish

BAGUETTES \$9.9

Poached Chicken, Mayo & Spring Onion, Coz Lettuce & Swiss
Smoked Ham, Swiss Cheese, Baby Spinach & House Mayo
Smoked Turkey, Brie, Cranberry Sauce, House Mayo & Cranberry Sauce

WRAPS - HALF \$6.9 / WHOLE \$9.9

Panko Crumbed Chicken, Sriracha Slaw & Coz
Chicken, Avocado, Mayo & Coz
Free Range Egg, House Mayo, Spring Onion & Coz

SANDWICHES \$13.9

Prosciutto – Prosciutto, Grilled Capsicum, Pesto, Mayo & Pesto
Pastrami – NY Pastrami, Remoulade, Roquet, Dijon & Pickle
Roast Chicken – Chicken, Celery, Avocado, Dill, House Apricot
Kasoundi, Baby Spinach & House Mayo

BAGELS \$13.9

Salmon – In-House Cured Salmon, Cream Cheese, Capers, Cucumber, Onion & House Mayo

READY MADE

Beef Lasagne \$12.5 Pumpkin & Caramlaised Onion Lasagne (V) \$11.5
Cannelloni (V) \$11.5 Mediterranean Chicken Balls \$11.0
Add Side Salad for \$4.5