

## Hot foods

### Chunky Veggie Quiche

Layers of vegetables topped with a sprinkle of cheese and seeds  
\*add salad

### Cheesy Rice Muffin

Rice, fetta, spinach, ham & cheese  
\*add salad

### Egg & Bacon Slice

\*add salad

### Toasted Sandwich or Jaffle

- a) Avo, cheese & sundried tomato
- b) Ham, cheese & tomato
- c) Chicken, cheese, avo & mayo

### Wholemeal Veggie Pasty

\*add cheese and salad

### Vegetable Korma

Mild and tasty vegetable curry on a bed of brown rice & quinoa (seasonal)

### Soup of the Day

(seasonal)

## Drinks

Full cream, skim, lactose free, almond, soy & rice milk avail.

### Organic Mahalia Coffee

(blend no1 or decaf) Cappuccino, Latte, Mocha, short or long black

### Chai Latte

### Organic Hot Chocolate AVAILABLE

### Golden Turmeric Latte

### Beetroot Velvet Latte

### Organic Teas

Large range - cup or pot

### Fresh Juice

Apple or Apple, carrot & celery  
\*add ginger or lemon

### Sunshine Smoothie

Banana, mango, pineapple & coconut water

### Fruit & Yoghurt Smoothies

Banana or mango or mixed berry

### Protein Shake

Chocolate or vanilla protein powder

### Super Protein Shake

Protein powder, coconut oil, greens, LSA, banana

### Iced Coffee or Iced Chocolate

### Iced Fruit Juice Crush

Apple, orange or pineapple



# Magic Earth

HEALTH FOODS • CAFÉ • SUPPLEMENTS

## Menu

Phone 0411 500 042  
Meals 9:30am - 2:30pm  
Monday - Friday



Gluten Free, Vegan, Dairy Free  
and no added sugar options

CHECK OUR FRIDGE FOR  
MORE DELICIOUS FOOD  
INCLUDING HOME MADE  
SLICES AND CAKES

## Toasted Parcels



### Spinach

Baby spinach, lentil patty, tomato paste & cheese in a spinach wrap

### Spicy Lentil

Spicy tomato & lentil mix & cheese in a spinach wrap

### Italian

Diced roast chicken, tomato paste, fetta, olives, sundried tomato, baby spinach in a garlic wrap

### Tuna

Tuna & corn, cheese, baby spinach & mayo in a mountain bread wrap

### Tropical

Ham, pineapple, tomato paste & cheese in a mountain bread wrap

## Toasted Wraps



### Sweet Chilli

Veggie patty, cream cheese, cheese, sweet chilli, lettuce & carrot in a grain wrap

### Vegan Delight

Veggie patty, tahini, roasted capsicum, avo, lettuce & carrot in a grain wrap

## Toasted Bagels



- Scrambled free range egg, ham, cheese & homemade tomato chutney
- Smoked salmon, mixed lettuce, homemade aioli, capers & dill
- Veg burger, mixed lettuce, tomato, carrot, cucumber, beetroot chutney & hommus
- Fresh peanut butter, banana, sultanas, chopped walnuts & cinnamon
- Pesto, cream cheese, roasted capsicum, avocado & toasted pine nuts

## Wraps



### Falafel

2 falafels, hommus, lettuce, carrot, tomato, cucumber & tzatziki on a garlic wrap

### Chicken Salad

Spinach wrap with diced roast chicken, lettuce, carrot, cucumber, cheese & mayo in a spinach wrap

### Egg Salad

Free range eggs mashed with mayo, lettuce, tomato, cucumber in a grain wrap

### Low Carb

Free range eggs sliced, cheese, lettuce, carrot & seeds on mountain bread

## Salads



### Moroccan Salad

Vegetables oven roasted with Moroccan spices, tossed with fetta, rice & quinoa, lemon juice & cashews on a bed of mixed lettuce

### Low Carb Salad

Lettuce, carrot, cheese, sliced egg, nuts & seeds

### Warm Lentil Patty Salad

2 lentil patties, lettuce, carrot, tomato, cucumber, avo, seeds & tzatziki

### Chicken Salad

Diced roast chicken, lettuce, carrot, tomato, cucumber, cheese & sliced egg

### Greek Salad

Lettuce, carrot, tomato, cucumber, fetta, sundried tomato & olives  
\*add chicken

### Dressings & Condiments

French • Italian • Balsamic • Whole Egg Mayo • Garlic Aioli • Tomato Sauce • Chutney • Pickles • Fresh Lemon Wedge

