

Breakfast

6.30AM - 12 NOON

ACAI SMOOTHIE BOWL ADD PEANUT BUTTER Acai & banana blended in coconut water topped with house made granola & fresh seasonal fruit	DF,VE,S	\$15.5 \$1.5
THREE GRAIN PORRIDGE ADD BANANA A combination of quinoa, amaranth, oats, goji berries, chia seeds & pecan nuts cooked in fresh soy milk, topped with rhubarb & finished with agave	DF,VE	\$14 \$1.5
HOUSE MADE BIRCHER MUESLI Served with fresh blueberries, strawberries & nut mix	V,S	\$13
HOUSE MADE GRANOLA ADD COYO YOGHURT Served with natural bio yoghurt, berry compote & seeds	V,S	\$15 \$3
BLOOM HOUSE MADE BANANA BREAD Made with almond meal & desiccated coconut, served with mixed berries	V,DF,GF,VE,WF	\$8
BREADS & SPREADS BY BRASSERIE BREAD Choose from our selection of sourdough, white, wholemeal, soy & linseed, fruit toast & gluten free, with a choice of Hanks jams, vegemite, peanut butter, honey or sweet ricotta	DF,V(GF)	\$7
BLOOM BACON & EGG ROLL Two rashers of bacon, fried egg, tomato chutney, spinach, smashed avocado & melted cheese served on a toasted milk bun	S	\$14
GREEN EGGS WITH HALOUMI Pesto infused scrambled egg with grilled haloumi	V,S(GF)	\$17
EGGS ANY STYLE Your choice of either fried, poached, scrambled or boiled free range eggs served with sourdough or gluten free toast. Why not add a side?	V,S(GF)	\$13
EGGS & VEGEMITE SOLDIERS Two soft boiled eggs with buttered vegemite soldiers	V,S(GF)	\$13
OMELETTE OF THE DAY See specials board. Served with your choice of sourdough, white, wholemeal, soy & linseed or & gluten free toast	S	\$17
THE BALMORAL ADD SALMON/BACON Two soft poached eggs, smashed avocado, pesto, feta & cherry tomatoes on sourdough toast	V,S(GF)	\$19.5 \$5
TRUFFLED MUSHROOMS Mixed mushrooms, sautéed with parsley on sourdough toast with pecorino cheese, truffle oil & soft poached eggs	V,S,DF(GF)	\$21
CORN FRITTERS Corn fritters topped with smashed avocado, tomato chutney, served with a soft poached egg	V,DF,S,GF	\$18
BUDDAH BOWL ADD SALMON Kale, pumpkin hummus, edamame, bean sprouts, asparagus & quinoa topped with a soft poached egg	GF,V,DF,S,WF	\$18 \$7
VEGAN HOTCAKE ADD COYO YOGHURT Golden vegan hotcake, caramelised with maple syrup, berry compote, topped with seasonal fruit & honeycomb bark	GF,DF,VE,V,S,WF	\$18 \$3

SIDES

\$3

One Egg (Fried, Poached or Boiled)

\$5

Spinach, Tomato, Feta, Bacon

\$6

Haloumi, Sautéed Mushrooms,
Avocado

\$7

Scrambled Eggs, Tea Smoked Salmon

KIDS MENU

DIPPY EGG SOLDIERS \$7.5

One boiled egg & soldiers served with butter & vegemite

AVOCADO TOAST \$7.5

HAM & CHEESE TOASTIE \$7.5

THE CABINET

SAGE & RICOTTA TART WF,GF,V,S \$13

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

FRITTATA WF,GF,V,S \$13

Baked daily with fresh seasonal ingredients & house garden side salad

BEETROOT & BLACK BEAN BALL WF,GF,DF,VE,V,S \$12

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

BROWN RICE BALL WF,DF,V,VE,GF,S \$12

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

VEGETABLE QUICHE V,S \$13

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

bloom.

WF Wheat Free

V Vegetarian

GF Gluten Free

VE Vegan

DF Dairy Free

S No refined sugars

BE SOCIAL WITH US

  **BLOOMATMOSMAN**

Post your photos with the hashtag #bloomatmosman & don't forget to tag us!

10% SURCHARGE APPLIES ON SUNDAYS AND PUBLIC HOLIDAYS

SWEET STUFF

POWER BALLS WF,GF,DF,V,VE,S \$4.5

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

PALEO NUT SLICE WF,GF,DF,V,VE,S \$7

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

CHOCOLATE & WALNUT BROWNIE WF,GF,V \$6

With Belgian chocolate combined with coconut flour

HOUSEMADE APPLE PIE V,S \$8

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

FLOURLESS ORANGE CAKE WF,GF,DF,V,VE \$7

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

RAW RASPBERRY & LIME CHEESECAKE WF,GF,DF,V,VE,S \$8.5

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

CARROT CAKE WF,GF,V,S \$6.5

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