

## BREAKFAST 6.30AM - 12 NOON

### ACAI SMOOTHIE BOWL

Acai & banana blended in coconut water, topped with granola & fresh fruit

DF,V,VE,S \$14

### THREE GRAIN PORRIDGE

A combination of quinoa, amaranth, oats, goji berries, chia seeds & pecan nuts cooked in soy milk, dressed with mixed berries, nut mix & agave

V,DF,VE,V,S \$13

### HOUSE MADE GRANOLA

Served with natural bio yoghurt & sweet berry compote

V,S,VE \$13

### HOUSE MADE BIRCHER MUESLI

Served with fresh blueberries & strawberries, nut mix

V,S \$13

### CHIA PUDDING

Made on coconut water with a hint of coconut milk. Topped with mixed berries, coyo, seeds & nut mix

GF,DF,VE,V,S \$13

### BLOOM HOUSE MADE BANANA BREAD

Made with almond meal & desiccated coconut, served with a side of espresso butter

V,DF,GF,VE,W,F,S \$6

### FRESH FRUIT SALAD

#### ADD NATURAL BIO YOGHURT

A blend of blueberries, strawberries, pineapple, kiwi fruit, rock melon & honeydew melon

GF,V,W,F,VE,S,DF \$9  
\$12

### BLOOM BACON & EGG ROLL

With smashed avocado, melted cheese, house made tomato chutney & aioli

S \$13

### TEA SMOKED SALMON BOWL

Salmon smoked with lapsang souchong tea leaves, served with two soft poached eggs, avocado, pickled radish & wilted kale

GF,DF,W,F,S \$17

### MOROCCAN BAKED EGGS

#### ADD GRILLED HALOUMI

Chorizo, roasted peppers, cherry tomatoes & harissa white beans, served with a side of sourdough toast

DF,S \$17  
\$4.5

### THE BALMORAL

#### ADD SALMON/BACON

Two soft poached eggs, basil pesto, smashed avocado, cherry tomatoes & fetta on sourdough toast

V,S \$18  
\$4.5

### CORN FRITTERS

A stack of corn fritters topped with smashed avocado, house made tomato chutney & a poached egg

V,DF,S,GF \$18

### THE FRENCH TOAST STACK

#### ADD BACON

Stacked with sweet ricotta, drizzled with maple syrup, berry compote & served with fresh berries

S \$17  
\$4.5

### VEGAN HOTCAKES

Golden hotcakes caramelised with maple syrup, berry compote, topped with seasonal fresh fruit. Yum!

S,V,VE,GF,DF,W,F \$18

**OMELETTE OF THE DAY** See our blackboard for our daily special

### BREADS & SPREADS

White or wholemeal sourdough, soy & linseed, fruit toast or gluten free, with your choice of jams, vegemite, peanut butter, honey or ricotta

S \$13  
DF,V \$7

### EGGS ANY STYLE

Free range eggs, cooked how you like it, on a choice of sourdough or gluten free toast

DF,V,S \$13

### BOILED EGGS WITH VEGEMITE SOLDIERS

Two soft boiled eggs served with buttered vegemite soldiers

V,S \$13

## SIDES

\$4.5

Bacon

Salmon Gravlax

Tea Smoked Salmon

Chorizo

Avocado

Haloumi

\$4

Cherry Tomatoes

Spinach

Mushrooms

Extra Egg

Persian Fetta

## THE CABINET

### SAGE & RICOTTA TART

WF,GF,V,S

Baked spinach & herbs with a hint of nutmeg, topped with sweet potato served with house garden side salad

\$13

### FRITTATA

WF,GF,V,S

Baked daily with fresh seasonal ingredients

\$8

### BEETROOT & BLACK BEAN BALL

WF,GF,DF,VE,V,S

Beetroot & black bean mixed with carrot, onion, brown rice, lemon juice & a rich blend of fresh herbs. Served with spicy green tahini & house garden side salad

\$11

### BROWN RICE BALL

WF,DF,V,VE,GF,S

A delicious blend of brown rice, carrots, parsley, tofu, tahini, tamari & pepitas coated in sesame seeds. Served with satay sauce & house garden side salad

\$11

### GLUTEN FREE QUICHE

V,S,GF

Made daily with fresh seasonal ingredients, served with our house garden side salad

\$12

### HOUSE MADE MUFFINS

DF,V,VE,W,F

Made daily from organic wholemeal spelt flour & fresh fruit

\$4

### SELECTION OF FRESHLY MADE WRAPS

# bloom.

WF Wheat Free

V Vegetarian

GF Gluten Free

VE Vegan

DF Dairy Free

S No refined sugars

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**10% SURCHARGE APPLIES ON SUNDAYS AND PUBLIC HOLIDAYS**

## SWEET STUFF

### POWER BALLS

WF,GF,DF,V,VE,S

Dates, almonds, maca powder, chia, raw cacao, linseed, cinnamon, sea salt & vanilla rolled in coconut

\$4

### PALEO NUT SLICE

WF,GF,DF,V,VE,S

A mix of nuts, seeds, dried cranberries, sultanas, maple & rice malt syrup with a hint of fresh lemon

\$6.5

### CHOCOLATE & WALNUT BROWNIE

WF,GF,V

With Belgian chocolate combined with coconut flour

\$5.5

### HOUSEMADE APPLE PIE

V,S

Made with organic wholemeal spelt flour, filled with chunks of caramelised green apple, cinnamon & a hint of orange

\$8

### FLOURLESS ORANGE CAKE

WF,GF,DF,V,VE

Made from whole steamed oranges blended with silken tofu & almond meal

\$6.5

### RAW RASPBERRY & LIME CHEESECAKE

WF,GF,DF,V,VE,S

Salted pecan base topped with a tangy lime cashew cream, raspberries & triple nut crumble

\$8.5

### CARROT CAKE

WF,GF,V,S

Almond meal, coconut, sultanas & plenty of carrots, topped with lemon vanilla soft cream cheese icing & toasted walnuts

\$6.5

### SELECTION OF COOKIES

V,VE

See our selection of available cookies

\$3.8