

GROW LOCAL - BUY LOCAL - DINE LOCAL

At Home Grown, we aim to be ethical and inclusive in everything we do.

We grow organic veggies on our local farm for the café, and source other local ethical producers, reducing food miles, supporting the local economy and offering health benefits to our customers from produce that is fresh, full-flavoured, and organic where possible. Our food waste & coffee grinds are also composted at our farm, and we try to be as environmentally responsible as we can. Many of our options are vegan, vegetarian or gluten-free. Thanks for supporting us!

ALL DAY BREAKFAST

kale & chard 4 / Meredith fetta 4 / roast carrot hummus 4 / potato rosti 4 / tomato relish 3 / toast 3 / strawberry jam 3

raspberry jam 3 / vegemite 3 / peanut butter 3

GREENS GALORE (GF / VEG / VO) 26 **COCONUT PANCAKES** (GF / DF / VEG) 24 A poached egg, two potato rosti, sauteed greens (broccoli, Two coconut almond pancakes, with house-made berry beans, kale and chard), smashed peas, Meredith goats' compote, coconut yoghurt, pistachios, toasted coconut and a fetta, salsa verde & soy pepitas. drizzle of maple syrup. Vegan option: Replace egg & fetta with sauteed mushrooms & avocado. TURKISH EGGS (GFO / VEG) EGG & BACON BUN (GFO) 14 26 Two poached eggs sitting on a bed of Baharat spiced Egg, bacon, cheese, tomato relish & pickles in a wholemeal yoghurt, sauteed spinach, broccoli, oyster mushrooms, & hun cherry tomatoes plus avocado, toasted almonds & a drizzle of chilli oil, served with a side of dark rye. 14 AVO & MUSHROOM BUN (VEG / V / GFO) Avocado, sauteed mushrooms, cashew cream and tomato 22 relish, in a wholemeal bun. SPICY AVO SMASH (GFO / VEG / V) Well-seasoned avocado smash on dark rye toast, with sauteed oyster mushrooms, kale slaw & spicy nut mix. LOADED BUN (GFO) 17 Add: poached egg 3 / fetta 4 / bacon 7 / Chilli Oil Avocado, sauteed mushrooms, egg, bacon, tomato relish, cheese & pickles in a wholemeal bun. PIPER STREET BREAKFAST (GF / V) 25 Two poached eggs on a thick slice of dark rye with roast **TOAST** 9 carrot hummus, bacon, grilled cherry tomato, sauteed kale, Two slices of toast with spread of choice plus butter chard and za'atar. Vegan option: with avocado, cashew cream, sesame seeds KIDS MENU and sauteed mushrooms. 12 KIDS BREKKY (GFO) EGGS YOUR WAY (GFO) 12 A fried/poached egg on a slice of toast with a rasher of bacon Two poached/fried eggs on sourdough toast. & tomato sauce. Scrambled eggs + 2 / GF + 114 KIDS PANCAKES (GF / DF / VEG) Sides: Bacon 7 / avocado 6 / sauteed mushrooms 6 / Two mini coconut pancakes with bananas, ice-cream and cashew cream 5 / pan-fried cherry tomatoes 5 / sauteed maple syrup. (pancakes contain almond meal)

^{**}Please advise staff of any allergies / intolerance as we use nuts and seeds to garnish. We do our best to serve nut, dairy and gluten-free dishes when requested, but we can't guarantee this.



GROW LOCAL — BUY LOCAL — DINE LOCAL

At Home Grown, we aim to be ethical and inclusive in everything we do.

We grow organic veggies on our local farm for the café, and source other local ethical producers, reducing food miles, supporting the local economy and offering health benefits to our customers from produce that is fresh, full-flavoured, and organic where possible.

Our food waste & coffee grinds are also composted at our farm, and we try to be as environmentally responsible as we can. Many of our options are vegan, vegetarian or gluten-free. Thanks for supporting us!

ALL DAY LUNCH

served with light rye toast

28 26 **CURRY BOWL** (DF) SRI LANKAN FISH CROQUETTES Your choice of beef or chicken curry, turmeric rice, spicy Sri Lankan spiced tuna & potato croquettes, served on a bed green beans & potato, kale slaw, fried shallots, a dollop of of tahini yoghurt and garden salad. tahini yoghurt & a pappadam. 24 TOASTED FOCACCIAS **HELLO DAHL** (V / GFO / VEG) Sri Lankan Dahl (split red lentils cooked in coconut milk) CHICKEN with spinach, served with turmeric rice, kale slaw, spicy 17 green beans & potato plus a paratha. Free-range poached chicken, avocado smash, sundried tomatoes, house made pesto, brie & spinach. Add: fried egg 3 HAM & CHEESE 14 Oakwood ham & cheese **BEEF BURGER** (GFO) 25 Juicy beef patty, bacon, cheese, onion jam, relish, salad leaves & pickles in a wholemeal bun, served with hand-cut VEGAN 17 chips or garden salad. Grilled zucchini, eggplant, sundried tomatoes, roast carrot hummus, pesto & rocket. PRAWN NOURISH BOWL (GF/VO) TOASTIES (GFO) 26 Garlic prawns with a warm green bean, carrot, rocket & Poached chicken, cheese & avocado 12 black rice salad on a bed of roasted carrot hummus with Ham. cheese & tomato 11 lemon parsley oil & macadamia dukka. Ham & Cheese 10 Vegan Option: avocado & mushrooms Cheese 8 **SOUP OF THE DAY** - see specials board 17

^{**}Please advise staff of any allergies / intolerance as we use nuts and seeds to garnish. We do our best to serve nut, dairy and gluten-free dishes when requested, but we can't guarantee this.

DRINKS MENU

HOT DRINKS COLD DRINKS

TIOT DINING		כסבט טאוואוא	
COFFEE BY JUST PLANET (Fair Trade and Organic Coffee Roasters in Sunbury)	Regular (R) / Large (L)	Iced Latte Iced Coffee / Choc / Mocha Iced Sticky Chai	(R) 5 (L) 6 11 6
Latte / Flat White / Cappuccino Espresso / Short Black / Short Macchiato /	(R) 5.50 (L) 6.50 4	iced sucky chai	· ·
Piccolo	5	Milkshakes	10
Long Black / Long Macchiato	1.5	Chocolate / Strawberry / Vanilla / Coffee /	
Extra shot	1	Caramel / Blue Heaven / Banana	
Decaf	(R) 6.50 (L)		
Mocha	7.50	Kids Milkshakes	6
Chai Latte (with Sticky Chai)	(R) 6 (L) 7	<u> </u>	
Turmeric Latte (house blend) Soy / Almond / Coconut / Oat/ Lactose-free	(R) 6 (L) 7 + .50	Heaven / Banana	
Soy / Alliforid / Cocondit / Oat/ Lactose-free	2.5	<u>SMOOTHIES</u>	13
Babyccino	3.5	<u>5.1.6.6.1.11.2.6</u>	
Puppyccino (lactose-free milk)		Detox (V)	
,	(R) 5 (L) 6	Blueberries, banana, almond milk, LSA & maple	
Hot Chocolate	(R) 6 (L) 7		
Coconut Hot Chocolate		Green (V)	
One of Tee both Common Hodellor		Spinach, apple, coconut water, banana, lemon &	
Organic Tea, by the Cottage Herbalist		honey/maple	
in Trentham	-	Mango Lassi (V)	
Pot of Tea —	5	Mango, coconut milk, coconut yoghurt & honey.	
Cottage Breakfast French Earl Grey		Vegan option: maple	
Spiced Marsala Chai			
Soothe (Spearmint, lemon balm, chamomile		Summer Dreams (V)	
flowers & marshmellow root)		Watermelon, strawberry, apple, mint, coconut	
Ginger & Lemongrass		water, lemon juice, apple juice & maple	
Bless You (sencha, nettle, peppermint,		Banana	
elderflower, eyebright & calendula)		Banana, Greek yoghurt, milk & honey (Vegan	
	50	option): Banana, coconut yoghurt & milk, maple	
Small jug of milk on the side	.50		
BOTTLED DRINKS	7	KIDS SMOOTHIES	
Mineral waters by Capi (bottled in Kyneton from	,	Detox / Green / Mango Lassi / Banana /	8
Kyneton mineral spring water)		Summer Dreams	_
Capi Sparkling water (500ml)		SPIDERS	8
		A scoop of vanilla / coconut ice-cream with your	
Capi Sparkling flavours (see fridge for flavours)	6	choice of - Capi	8
	•	Bundaberg	9
Kombucha (small-batch, lovingly hand-crafted in Woodend) (Ginger / Rhyberny / Apple)	8	Strawberry or blue heaven syrup	+ .50
in Woodend) (Ginger / Blueberry / Apple)		, , _, , , , ,	
Bundaberg brewed drinks	7	Assorted Juices (in drinks fridge)	6
(variety of flavours, inc. ginger beer)	·		