

2022 - Elemental Cafe CONFERENCE PACKAGE

Each Platter is suitable for 10 people

Delivery Charges outside Braddon & City Centre \$27.00

Morning & Afternoon Tea

Package 1	Platter	\$90.00
Chef's Selection Cakes & Slices		
Package 2	Platter	\$95.00
House Baked Muffins & Assorted Petite Danish Pastries		
Package 3	Platter	\$90.00
House Baked Muffins & Bakery Biscuits		
Package 4	Platter	\$75.00
Mixed Fresh Seasonal Fruit		
Package 5	Platter	\$75.00
Dips, Flat Bread, Biscuits, Celery & Carrot Sticks		
Package 6	Platter	\$85.00
Assorted Cheese, Dried Fruit, Nuts & Crackers		
Package 7	Platter	\$115.00
Egg & Bacon Wraps		

Lunch

Package 1	Platter	\$85.00
Assorted Gourmet Sandwiches		
Package 2	Platter	\$120.00
Assorted Wraps		
Package 3	Platter	\$110.00
Mixed Gourmet Sandwiches & Wraps		
Package 4	Platter	\$80.00
Honey & Soya Chicken Wings		
Package 5	Platter	\$80.00
Chef's Selection Mini Quiches & Pies		
Package 6	Platter	\$130.00
Caesar Salad, Bacon, Poached Egg, Cos Lettuce, Parmesan Cheese, Croutons & Caesar Dressing		
Package 7	Platter	\$140.00
Antipasto Platter, Assorted Cured Meats, Olives, Pickled Vegetables, Dip, Flat Bread & Cheese		



Beverages	Bottled Water \$4.00	Assorted Juices \$4.90	Mineral Water \$4.50
54/30 Lonsdale Street Braddon Act 2612		Phone 6248 7502	ABN 97 631 587 678

Email elementalcafe@gmail.com

Please advise of any diet requirements when ordering

Aussie Burger W Potato Fries \$24.00

Beef Patty, Pineapple, Egg, Cheese, BBQ Sauce

Deluxe Aussie Burger W Potato Fries \$25.70

Beef Patty, Pineapple, Egg, Bacon, Double Cheese, Tomato, Roquette, Onion, BBQ Sauce, Aioli

Sweet Potato Fries Extra \$2.70

All Sandwiches on 3 Mills Sourdough

Chicken, Cheese, Avocado GF* **\$14.00**

Ham, Cheese, Tomato GF* **\$14.00**

Ham, Cheese, Pineapple GF* **\$14.00**

BLT- Bacon, Lettuce, Tomato & Aioli GF* \$18.50

Elemental Chicken Club GF* \$24.00

Crumbed Chicken Schnitzel, Lettuce, Tomato, Avocado, Bacon, Tasty Cheese & Aioli served with French Fries

Scotch Fillet Open Steak Sandwich GF* \$24.00

Grilled Marinated Steak, Roquette, BBQ Sauce, Tomato, Onion & Beetroot on piece Toasted 3 Mill Sourdough

Hot Ham & Cheese Croissant \$11.00

Hot Ham, Cheese & Tomato Croissant \$11.30

Grilled Wraps

Chicken Caesar Wrap \$18.90

Chicken, Cos Lettuce, Bacon, Egg, Aioli & Parmesan Cheese

Chorizo Wrap \$18.90

Chorizo, Fried Egg, Halloumi, Avocado & Aioli

Halloumi Wrap V* \$18.90

Grilled Halloumi, Pesto, Chicken, Fried Egg, Mushroom, Avocado & Aioli

Vegetarian Wrap V \$18.00

Double Cheese, Avocado, Red onion, Roquette, Beetroot, Tomato, Carrot, Aioli

Crunchy Chicken Wrap \$18.90

Chicken Tenderloins Chilli Relish, Cheese, Kewpie Mayo, Crunchy Noodles, Red Onion, Red Cabbage, Coz Lettuce

Fries

Sweet Potato Fries Served with Aioli Bowl \$11.50

Potato Fries Served with Aioli Bowl \$10.50

Salads

Buddha Bowl GF / V / DF* / VG* \$24.50

Roasted Pumpkin, Quinoa Salad, Red Onion, Avocado, House Fermented Veggie, Danish Feta, Asparagus, Roquette, Cherry Tomatoes, Drizzled with Miso, Lemon & Sesame Dressing

Nutrition Bowl GF / V \$25.00

Sautéed Kale, Asparagus, Picked Veg, Quinoa, Pumpkin & Avocado

Chicken & Roasted Pumpkin GF / DF* \$25.50

Roquette, Avocado, Cashews, Danish Fetta, Cherry Tomatoes, Asparagus, Sumac & Tahini Dressing

Caesar Salad \$23.00

Crispy Bacon, Poached Egg, Cos Lettuce, Croutons, Grated Parmesan Cheese & Caesar Dressing

