

Mitte

TAKE AWAY MENU

ORGANIC TOAST	with butter	6
ORGANIC FRUIT TOAST	with butter	6
Dr MARTYS CRUMPETS	with butter	6
Egg & Bacon Roll		8
Egg & Bacon with tomato relish, mayo in brioche roll		
Egg & Halloumi Roll		8
Egg & Halloumi tomato relish in brioche roll		
Ham Cheese & Tomato Toast		8
Mushroom on Toast		8
open toasted sandwich with grilled mushrooms		
Croque Monsieur		12
mustard, béchamel, swiss cheese & gypsy ham		
Fresh Beetroot Sandwich		12
Meredith goat's fetta, avocado, beetroot relish, mixed leaves, toasted seeds on multigrain sourdough		
Vegetarian Toastie	VG	12
roasted pumpkin, zucchini & capsicum, cheddar, tomato walnut pesto with rocket on rye.		
Fresh Chicken Sandwich		12
slow roasted cajun chicken with lettuce, pickled gherkin & house made sriracha mayo on sourdough		
Avocado & Pea Smash	VG	12
cherry tomatoes on multigrain toast sprinkled with seeds		
Porridge	SF VG	12
steel cut oats, chia seeds, fruit compote served with roasted hazel nuts & maple syrup		
Breakfast Crumble		12
Vanilla, cinnamon poached apples and pears topped with a toasted macadamia nut crumble,		
Powerhouse Bircher Muesli	SF VG	12
bircher style made overnight with fresh apples, oats, coconut yogurt, dried fruits & nuts, baked fruit compote, topped with house made nut crumble		
Spiced Scrambled Tofu	VG	12
with curry leaves, spring onion and chilli sambal on seeded & sprouted multigrain toast		
Meatballs		14
with toasted pistachio, figs & chilli in a chunky tomato sauce coriander, dollop Moroccan labneh, sprinkled with dukkha.		

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COFFEE & CHOCOLATE

Espresso	3.5	- add Soy milk	+0.5
Milk coffee	4	- add Almond milk	+1
Hot chocolate	4	- add Oat milk	+1
Iced latte	4	- add large	+1
Iced long black	3.5		
Iced coffee with ice cream	7.5		
Iced chocolate with ice cream	7.5		

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CALMER SUTRA CHAI

5

Calmer sutra chai (fresh leaf)
Dandi chai caffeine free

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TEA BY THE FITZROY NATUROPATH

5

Medicinally formulated organic loose-leaf herbal tea blends handcrafted locally.

English Breakfast, Earl Grey, Peppermint & Licorice root
Gunpowder Green, Sencha Green, White Tea, Turmeric Elixir
Rooibos, Lemongrass and Ginger, Chamomile blend

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MOROCCAN MINT

5.5

Fresh mint, green tea, peppermint & licorice root.

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SMOOTHIES

9

Raspberry smoothie
Dragon Fruit, peaches & strawberries smoothie
Mango cinnamon smoothie
Banana, hazelnut, cinnamon & peanut butter

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MILKSHAKES

7.5

Chocolate, Strawberry, Vanilla, or Cinnamon

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HOME MADE DRINKS & FRESH JUICE'S

S / L

Cold pressed orange juice	4.8 / 8
Organic cloudy apple juice	4.8 / 8
House made lemonade	7.5
House made ginger and lime refresher	7.5

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PACAKGED DRINK

Hepburn Springs Mineral Water 750ml	8
Hepburn Springs Mineral Water 300ml	4.8
Hepburn Springs Organic Cola	4.8

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Hepburn Springs Organic Cola	4.8

TWO BOYS BREW

Silk Road Kombucha 5.8
ginger, lemon myrtle, cinnamon & cloves

French Kiss Kombucha 5.8
Hibiscus, Chamomile, Lavender & Vanilla

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