

# Mother's Day Menu

embrace healthy – discover delicious

## Lunch

\$40.00 per person

*Includes choice of one meal from our Mother's Day Lunch Menu, one tea or coffee and choice of one cake*

### **Vegie Burger (Vegan)**

Spiced quinoa & chickpea patty, spinach, tomato, cucumber, creamy aioli, caramelised red onion, pickled carrot & beetroot with tomato or chilli chutney on a Strange Grains bun. Served with a side salad and chunky chips

### **Frittata**

Roasted vegetables, feta & spinach frittata served with a green rocket salad and chunky chips

### **Raw Thai Noodles (Vegan)**

Zucchini noodles, julienne vegetables, tamarind & lime sauce, sesame seeds and crushed almonds

### **Moroccan Simmer (Vegan)**

A Moroccan-inspired dish of okra, butternut & eggplant prepared with our Moroccan spice blend and served with polenta

### **Soup (Vegan)**

Zucchini & cashew, served with 2 slices of Strange Grains sourdough bread

## Extras

Avocado Half, Egg, Toast (2 slices), Feta, Nut Cheese \$3 each

**Hand-cut Chunky Chips:** Small \$5 Large \$9.50

Served with homemade tomato or chilli chutney

## **Kid's Lunch**

\$15 per child – Up to the age of 12

*Includes choice of one meal from our Kid's Lunch Menu and one juice.*

### **Kid's Cheesy (Vegan option)**

Cheese toasty served with popcorn

### **Nachos (Vegan option)**

Organic corn chips with Mexican beans, melted cheese & tomato salsa

### **Extras**

Avocado Half, Egg, Toast (2 slices), Feta, Nut Cheese \$3 each

**Hand-cut Chunky Chips:** Small \$5 Large \$9.50

Served with homemade tomato or chilli chutney

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*healthy wholefood makes your soul feel good*

Our entire Mother's Day menu is **gluten free** and **vegetarian**. Not only is it a scrumptious range of hearty meals, everything is made fresh, from scratch and to order in our kitchen using local and organic ingredients wherever possible. It takes a little bit more time to prepare, but we believe that wholefood is the best food and we avoid over-processed and highly refined ingredients. It's worth the wait!

Dine at Swan Valley Café and be confident that you are getting the best in delicious nutrition, even for dessert. It's an experience that is as good for the soul as it is for the body!

## Mother's Day Menu

### Cakes

Raw Apple Crumble **(V, GF)**

Lemon Custard Pudding with strawberries **(V, GF)**

Magic Bean **(GF)**

Carrot **(V, GF)**

Choc Beetroot **(V, GF)**

### **Kid's Cupcakes \$2.50**

Chocolate **(GF)**

Carrot **(V, GF)**

*V – vegan, GF – gluten free*

*All our cakes are baked fresh, from scratch, in house*