

Lunch 12 NOON - 3PM

GOATS CURD & LENTIL SALAD Braised lentils with roasted beetroot, goats curd, fresh herbs & salad	WF,GF,V,S	\$17.5
COCONUT POACHED CHICKEN SALAD Deconstructed salad with coconut poached chicken, house made ranch dressing, iceberg lettuce, avocado, mixed leaf, apple & walnuts	GF,WF,DF,S	\$18
ROASTED CAULIFLOWER & BROCCOLI Sumac roasted cauliflower & broccoli, pepitas, red cabbage, sesame seeds, chermoula, pumpkin hummus & grilled lemon on pita bread	V,VE,DF,S	\$19
BLOOM BOWL Mixed quinoa, asparagus, roast pumpkin, cauliflower, beetroot shards, broccolini & carrot puree	GF,V,S	\$18.5
TEMPEH BOWL With avocado, tempeh, quinoa, kale, edamame, chickpeas, bean shoots & pumpkin hummus	WF,GF,DF,VE,S	\$19
SPICY BEAN & CORN NACHOS Slow cooked beans with tomato, corn, spanish onion, herbs & chilli with tortilla chips, smashed avocado & natural bio yoghurt	GF,WF,V,S	\$19
MISO GLAZED TASMANIAN SALMON Grilled salmon marinated in red miso & mirin, served with snow peas, puffed rice, edamame & shallot salad	GF,DF,S	\$24
VEGGIE BURGER Beetroot rice cake with pumpkin hummus & spinach served on a milk bun with a side of hand cut sweet potato wedges	V,DF,S	\$18
BEEF BURGER A beef patty with american jack cheese, pickles, lettuce, onion & burger sauce served with a side of hand cut sweet potato wedges	S	\$18
CHICKEN BURGER Marinated chicken, spicy mayonnaise, mint & slaw served with a side of hand cut sweet potato wedges	S	\$18
BROCCOLI & CHILLI ORECCHIETTE Sautéed broccoli with chilli, almonds, lemon, rocket, orecchiette pasta & parmesan cheese	S,V	\$22
CASARECCE BEEF RAGU Slow cooked beef in tomato & herb sauce tossed through pasta with roasted hazelnuts & marjoram	S	\$24

BRUNCH

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	\$7
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
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
THE BALMORAL ADD SALMON/BACON Two soft poached eggs, smashed avocado, pesto, feta & cherry tomatoes on sourdough toast	V,S (GF)	\$19.5 \$5
CORN FRITTERS Corn fritters topped with smashed avocado, tomato chutney, served with a soft poached egg	V,DF,S,GF	\$18
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

KIDS MENU

DIPPY EGG SOLDIERS One boiled egg & soldiers served with butter & vegemite	\$7.5
AVOCADO TOAST	\$7.5
HAM & CHEESE TOASTIE	\$7.5
CHICKY BURGER S Small chicken fillet with melted cheese & aioli	\$9.5
PASTA OF THE DAY	\$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 & house garden side salad	\$13
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	\$12
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	\$12
VEGETABLE QUICHE V,S Made daily with fresh seasonal ingredients, served with house garden side salad	\$13

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 Dates, almonds, maca powder, chia, raw cacao, linseed, cinnamon, sea salt & vanilla rolled in coconut	\$4.5
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	\$7
CHOCOLATE & WALNUT BROWNIE WF,GF,V With Belgian chocolate combined with coconut flour	\$6
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	\$7
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