



# WHOLESONE FOOD WITH FLAVOUR



## Breakfasts

### French Toast \$16

- bacon + pure maple syrup
- fresh ricotta + homemade mixed berry compote

### Omelette with 3 fillings + sourdough toast \$17

- ham, cheese, tomato + spring onion
- mushrooms, spinach + goats chevre

### Omelette with the Lot + sourdough toast \$20

free range eggs with all the fillings + lightly buttered toast

### Eggs the way you like it!

#### "Onesie" \$10

1 egg, roast tomato + lightly buttered sourdough toast

#### "Twins" \$14

2 eggs, roast tomato + 2pcs lightly buttered sourdough toast

#### Eggs Benedict \$18

2 poached eggs, wilted spinach, hollandaise sauce + 2pcs lightly buttered sourdough toast

### Breakfast Bowls \$9.5

- homemade bircher muesli with fresh apple, toasted seeds nuts, honey + natural yogurt
- vegan chia pudding with berries + toasted coconut
- natural yogurt with honey, fresh apple, berries, toasted seeds + coconut

### Toast + Topping \$6.5

#### Breads:

Brasserie Bread sourdough, turkish, baguette, white slice, wholemeal slice, sourdough fruit or gluten free

#### Toppings & Jams:

Vegemite, peanut butter, cream cheese, ricotta, honey, Nutella, strawberry jam, apricot jam, sour cherry jam, fig jam, marmalade

#### Sides

avocado, mushrooms, wilted spinach, goats chevre, olive tapenade

**\$4 each**

bacon, smoked salmon, prosciutto, spanish chorizo, haloumi

**\$5.5 each**

many of our meals can be prepared gluten free - just ask



## Sandwiches

### Toastie \$6.5

ham / cheese / tomato

### Bacon on turkish \$8.5

- bacon + egg
- bacon + avo
- BLT

### Steak sandwich \$14.5

onion jam, beetroot relish, tomato + mixed leaf on sourdough

### Leg ham \$8.5

swiss cheese, tomato, baby spinach + mayo on baguette

### Rare roast beef \$9

tomato relish, onion jam, tomato + mixed leaves on turkish

### Prosciutto \$9

provone dolce, tomato + mixed leaves on baguette

### New York Pastrami \$9

swiss cheese, tomato, mixed leaves + mayo on turkish

### Mortadella \$8

French gherkins on baguette

### Turkey \$9

cranberry, tomato + mixed leaves on baguette

### Smoked salmon \$9.8

cream cheese, capers, red onion + baby spinach on sliced sandwich bread

### Marinated chicken \$9

mayo + mixed leaves on baguette

### Chargrilled vegetables \$9

fetta, baby spinach + pesto on baguette

### Vegan \$9

chargrilled vegetables, avocado, capsicum relish + baby spinach on sourdough

### Cheese + Salad \$8.5

on baguette

#### Add:

sourdough, tortilla wrap, gluten free bread, "naked" **\$1ea**

ham, beef, turkey, chicken **\$2ea**

cheese, avocado, fetta, semidried tomato, goats cheese **\$1ea**

fresh tomato, carrot, tomato relish, onion jam **\$0.5ea**

Many ingredients & products on the menu are available for purchase from our deli, please talk to our friendly staff.

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## Plant Base

### Vegan chia pudding \$9.5

breakfast bowl with berries + toasted coconut

### Vegan crumpets \$12

berries + maple syrup

### Vegan sandwich \$9

chargrilled vegetables, avocado, capsicum relish + baby spinach on sourdough

### Roast tomato + avo \$14

on organic dark grain bread

### Anti-inflammatory wellness bowl \$17

roast kumera, lentils, quinoa, spinach, walnut + golden tahini dressing

### Raw vegan slices \$4.8

lemon chia, coconut, mint, cacao, chewy apricot muesli

### Addiction Foods balls \$3

bliss, apricot goji, choc orange truffle

### Fresh Juice \$6

choose 3:  
orange, apple, pineapple, carrot, celery, kale, beetroot, ginger

## Salads

### Avocado Haloumi \$15

semi dried tomato, pesto, tomato, cucumber, mixed leaf + mustard vinaigrette

### Caesar \$15

bacon + poached egg.

### Roast beetroot \$15

goats chevre, roasted walnuts, mixed leaf + balsamic vinaigrette

### Antipasto \$17

prosciutto San Danielle, chargrilled vegetables, parmigiano reggiano, mixed leaf + balsamic vinaigrette.

### Ploughmans \$17

leg ham, cheddar, sweet mustard pickles, mixed leaf + mustard vinaigrette

#### Add:

chicken, smoked salmon, bacon, prosciutto **\$5.5ea**

egg **\$3ea**

cheese, avocado, fetta, semidried tomato, goats cheese **\$1ea**

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## Quick & Easy

### Homemade frittata \$13

garden salad + mustard vinaigrette

### Homemade tart \$13

garden salad + mustard vinaigrette

### Tartine \$14

open sandwich on toasted sourdough baguette

- avocado, semi dried tomato + fresh ricotta
- roast tomato, onion jam + goats chevre
- avocado, fetta + olive tapenade

## Sweets

### Spelt honey banana bread \$4

### Homemade muffin of the day \$4.5

### Homemade choc fudge brownie \$4.5

### Homemade cookies \$3.9

- choc chip pecan
- orange honey

## Kids Meals

\*kids 12 years or under only

### Simple sandwich \$6

Vegemite, jam, honey, peanut butter, ham, cheese, tomato

### Scrambled eggs on toast \$9

### Mini french toast \$10

bacon + maple syrup

### Bacon sandwich \$7

### Crumpet \$7

honey + butter

### Mini milkshake \$4

chocolate, vanilla malt, caramel

### Mini fresh squeezed juice \$4

choose 1:  
orange, apple, pineapple, carrot, celery, beetroot, ginger

Your meals are prepared fresh to order in our kitchen with loving care.

We kindly ask that modifications or substitutions are reserved for allergies only. We apologize for any inconvenience & appreciate your understanding

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## Drinks

### Coffee + Hot Drinks

Sml \$3.8 Lge \$4.3

cappuccino, latte, flat white, long black mocha, hot chocolate, chai latte, turmeric latte, green tea latte

espresso, macchiato, ristretto **\$3**

extra shot, soy, almond or honey **\$0.5c**

### Tea Tonic Organic Loose Leaf Tea in Pot \$4

English breakfast, green, earl grey, French earl grey, traditional chai, chamomile, peppermint, caffeine addict, ginger lemongrass echinacea white tea, fruiti tutti, turmeric beetroot ginger

### Iced drinks \$6

cold milk + vanilla icecream

- coffee
- chocolate
- green tea
- turmeric
- chai

### Milkshakes \$6

- chocolate
- vanilla
- caramel
- coffee
- green tea

### Fresh squeezed juice \$6

choose 3:  
orange, apple, pineapple, carrot, celery, kale, beetroot, ginger

## We love supporting Aussie farming families

We proudly to serve Humane Choice certified Clarendon Farm eggs from Gulgong NSW and Brasserie Bread Sourdough with their paddock to plate provenance.

Our food is all about flavour and nourishment. We are more interested in making sure that your meal tastes good and is good for you rather than looking pretty. We're all about wholesome and satisfying fare. Enjoy!

## Let's connect!



@coccoroccodeli  
www.coccorocco.com.au



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