



FOOD



Welcome to Two Whales Coffee Shop—a family run business. We believe in providing fresh, wholesome and delicious vegetarian and vegan (v) food and drink, whilst respecting environmental concerns. Your food is freshly prepared to order—sit back and chill out whilst we buzz around like our bees :-)

— HOT FOOD —

Soups of the Day

Home made, gluten-free (and usually dairy-free) served with fresh bread. The large soup comes with freshly made, seasonal salads with own house dressing. Please ask for our gluten-free bread options.

Small soup served with bread	\$7.00
Large soup served with bread and salads	\$10.50

Paninis

Each panini arrives with freshly made, seasonal salads with our house dressing. We are pleased to offer gluten free and dairy free options. *Please see over for our current list of paninis.*

Panini and salads	\$12.00
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Hearty Lunch Combo

Panini and salads with a small soup	\$17.50
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Tofu Panda (v)

"Time is an illusion, there is only the now" Master Shifu.

Organic tofu marinated in tamari and sesame oil served on shredded cabbage fermented with seasonal root vegetables, ginger and garlic. Served with a homemade chutney, naan and green salad.

\$12.00

Our Homemade Bagel

Toasted with butter, homemade jam, Marmite or seed butter	\$3.25
Toasted with cream cheese	\$4.25

Specials

See the chalk board for our daily specials.

— ESPECIALLY FOR CHILDREN —

Banana and honey or Peanut butter and homemade jam sandwich	\$5.00
Plain toasted cheese sandwich	\$5.00

Made with our homemade multigrain bread.

continued over

— PANINI MENU —

Art Works

Artichoke paté with garlic mushrooms

Be Nuts (v) **NEW**

Cashew nut paté & roasted beet chutney

Berry Picker

Brie, partridgeberry pickle and spinach

The Bollywood (v)

Curried lentil paté; apple, apricot and mint chutney with zingy grated carrot

Blue Whale

Blue cheese with our pear relish

Capricorn

Goat's cheese and caramelized onions

Happy Hippie (v)

Hummus, roasted peppers, red onion, sundried tomato and black olives

Mexican

Avocado, diced peppers, red onion, jalapeno chilies with mozzarella

Miso Healthy (v)

Walnut paté with miso fermented kale sauerkraut

Naughty Nanny

Goat's cheese, spinach and sweet chilli relish

Parisian

Brie and garlic mushrooms

Ploughman

Mature cheddar with one of our homemade chutneys

Roman

Mozzarella, pesto and tomato

Sicilian

Mozzarella, roasted Mediterranean vegetables and black olives

Some Like It Hot

Spicy black bean paté, red onion, roasted peppers, strong cheddar and jalapeno chilies

The Grand Seduction

Avocado, spinach, sun-dried tomatoes, black olives and mozzarella

— BREAKFAST —

Two Whales Granola (v)

Organic oats and wheat germ with pecans, raisins, maple syrup and spices—crunchy and delicious. Your choice of milk or yogurt. \$5.00

Chia Pudding (v)

Our seasonal take on this protein packed superfood \$5.00

Toast and Bagels

Two slices of homemade bread or a homemade bagel with butter, homemade jam/marmalade or Marmite/Vegemite \$3.25

TLT (v)

Tempeh (soy-based healthy alternative to bacon), lettuce & tomato with whole grain Dijon mustard and vegan mayo in a panini bun \$9.50

— ICE CREAM —

Lovingly made in the Coffee Shop kitchen from the finest ingredients—organic where possible—with absolutely no added anything!

One scoop \$3.50 Two scoops \$6.00

