

TERRIGAL WHOLE FOOD

www.terrigoalwholefood.com.au Orders@terrigoalwholefood.com.au
19 Chetwynd Road, Erina NSW Ph 0493 426 873

BREAKFAST

From 7:30 am

OUR HOUSE MADE GRANOLA • \$12.50

Organic oats baked with honey and cinnamon, hazelnuts and dried fruits
your choice of milk, fresh fruit and yoghurt. V

OVERNIGHT OATS • \$12.50

Organic oats and chia soaked in oat milk, coconut yoghurt, maple syrup and
topped with berries, goji and shaved coconut. V

MUSHROOMS ON TOAST • \$15.50

Ricotta with roasted tomatoes, sauteed mushrooms and spinach
add 2 eggs \$5.00
(can be V, GF)

AVOCADO ON TOAST \$18.00

Smashed avocado on sourdough with tomato, fetta, pesto and two poached
eggs.
V, Can be GF

TOAST & SPREADS \$8.50

Sonoma Artisan Bakers Sourdough
Organic Raisin and fruit loaf
Gluten Free White loaf

SPREADS

- Selection of Jam • Peanut Butter
- Vegemite

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BACON & EGGS • \$19.50

Two fried eggs with sourdough toast and grilled bacon

BUILD YOUR OWN BREKKIE

SIDES

Extra toast, spinach,
mushrooms, eggs, roasted tomato \$5

sausage, avocado, smoked
salmon, bacon, haloumi \$6

PAN SEARED ZUCCHINI FRITTERS • \$18.50

with corn purée with poached eggs and pesto (3 pieces)

THE DOUBLE B&E ROLL \$17.50

Smokey bacon and local fried eggs on a milk bun with caramelized onion
and tomato relish

THE BLAT WRAP \$17.50

Bacon, lettuce, avocado and tomato and aioli in a wrap

OUR BENNY \$20.50

2 poached eggs on an english muffin, spinach or ham and a classic
hollandaise sauce

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LUNCH

COCONUT POACHED CHICKEN SALAD \$19.00

Coconut poached chicken breast served with a fresh salad of coriander, mint, cucumber and rice noodles

GF

THE “SMASH” BEEF BURGER \$20.00

All beef pattie with tomato, caramelised onion, red cheddar, pickles and our burger sauce on a milk bun served with fries

THE VEGE BURGER \$16.50

The “Bud’s” burger with tomato, caramelised onion, red cheddar, pickles and our burger sauce on a milk bun served with fries

GRILLED LEMON CHICKEN SALAD \$22.00

Lemon roasted chicken, cos and rocket, tomato, cucumber, roasted peppers, buffalo mozzarella and mustard dressing

GF

SPICY CHICKEN WRAP \$15.50

Spiced and herbed chicken breast with house made coleslaw, served in a wrap

THAI BEEF SALAD \$19.00

Grilled marinated sirloin served with a fresh salad of coriander, mint, cucumber and rice noodles

GF

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TOASTED SANDWICHES

CHICKEN AND AVOCADO \$14.50

Chicken, mayonnaise, avocado, swiss cheese and onions, on white.

VEGETARIAN \$12.50

Roasted mushroom, hummus, roasted peppers, spinach, onions and fetta on white

REUBEN \$17

Pastrami, swiss cheese, mustard and pickles, Russian Dressing on rye

THE ITALIAN \$17

Italian ham, roasted peppers, grilled zucchini, tomato, rocket and onion and mozzarella on panini

THREE CHEESE \$12.50

Swiss, tasty and jack cheese toasted on white

Fries with Tomato Sauce \$9

Sweet Potato Wedges with Aioli \$12.50

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KIDS MENU

KIDS SANDWICH \$8

Ham/Chicken/Cheese/tomato/vegemite/Peanut butter

on White

KIDS BURGER \$12

Beef pattie, milk bun and tasty cheese with chips and tomato sauce.

KIDS NUGGETS \$12

6 Chicken Nuggets served with chips and tomato sauce

KIDS HOTDOG \$12

Kids Frankfurt on a Bun with chips and tomato sauce

KIDS BOWL OF CHIPS \$5

Kids Lunch Box \$12

Sandwich/Fruit/Juice

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HOT DRINKS

Almond Milk / Lactose Free Milk / Oat Milk / Soy / Coconut Milk
add \$0.70

ESPRESSO COFFEE

Espresso, Macchiato, Piccolo Latte: \$3.80

Flat White, Latte, Cappuccino, Long Black, Mocha, Hot Chocolate, Chai Latte:
\$4.50 small \$5.00 large

A POT OF TEA

\$5.00 English Breakfast, Earl Grey, Green tea, Peppermint, Camomile

CHAI SPICED TEA

A Chai based blend of eastern herbs and spices brewed into steamed milk
\$5.00

CAKES & SWEETS

Banana Bread • \$6.50
Served toasted with butter (dairy free option)

Choc Brownie • \$7.00

Granola Bar • \$8.50 Assorted raw vegan bars

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COLD DRINKS

TRADITIONAL ICED COFFEE \$6.50

Fresh espresso double shot, whipped cream, vanilla syrup & ice cream. 20 oz

ICED CHOCOLATE \$6.50

With chocolate syrup, ice cream & whipped cream. 20 oz

ICED LATTE

Fresh espresso shot over cold milk and ice. 16oz \$6.00

SMOOTHIE MENU

\$10/\$12 with protein

GREEN MACHINE

Cucumber, celery, banana, mango, spinach, and coconut water.

BANANARAMA

Banana, almond milk, vanilla yogurt, honey.

PRO-NUT SMOOTHIE

Peanut Butter, Banana, Almond milk, chocolate, honey.

MANGO BREEZE

Mango, Mango nectar, coconut water, or apple juice.