

## Breakfast

(available 8am - 3pm)

### Toast

Organic Hope Farm sourdough or baguette	5.0
Banana Bread	5.0
Gourmet fruit loaf	6.0
Mixed seed Gluten Free	6.0
<u>All served</u> with butter or Nuttelex	

### Extras

Vegemite, peanut butter, honey or nutella	1.0
Our own mixed berry, strawberry jam or marmalade	2.5
Poached fruit	3.5
Avocado, crumbled goats' cheese & olive oil	6.0
Our own honey roasted muesli with cashews, apricots, sultanas, mixed seeds & roasted oats, served with cold or warm milk (d/f option)	8.95
Yoghurt or poached fruit	2.0
Hazelnut ricotta pancakes with poached fruit	16.95
Maple syrup, ice cream, cream or yoghurt	2.0

Zucchini & ricotta fritters served with tomato coulis & topped with Parmesan & roquette (veg, g/f)	16.95
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Roasted mushrooms & fresh roquette on organic sourdough topped with fetta cheese & drizzled with olive oil (veg, d/f option, g/f option)	15.95
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<b>KTR eggs Benedict</b> with poached egg, roast tomato & spinach on English muffin with garlic yoghurt sauce (g/f option, d/f option, veg option)	
Greg's award winning ham or smoked salmon	17.95
Half serve	10.95

Slow cooked baked beans with corn bread & crumbled fetta (veg, g/f option, d/f option, v option)	15.95
Ham	2.50

<b>Breakfast baguette</b> with free range fried eggs, free range bacon, tasty cheese & tomato relish	14.95
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<b>Salmon scrambled eggs</b> served on Organic Hope Farm sourdough toast with tomato relish	15.95
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Free range eggs on organic sourdough (poached, fried or scrambled) (g/f option)	9.0
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Sides:	each
Avocado, tomato relish, roast tomato	2.5
Our own baked beans, mushrooms, spinach	3.0
Marinated goats' cheese	3.5
Free range bacon, smoked salmon, sausages	4.0

## Lunch

### KTR Board

Rosemary & garlic hommus, Greg's free range smoked ham, garlic sausage, warm marinated olives, Mersey Valley Mature Cheddar, our own caramelized onion & tomato relish, marinated artichoke hearts, eggplant & roast capsicum. Accompanied by baguette & house made lavoshe (veg option) 18.95  
To share 27.95

### Gnocchi

#### Our own ricotta & parmesan gnocchi

Greg's smoked ham, sun dried tomato, anchovies & roquette in a white wine garlic cream sauce  
or 18.95  
Mixed roasted vegetables, walnut, pesto & shaved parmesan (veg) 16.95

### Salads

**Tuna salad** with miso honey ginger dressing, glass noodles, pole caught tuna, coriander, tomato, cucumber, baby spinach, fried shallots & sesame seeds (d/f, g/f) 16.95

Warm roast **vegetable salad** with roasted pumpkin & capsicum, thyme caramelized onion, marinated goats' cheese, pumpkin seeds, roquette, chickpea & hazelnut pomegranate molasses dressing (veg, g/f, d/f option, v option) 14.95

**Chicken salad** with free range chicken breast, garlic crouton, ceasar dressing, bacon, avocado, poached egg, sun dried tomato & gourmet lettuce (g/f option) 17.95

### Soup of the Day

Served with toasted cheesy herb & garlic beer bread (g/f bread available) 10.50

### Baguettes

Toasted on request. Turkish bread available.

1. Free range chicken, avocado, spinach, sundried tomato, tasty cheese & aioli 12.95
2. Smoked salmon, cream cheese, avocado, capers & baby spinach 14.95
3. Eggplant, roasted capsicum, pesto mayonnaise, fetta & baby spinach (veg) 12.95

### KTR Gourmet Beef Burger

Free range house made beef burger served with wild herb relish, aioli, roast tomato, free range bacon, Swiss cheese, free range egg & roquette 16.95

## Organic FairTrade Coffee

Latte, Cappuccino, Flat White, Espresso, Short Macchiato	3.5
Double Shots, Long Macchiato, Long Black, Decaf & Mugs	4.0
Mocha	4.5
Wicked bowl/Tall Latte, Cappuccino, Chai Latte	6.0
Wicked bowl/Tall Mocha	6.5
Affogiatto - a double shot espresso & ice cream	6.0
Add a shot of Baileys, Kaluah or Whisky	3.0
Baby 'cino'	1.0
Organic Bonsoy (extra)	regular 0.5 mug 0.75

**Chai Latte (Calmer Sutra)** 3.5

**Dandelion Café Latte** 3.5

## Organic Loose Leaf Tea

Single pot	3.5
Double pot	7.0

English Breakfast, Earl Grey, Chamomile, Chai,  
Orange Pekoe, Peppermint, Lemongrass, Asian Green,  
Lemongrass & Ginger, African Red Rooibos

## Organic Tea Blends from the Yarra Valley

Single pot	4.0
Double pot	8.0

Calm Down - Rooibos, Chamomile, Rose Petal  
Nod Off - Biodynamic Apple, Wild Crafted Linden,  
Elderflower, Chamomile  
Digest It - Lemongrass, Peppermint, Chamomile  
Liven Up - Licorice Root, Spearmint, Yerba Mate,  
Star Anise  
Think straight - Lemongrass, Lemon balm, Lemon  
verbena, Yerba Mate  
Detox (new you) - Dandelion leaves and root, Nettle,  
Birch, Raspberry leaves, Elder flowers, Calendula  
flowers, Cornflowers

## Scones

Our own scones with house made  
mixed berry jam and double cream 8.50

## Cakes

Our own cakes in our fridge display

**Function enquiries welcome!**

**Lindt Hot Chocolate** 6.0  
Choose from White, Milk or Dark chocolate

**Ice Chocolate / Ice Coffee**  
Made with milk, ice-cream & your choice of  
Lindt choc / espresso coffee  
Traditional 6.0  
Shaken! Not stirred 6.0

**Milkshakes**  
Regular 4.5  
Child size 3.5

Chocolate, Strawberry, Caramel, Lime  
Vanilla, Blue Heaven, Pineapple  
With Malt 0.5

**Smoothies** 5.5  
Mixed berry or banana  
(made with yoghurt, honey & milk)

**Slushies** 5.5  
Strawberry or raspberry  
(made with frozen berries & ice)

**Organic Juices**  
Large 4.0  
Child size 3.0

Orange, Apple, Grapefruit, Mixed

**Bravo Bottled Drinks** 4.0  
Choose from Sparkling Water, Lemon  
Lemon Lime & Bitters, Chinotto,  
Mandarin, Mexican Lime, Passionfruit,  
Blood Orange, Raspberry & Cranberry,  
Pink Grapefruit

**Ginger beer** 4.0

**Sparkling apple juice** 4.0

**Zinga organic iced tea** 4.0  
Lemongrass & ginger

**Spiders** 6.0  
Your choice of Bravo drink with ice cream