

The Rainbow-Silence-Heart

Entrée & Salads

Wedges

Hand cut wedges served with sweet chilli cream \$4.50

Soup of the Day

Served with toasted Turkish bread \$8.00

House Garden Salad

Mixed greens, carrot, cucumber & tomato, with lemon/olive oil dressing \$7

Traditional Greek Salad

Mixed greens, tomato, Fetta cheese & Kalamata olives, with Balsamic vinaigrette \$8

Grilled Pear Salad

With rocket, walnuts, shaved Parmesan cheese, with lemon/ olive oil \$8.50

Artichoke Heart & Fetta Cheese Salad

With rocket, roasted red capsicum, beetroot and pomegranate-lime dressing \$9.50

Side Dishes

Side Garden Salad (V) \$4

Steamed Basmati Rice (V) \$3

Sauteed Spinach (V) \$4

Grilled Roti Bread (V) \$3

Main Course

Indian Dhal

*Lightly spiced Indian red lentil dhal, served with steamed basmati rice, cucumber/tomato/mint raita & fruit chutney \$9 (*V,*GF)*

Mediterranean Burger

*A hearty burger of marinated Portobello mushroom layered with roasted red capsicum, basil pesto, melted Gouda cheese and rocket on a toasted Turkish pide, served with mixed greens (*V) \$10*

Neatloaf

An oven-baked high protein vegetarian loaf from our secret Californian recipe infused with a family of herbs, served with salad # \$12 (WF)

Sicilian Thin Crust Pizza

Topped with traditional Napoli sauce, Kalamata olives, oregano, fresh basil and mozzarella \$10

Rissoles

Two nourishing rissoles served with generous salad # & fruit chutney \$10 (WF)

Homemade Frittata

Individually oven-baked frittata with spinach, Fetta cheese, tomato and fresh basil, served with a side garden salad and lemon/ olive oil dressing. \$10 (GF)

The “Neatwich” Wrap

*Our renowned Neatloaf, with tomato, mesclun mix and fruit chutney, wrapped in lightly-buttered flat bread. \$9 (*V)*

Un-Sausage Roll

Our famous fresh-baked “un-sausage” roll: carrot, walnuts, cottage cheese and selected herbs, wrapped in puff pastry. Served with fruit chutney and salad #. \$12

Curry of the Day

Our Chef's daily inspiration from traditional South East Asia and the sub Continent, served with steamed basmati rice, cucumber/tomato/mint raita, fruit chutney and grilled roti bread \$14

Daily Specials

See daily-changing List (written on the Window near Counter)

Notes:

GF = Gluten-Free

V = Vegan

WF = Wheat-Free

**GF = Gluten-Free upon request*

**V = Vegan upon request*

= choice of Green, Greek or Daily Salad

Desserts

New York Cheese Cake

With berry coulis and cream \$5

Muscatel Jelly

With berries and cream \$6

Mousse au Chocolat

Served with berries and cream \$7.50

Vegan Cake

See Specials List

Tea & Coffee

Organic/Fair Trade Coffee (add \$0.50 for Soy Milk) \$3

House (Soy) Chai Latte (V) \$4

Hot Chocolate (add \$0.50 for Soy Milk) \$4

Tea Selection: English Breakfast, Irish Breakfast, Earl Grey, Gunpowder Green, Jasmine, Lemon Garden, Chamomile, Peppermint, Genmai Barley \$3

De-Alcoholised Wines & Beer

Maggie Beer Sparkling Ruby Cabernet, Barossa Valley

A Sparkling Ruby Cabernet that has the bead of champagne and the mouth feel of a good wine. Rose petals and crushed strawberries on the nose are complemented on the palate with green tea characters that finish crisp & dry. \$8.50 by the glass

Edenvale Sparkling Cuvee, Eden Valley, SA

The wine displays a subtle yet fragrant aroma of ripe apples, subdued tropical fruits and citrus noted. It is clean and refreshing on the palate with rich-fruit flavours balanced by zesty acidity. Excellent as an aperitif. \$7 by the glass

Coopers Birell De-alcoholised beer \$5

Cool Refreshments

Mango Lassi (yoghurt-based) \$4.50

Fresh Carrot Juice (Add Ginger or Beetroot for 50c extra) \$4.50

Fresh Apple Juice (Add Ginger for 50c extra) \$4.50

Fresh Squeezed Orange Juice \$5

Milkshake (Chocolate, Vanilla, Strawberry & Caramel) \$4.50 (*V extra \$1)

Iced Chocolate / Iced Coffee \$5 (*V extra \$1)

Banana Vanilla Smoothie \$5.50 (*V extra \$1)

Very Berry and Rose Petal Smoothie \$5.50 (*V extra \$1)

Peach and Mango Smoothie \$5.50 (*V extra \$1)

Phoenix Organic: Mineral Water, Ginger Beer, Cola and Lemon, Lime & Bitters \$4

Santa Vittoria Sparkling: Chinotto, Aranciatta, Limonata, Rossa \$3.50