

FOOD MENU 22nd August 2021

Everything is vegetarian, (v) = vegan

Salads

We grow all our own organic salad greens in our greenhouses and gardens. Currently this includes four types of heritage lettuce, kale, sugar snap peas and radishes/purple turnip. Our house salad is a mixture of fresh greens with our house dressing of organic olive oil and balsamic vinegar and our famous hand-cut coleslaw.

Soup of the Day

Home made, gluten-free (and usually vegan) served with fresh bread (incl. gluten-free option).
small \$8—large with salads \$12

Paninis

Made with a 9 grain ciabatta bun or our homemade gluten-free bun

Berry Picker: brie, partridgeberry pickle & spinach

Bollywood (v): curried lentil paté, apple, apricot & mint chutney with grated carrot

Happy Hippie (v): hummus, roasted peppers, red onion, sundried tomato & black olives

Naughty Nanny: goat's cheese, spinach & sweet chilli relish

Ploughman: mature cheddar with one of our homemade chutneys

Roman: mozzarella, pesto & tomato

Smokey Pomme: maple glazed apple, spinach & smoked cheddar

Some Like It Hot: spicy black bean paté, red onion, roasted peppers, strong cheddar & jalapeno chilies (can be made vegan without cheese)

The Grand Seduction: avocado, spinach, sundried tomato and mozzarella

Smokey Pomme: smoked cheddar, maple glazed apple, spinach

Be Nuts (v): cashew nut & pecan pate, roasted beet chutney

Art Works (v): homemade artichoke pate, garlic mushrooms

Blue Whale: blue cheese, pear relish

Capricorn: soft goat's cheese, caramelized onions

Mexican: avocado, diced peppers, red onion, jalapeno chilies, mozzarella

Parisian: brie, garlic mushrooms

TLT (v): tempeh (soy-based healthy alternative to bacon), lettuce & tomato with whole grain Dijon mustard and vegan mayo

panini \$9.50—with salads \$12.50

Hearty Lunch Combo

Panini, salads with a small soup \$18

Bay Burrito (v)

Locally grown turnips and carrots caramelized to perfection in spiced olive oil with red onions and mushroom with a nut and seed salsa. (vegan) \$12.50

Tofu Panda (v)

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

[can be made gluten-free]

Homemade Bagel

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

Toasted with cream cheese \$4.25

Especially for Children

Banana and honey sandwich \$5

Peanut butter and homemade jam sandwich \$5

Plain toasted cheese sandwich \$5

[made with our homemade multigrain bread]