

## FROM THE BAR

Your patience is appreciated during busy times.

### SANDWICHES

Ready made to go or dine in.  
Available as fresh or toasted.

#### A. MAIZ. ING

Corn & herb fritter with onion jam & romesco on turkish.

#### WHEN IN ROMA

\*(GLUTEN FREE AVAILABLE ON REQUEST)

Slow roast Roma tomato, goats cheese, lettuce & vincotto on multigrain.

#### AL PACINO

\*(GLUTEN FREE AVAILABLE ON REQUEST)

Poached chicken, provolone cheese, avocado, rocket & seeded mustard on turkish.

#### MR TERI YAKI

Chicken Teriyaki, sesame seeds, pickled ginger, spring onion & lettuce in a flatbread wrap.

#### LT'S SCHNITZ

Panko crumbed chicken, coleslaw, cheese, harissa mayo on ciabatta.

#### LET'S GET CRACKLING

\*(GLUTEN FREE AVAILABLE ON REQUEST)

Roast pork loin, cucumber, pickled onion, aioli & iceberg lettuce on ciabatta.

#### AMERICAN BEAUTY

\*(GLUTEN FREE AVAILABLE ON REQUEST)

Smokey BBQ braised beef, pickled red cabbage & lime aioli on a soft white roll.

#### EURO TRIP

\*(GLUTEN FREE AVAILABLE ON REQUEST)

Smoked salmon, cornichons, capers, shallots, spinach, dill & sour cream on rye bread.

\*While precaution is taken, sandwiches made on gluten free bread have been prepared on surfaces which may contain gluten.

### DRINKS

#### -Hot Drinks-

#### ESPRESSO

- House Blend  
- Single Origin

\$3.00  
\$4.00

#### Latte, Flat White, Cappuccino, Mocha

#### Chai Latte

#### Hot Chocolate

LARGE / BONSOY

ALMOND MILK

FLAVOURS – Vanilla or Caramel

\$3.50  
\$3.50  
\$3.50  
+\$0.50  
+\$1.00  
+\$0.50

#### CHAMELLIA LOOSE LEAF TEA

\$4.00

English Breakfast / Earl Grey / Peppermint / Gunpowder Green  
Lemongrass & Ginger / Chamomile

#### Prana Loose Leaf Chai Tea (in house only)

\$5.00

#### -Cold Drinks-

#### -Specialty house made-

#### Cold drip coffee – see daily specials

#### Ice Ice Baby

Served over ice (blended on request)

Available with ice cream

\$5.00  
+\$1.00

-Iced Coffee

-Iced Chocolate

-Iced Chai

#### GREEN SMOOTHIE

Banana, Avocado, Greek yoghurt, honey & Coconut Milk

\$9.50

#### FRESH JUICES

ABC – Apple, Beetroot & Carrot

Cucumber Cool – Cucumber, Lemon, Apple, Mint & Ginger

Orange

Super – Carrot, Orange & Pineapple

\$6.50 each

#### LEMON, LIME & BITTERS

\$4.50

#### -Bottled range-

#### COKE / COKE ZERO / DIET COKE 330ml

\$4.00

#### CAPI SPARKLING MINERAL WATER 250ml / 750ml

\$4.00 / \$6.00

#### CAPI FLAVOURED 250ml

Cranberry / Blood Orange / Lemon / Ginger Beer / Lemonade

\$4.00

## FROM THE KITCHEN

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### BREAKFAST

Served from 7am until 11:30am

**TOAST** **\$6.50**  
Sourdough, Multigrain or Gluten Free,  
served with your choice of jam, vegemite, peanut butter, honey

**FIG & DATE LOAF** **\$8.50**  
Fig & date loaf with ricotta & honey

**BIRCHER** **\$10.00**  
Mango, passion fruit and coconut soaked oats with toasted coconut

**OMELETTE** **\$15.00**  
(GLUTEN FREE AVAILABLE ON REQUEST)  
Chorizo, onion jam, feta & baby spinach folded in a light omelette

**AVO TOAST** **\$11.00**  
(GLUTEN FREE AVAILABLE ON REQUEST)  
Crushed avocado with chilli, goats cheese, mint & pickled onion  
*ADD Smoked Salmon +\$5.00*

**BREAKFAST BURGER** **\$12.50**  
(GLUTEN FREE AVAILABLE ON REQUEST)  
Thick cut bacon, tomato relish, swiss cheese & a fried egg on a toasted white roll

**YO-GOOD** **\$10.50**  
Vanilla & orange blossom infused yoghurt with fresh berries, mint & house made granola

**EGGS** **\$9.50**  
(GLUTEN FREE AVAILABLE ON REQUEST)  
2 Free Range Eggs any way you like (Poached, fried or scrambled) with toast

#### ADD SOME SIDES

Spinach \$3.50  
Mushrooms \$3.50  
Grilled Tomato \$3.50  
Feta \$3.50  
Bacon \$4.00  
Avocado \$4.00

### LUNCH

Served from 11:30am until 3pm

**LT'S BURGER (MINIMUM 10 minutes wait time)** **\$16.50**  
(GLUTEN FREE AVAILABLE ON REQUEST)  
House made beef patty, bacon, tomato, onion jam, cheddar,  
house made pickles, mustard aioli, BBQ sauce & butter lettuce  
on a toasted brioche bun.

**JA'MAICAN MY BURGER** **\$15.00**  
Jerk spiced fried chicken, chilli coleslaw on a toasted brioche bun.

**RISOTTO PRIMAVERA** **\$17.00**  
Risotto with pea, asparagus, walnut & ricotta.

**DE GAMBOS (Prawn Tacos) - 2 per serve** **\$14.50**  
Poached prawns, mayonnaise, herbs, radish & crispy school prawns

**SILENCE OF THE LAMB SALAD** **\$14.50**  
Braised lamb shoulder, freekah, pearl barley, asparagus, tomato,  
basil with house marinated feta & preserved lemon.

**SOLOMAN'S PALACE SALAD** **\$13.50**  
(GLUTEN FREE AVAILABLE ON REQUEST)  
Middle Eastern fattoush style salad with pickled onion, cos lettuce,  
fried flatbread & yoghurt, cucumber & herb dressing  
Add Chicken + \$4.00

**CHICKEN KEENWA SALAD** **\$14.50**  
(GLUTEN FREE)  
Poached chicken breast, quinoa, dried fig, raisins, pickled carrot,  
spinach & tahini yoghurt.

**THE CURE SALAD** **\$15.00**  
(GLUTEN FREE)  
Citrus & Beetroot cured salmon, herbs, lettuce, crème fraiche,  
beetroot crisps & fried capers

**SOMETHING TO SHARE.....** **\$6.00**  
Bowl of Fries with house made aioli