

Take Away Menu

Croissant or Muffin \$3.50

Ham, Cheese and Tomato Croissant \$ 5.50

Breakfast Tart or Frittata \$ 4.50

Fresh Fruit Salad \$ 5.00

with Honey Yoghurt \$ 6.50

English Muffins

- **Bacon, Egg \$ 6.50**
- **Spinach, Egg, Tasty Cheese & Tomato \$ 6.50**
- **Bacon, Egg, Tasty Cheese & Tomato \$ 7.50**

On Gluten free toast add \$1.00

Sandwiches

Gluten Free Bread add \$1.00

Please Note Gluten Free Sandwiches are made to order

Cheese & Tomato \$4.50

Egg & Lettuce \$4.50

Salad & House Mayo \$4.50

Ham, Semi dried Tomato & Feta \$5.50

Ham Cheese & Tomato \$5.50

Chicken, Lettuce & Mayo \$5.50

Roast Beef, Tasty Cheese, Tomato & Onion \$5.50

Toasted Ham, Cheese & Tomato \$ 6.00

Toasted Chicken Cheese & Sweet Chilli Mayo \$ 6.00

Current February 2010—Please check our website for specials and updates

www.innov8cafe.com.au

Takeaway Menu

Wraps

Chicken , roasted capsicum, marinated Kalamata olives, feta cheese and cos lettuce	\$7.50
Falafel , baby spinach, red pesto, caramelised leek & minted yoghurt	\$7.50
Ham , tasty cheese, and salad with honey mustard dressing	\$7.50

Toasted Foccacias **\$ 8.90**

- **Salami** with marinated vegetables, basil pesto and feta cheese
- **Rare Roast Beef** with tomato relish, caramelised onion, tasty cheese & roquette
- **Chicken** with spinach, Meredith goats cheese and semidried tomato
- **Roasted Vegetable** with feta cheese & basil pesto
- **B.L.T.** with Crispy Bacon, swiss cheese, tomato, iceberg lettuce and mayo - (**please note made to order**)

House made Pastries

Sausage Roll 150gm	\$ 2.70
Sausage Roll 260gm	\$ 3.70
Vegetarian Roll 150gm	\$ 2.50
Vegetarian Roll 260gm	\$ 3.50
Spinach & Riccotta Filo Parcel	\$ 5.00

Sweet Potato & Spinach Frittata Slice **\$ 4.50**

Takeaway Menu

Soup of the Day:	\$ 4.00
Dinner Rolls	\$.50
Premium King Island Beef Pie	\$ 4.00

Hot Meals

MADE TO ORDER — please allow a minimum of 10 mins

Lite Chicken Burger \$7.50

Grilled Chicken Thigh Fillet , Tomato, Lettuce & Sweet Chilli Mayo

Innov8 Chicken Schnitzel Burger \$11.50

House Prepared Chicken Breast Schnitzel crumbed with Parmesan and Herbs, Fresh Tomato, Cheese, Lettuce and Mayo

Warm Lamb Wrap \$ 10.50

marinated Lamb, tzatziki, lettuce, tomato, onion & cucumber

Steak Sandwich \$8.50

Prime rump steak with tomato, caramelised Onion, wild rocket and homemade relish on toasted sourdough bread

Steak Sandwich with the lot \$12.50

Prime rump steak with bacon, tomato, cheese, wild rocket fried egg and homemade relish on toasted sourdough bread

Pasta - Spiral Pasta tossed with the sauce of the day

Regular \$ 10.50 Small \$6.50

Risotto

Regular \$ 11.50 Small \$7.50

Noodle Boxes

Vegetarian \$ 11.50 with Chicken or Beef \$14.50

Wok Fried Asian Vegetables & Hokkien Noodles tossed with an Oyster, Sweet Chilli & Coriander Sauce (VO/GFO)

Sandwiches

Build your own Sandwich

Breads

Hi Tin White or Hi Tin Rye, Wrap
Foccacia, Ciabatta, English Muffin, White Roll, Croissant

Meats

Bacon, Ham, Chicken, Rare Roast Beef, Salami, Turkey, Tuna
Smoked Salmon, Proscuitto, Warm Chicken Tenderloins,

Salads & Vegetables

Avocado, Beetroot, Capsicum, Carrot, Cucumber, Capers,
Lettuce Cos, Iceberg, Mixed, