

LUNCH

11:30am - 3:00pm

Frittata

house made with dressed salad
see board for todays selection

\$14.50

Soup

house made with sourdough
see board for todays selection

\$12.00

Lamb

slow cooked lamb shoulder, cauliflower cream, cauliflower rice, roasted baby carrots,
cumin labneh, pomegranate

\$22.00

Salmon

pan fried salmon, sweet potato puree, roasted beetroot, brocolinni, almonds, lime

\$22.00

Schnitzel

panko crumbed chicken breast, fennel, apple and red cabbage slaw, green herb sauce

\$20.00

Grain Salad

quinoa, wild rice, frekkeh, chick peas, maple roasted pumpkin, beetroot, cherry tomato,
corn kernels, dried cranberries, corriander, seeds, goats cheese, pistachio dukkah
add house salmon \$6 / avo \$4 / poached egg \$1

\$17.50

LITTLE PEOPLE

Avo on Toast

\$6.50

1 Egg on Toast with Bacon

\$6.50

Ham and Cheese Toastie

\$6.50

Hotcake with Maple Syrup and Nutella Ganache

\$6.50

See our cabinet for a daily selection of baguettes, bagels, sandwiches and sweets

gf - gluten free

v - vegan

We provide gluten free bread upon request.

Ask about our daily food and drink specials.

We will try our best to accomodate changes to the menu,
however during busy periods this may not be possible.

Thank you for your understanding.

**TOWER
CAFE**