

# S.A.L.T. cafe Penrith EATS

Call ahead and we can have your order ready... 0434302622

Banana bread	\$5
Housemade muffins	\$5
Cookies	\$4
Protein balls	\$3.5
Slices	\$4.5
Cakes/tarts	\$6.5
Bacon and Egg roll on milk bun with spiced mayo	\$10
House made granola with yoghurt and berries	\$9
Smashed avocado with fetta and a fried egg	\$10
Scrambled or fried eggs on sourdough	\$10
Add: Bacon \$4 Avo \$4 Hash \$2 Salmon \$5	

## LUNCH:

Beef burger with chips	\$15
Chicken burger with chips	\$15
B.L.T.	\$9
Fish and Chips	\$15
Fries	\$5
Sweet potato fries	\$7
Ham/cheese or cheese/tomato melt	\$7
Ham/cheese/tomato or Ham/cheese/pineapple	\$8
Ham and cheese/cheese and tomato toastie	\$6
Ham and cheese croissant	\$7
The Poached chicken on Sourdough	
...with poached chicken, spiced mayo, baby spinach and cheese	\$12
The Reuben on Sourdough	
...with house cured silverside, slaw, Sriracha mayo, dill pickles and cheese	\$12
The Schnitzel (halal) on cuban roll	
...with slaw, avocado, sriracha mayo and cheese	\$12
The Bagel	
...with smoked salmon, cream cheese, capers, lemon, cucumber	\$12
The Veggie on Sourdough (v)	
...with baked seasonal vegetables and cheese	\$12
The falafel wrap (v)	
...with quinoa greens, falafel, hummus	\$10

The poached chicken wrap  
...with guacamole, tomato and greens \$10

Chicken and vegetable parcel \$9

Beef lasagne (halal) \$8

Spinach and ricotta frittata (v)(gf) \$8

Traditional beef pie \$8

Sausage roll \$6

SALADS \$8

- Old school Caesar salad with boiled egg
- Green salad

## KIDS:

Peanut butter/nutella/vegemite sandwich \$4

Nuggets and chips \$6

Fish and chips \$8

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## DRINKS

### HOT

Ristretto \$3 Espresso \$3 Macchiato \$3 Piccolo \$3 Latte \$3.5 Flat white \$3.5 Cappuccino \$3.5 Long black \$3.5 Chai latte \$3.5 Hot chocolate \$4.5

Kiddycino...warm chocolate, frothy milk with treats \$3

Babycino...froth with treats

English breakfast Earl Grey Peppermint Organic green

Extra shot add \$0.5 Almond, hazelnut, vanilla, caramel add \$1

Soy milk add \$0.5 In a mug add \$1

Almond milk add \$ 0.5 Lactose free milk add \$0.5

Milkshake sml \$3.5 reg \$5

Thickshake reg \$7

Iced coffee or Iced Chocolate \$5

### SMOOTHIES

Banana with ice cream and honey \$7

Mixed berries with ice cream \$7

### SUPER SMOOTHIES (add protein powder \$4)

#### LAND

Banana, oats, cardamom, honey, cacao, peanut butter, almond milk \$9

#### FOREST

Spirulina, kale, apple, banana, coconut water \$9

#### SEA

Berries, dates, coconut, almond milk \$9

### JUICES

Choose from...

Apple, orange, carrot, celery, beetroot, cucumber, lemon, kale, ginger reg \$6 lrg \$9