Chicken Caesar Salad \$24.50

Grilled Chicken, Crispy Bacon, Egg, Cos Lettuce, Croutons, Grated Parmesan Cheese & Caesar Dressing

Avocado Garden Salad GF / V / DF* / VG* \$22.50

Roquette, Avocado, Cherry Tomato, Grated Carrot, Spanish Onion, Asparagus, White Wine Vinegar & Olive Oli Dressing

Kids Menu

2 Stack Pancakes w Ice Cream & Maple Syrup \$11.00

Spaghetti or Baked Beans on Toast \$10.00

Poached, Fried or Scramble Egg on Toast \$10.00

Egg & Bacon on Toast \$10.50

Bowl of French Fries BBQ or Tomato Sauce \$8.00

Extras Add to Any Meal

Bacon \$5.00 Hashbrowns \$4.00 Egg \$4.50

Smoked Salmon \$8.00 Mushroom \$3.50 Chorizo \$7.00

Chicken \$6.50 Fetta Cheese \$2.50 Avocado \$4.00

ALL DAY MENU**Please Order at Front Counter**

Classic French Toast, Maple & Fruit	\$19.50
GF extra \$2.40	
Bacon, Vanilla Ice-cream, Fruit & Maple Syrup	\$23.00
Thick Cut Café Raisin or Thin Fruit Loaf Toast	\$6.70
Cinnamon Toast	\$6.50
Toasted Banana Bread	\$8.00
Elemental Pancake Stack with Seasonal Fruit	\$20.00
3 Buttermilk Pancakes, Fresh Fruit, Vanilla Ice-cream & Maple Syrup	
Muesli	\$18.00
V / VG / DF*	
Almond & Maple Spelt Muesli, Greek Yoghurt & Almond Milk	
Bacon & Egg Roll on a 3 Mills Roll	\$13.00
GF*	
Bacon, Fried Egg, Tomato Relish & Aioli	
Extra Tasty Cheese	\$13.70
(GF Bun extra \$2.40)	
Basic Breakfast	\$19.50
GF * / DF	
Choice of Eggs, Pialligo Bacon & 3 Mills Toasted Sourdough	
Big Breakfast	\$34.00
GF * / DF	
Choice of Eggs, Pialligo Bacon, Chorizo, Tomato, Avocado, Herbed Mushrooms, Hashbrown, Tomato Relish, Greens & 3 Mills Toasted Sourdough	
Eggs on Toast 3 Mills Sourdough	\$15.50
GF * / DF	
Choice of Eggs, Poached, Fried, Scrambled	
Baked Beans on English Muffin	\$12.00
GF * / DF	
Choice of 1 Egg, Poached, Fried or Scrambled	\$14.70
Spaghetti on English Muffin	\$12.00
Choice of 1 Egg, Poached, Fried or Scrambled	\$14.70
Smashed Avo on 3 Mills Toasted Sourdough	
GF* / V / VG*	\$13.50
Add Dukkah	\$14.40
Dukkah, Fetta & Poached Egg	\$21.00

Eggs Benedict on English Muffin GF * / V

Poached Eggs, Roquette & Hollandaise	\$18.50
Add Ham or Bacon	\$21.50
Add Smoked Salmon	\$23.50
Green Dream	\$24.50
GF* / V / VG*	

Poached Eggs, Sautéed Kale, Smashed Peas, Avocado, Asparagus, Crumbled Danish Fetta & Black Sesame

Mediterranean Breakfast **\$27.00**

Poached Eggs, Grilled Cherry Tomato, Mushrooms, Pialligo Bacon, Pesto, & Avocado on 3 Mills Toasted Sourdough

Burgers**Herbivore Burger** GF * / V **\$20.00**

Fried Egg, Haloumi, Avocado, Hashbrown, Aioli & Chilli Relish

Omivore Burger GF* **\$20.00**

Bacon, Fried Egg, Avocado, Hashbrown, Aioli & Chilli Relish

American Style Cheeseburger **\$24.00**

Coarse Grass-Fed Beef Patty with Red Cheddar, Bacon, Homemade Pickles, Relish & Aioli, served with a Side of Sweet Potato Fries

Moroccan Scotch Fillet Burger GF* **\$26.50**

Scotch Fillet Steak, Cheese, Roquette, Avocado, Tomato, Pickled Red Cabbage, Relish, Aioli served with Side of Potato Fries

Crumbed Chicken Burger **\$24.00**

Crumbed Chicken Breast, Cheese, Roquette, Avocado, Tomato, Pickled Red Cabbage, Relish, Aioli served with Side of Potato Fries

Veggie Burger V **\$22.50**

Veggie Patty with Chilli Relish, Aioli, Roquette, Tomato, Cheese, Avocado, Beetroot, Red Onion served with Potato Fries

GF - Gluten Free V - Vegetarian

VG - Vegan DF – Dairy Free

* On Request