

LUNCH 12 NOON - 3PM

SALMON BRUSCHETTA Our house cured salmon gravlax, cream cheese, capers & mixed pickles on crostini	S	\$16
SLOW COOKED LAMB TACOS Soft shell tacos, served with kale slaw, pickled onion, orange, fetta & chipotle aioli	S	\$18
COCONUT POACHED CHICKEN SALAD Our delicious coconut poached chicken served with iceberg lettuce, toasted walnuts, avocado, fresh green apple & house made ranch dressing	GF,WF (DF)	\$18
WELLNESS BOWL Quinoa, pickled carrot, red onion, peppers, candied beetroot, kale, cabbage slaw, avocado & a soft boiled egg	V,DF,GF,WF,S (VE)	\$17
BROWN RICE & QUINOA SALAD Brown rice & quinoa tossed with cherry tomato, roasted peppers & lemon chilli dressing topped with grilled haloumi	S,V,WF	\$18
HALOUMI BURGER Grilled haloumi stacked with beetroot, pineapple, baby spinach & house made tomato relish	V (GF)	\$18
CHICKEN BURGER Crumbed chicken breast with tasty cheese, bacon, chipotle aioli, pickled onion, lettuce & tomato	S	\$17
BLOOM BEEF BURGER House made beef patty, tasty cheese, house made tomato chutney, dijonaise & crisp apple slaw	S	\$17
PRAWN & CHILLI LINGUINI With lemon chilli gremolata, cherry tomatoes & spinach	S (GF)	\$21
CRISPY SKIN SALMON Tasmanian salmon fillet with a crispy skin, aside a crunchy Asian style slaw with a beetroot puree	S,WF,GF	\$22
SPICY BEAN & CORN NACHOS Beans slowly simmered with tomato, corn, onion, herbs & a hint of chilli served with tortilla chips, smashed avocado & bio yoghurt	GF,WF,V,S	\$19
BREADS & SPREADS White or wholemeal sourdough, soy & linseed, fruit toast or gluten free, with your choice of jams, vegemite, peanut butter, honey or ricotta		\$7
ACAI SMOOTHIE BOWL Acai & banana blended in coconut water, topped with granola & fresh fruit	DF,V,VE,S	\$14
EGGS ANY STYLE Free range eggs, cooked how you like it, on a choice of sourdough or gluten free toast	DF,V,S	\$13
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
VEGAN HOTCAKES Golden hotcakes caramelised with maple syrup, berry compote, topped with seasonal fresh fruit. Yum!	S,V,VE,GF,DF,WF	\$18
BLOOM BACON & EGG ROLL With smashed avocado, melted cheese, house made tomato chutney & aioli	S	\$13

ALL DAY BREAKFAST

KIDS MENU

EGG & SOLDIERS One boiled egg & soldiers with vegemite	\$7.5
PETITE FRENCH TOAST Served with fresh fruit & maple syrup	\$9.5
JUNIOR OMELETTE Ham & cheese	\$9.5
JUNIOR CHEESE BURGER S Small beef patty with cheese & tomato ketchup	\$9.5
CHICKIE BURGER S Small crumbed chicken with melted cheese & aioli	\$9.5

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,WF 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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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