

Breakfast

8.00am - 11.00am

Express Breaky Baguette

Poached eggs, reduced fat bacon, baby spinach & a creamy homemade mayonnaise

\$7.90

Gluten Free Panini \$8.90



Low Fat Omelette

Reduced fat bacon, garlic mushrooms, tasty cheese & spring onion

\$8.90



Cravings Paleo/Gluten Free Muesli

Flaxseed meal, Almond meal, Sunflower seeds, coconut, walnuts, apple & cinnamon

Served with 97% fat free yogurt & milk

\$9.90



Berry Pancakes

2 pancakes served with vanilla ice cream, Warm berries, and maple syrup

\$ 8.90

Gluten Free \$9.90



Eggs on Toast

Fried, Poached \$5.50, Scrambled \$6.50

Gluten Free Panini extra \$1.50

House Baked Gluten Free Baguette extra \$1.50

Craving something more? Design your own feast with our extras!

Bacon: \$2.50, Grilled Tomato, Baby Spinach: \$2.00

Garlic butter Mushroom \$3.00

Lunch

Freshly Made Baguettes

\$7.50

Roasted Pumpkin, capsicum, zucchini, eggplant & Spanish onion, Danish fetta & house made pesto mayonnaise *



Freshly roasted chicken, mixed lettuce, semi dried tomato, Spanish onion, tasty cheese & house made mayonnaise*



Bacon, lettuce, avocado, tomato, & creamy house made mayonnaise*



Italian style chicken schnitzel, mixed lettuce, tomato, tasty cheese & house made mayonnaise

Freshly Made Wraps

\$8.50

Thai style Red lentil patty, baby spinach, Thai satay sauce & sweet chilli sauce



Caesar - Cos lettuce, reduced fat bacon, roasted chicken breast, avocado, mango & Cravings secret house made Caesar dressing *



Tandoori - Roasted Tandoori chicken breast, mixed lettuce, tomato, carrot, mango chutney Cravings secret house made raita sauce*



* Available in House Baked Gluten Free Baguette extra \$1.40

Freshly Made Salads

Sm: \$7.90 Lg: \$8.90

Reduced Fat Chicken Caesar

Crispy cos lettuce, bacon, roasted chicken breast, shaved parmesan, egg, baked croutons, tossed in secret house made Caesar dressing (*Gluten Free without croutons)



Classic Greek

Mixed Lettuce, Tomato, Cucumber, Spanish onion, fetta, olives, tossed in a balsamic vinaigrette



Mediterranean Vegetable

Roasted Pumpkin, capsicum, zucchini, eggplant & Spanish onion, toasted walnuts & tossed in Cravings red wine vinaigrette



Chicken & Cashew Nut

Mixed lettuce, roasted chicken breast, cucumber, sundried tomato, mango & roasted cashew nuts tossed in Cravings House made mayonnaise



Hot Food

LOW FAT Baked Chips coated in Cravings own Cajun spice mix

Sm: \$3.90 Lg: \$4.90

Sweet chilli mayo dipping sauce .50c

Please See display fridge & Specials board for weekly offering including loads of Gluten Free options

Your Salad Bar

Feel free to design your own sandwich or salad bowl

Bread \$2.50

Thickly sliced White, Multigrain or Sourdough bread

White or wholemeal baguette, 10" Tortilla wrap

House baked gluten free baguette (\$3.90)

or

Salad Bowl Base Sm: \$2.50 Lg: \$3.00

Mixed Lettuce, Baby spinach, Cos lettuce

Meat \$2.50 each

Roasted chicken breast,

Italian style chicken schnitzel

Premium leg ham, Spring water Tuna

Roast Beef, Reduced fat bacon

Tandoori Chicken breast

Salads .50c each

Mixed lettuce, Tomato, Cucumber, Carrot

Beetroot, Pineapple, Onion, Tasty Cheese

Fancy Salad \$1.00 each

Coleslaw, Sundried tomato, Avocado

Mango, Olives, Roast vegies, fetta

Spreads .30c each

House made mayo, Sweetchilli mayo, Pesto,

Pesto mayo, Honey mustard, Seeded mustard

Fruit chutney, Raita, 97% fat free mayo

Thai Satay sauce, Sweet Chilli sauce

Drinks

Hot Drinks

Espresso Coffee, Hot chocolate

Sm: \$3.30 Md: \$4.00 Lg: \$4.80

Mocha, Cinnamon Chai, Soy, Decaf

Extra .50c

Cadbury Real Hot Chocolate

\$4.90

Dark Chocolate or White chocolate

Cold Drinks

Ice coffee, Ice Chai, Ice chocolate \$5.90

Smoothies

\$5.90

Passionfruit & Mango

Mixed berry & yogurt

Banana & honey

Freshly Squeezed Juices

\$5.90

Orange Juice & Apple juice

The Best Vegie Detoxer

\$6.90

celery, Carrot, Orange, chia seeds



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Cravings
CAFE & CATERING



Cravings Café & Catering has had a major make over!
Pop in to see our NEW amazing look & taste our NEW exciting menu.

Cravings café & catering now offers

Healthy Breakfast choices

House baked Gluten free, Dairy free Baguettes

Made to order Baguette, wraps & sandwiches

Freshly made low fat salads

Low fat real fruit Smoothies & juices

Corporate & Private catering

...without the guilt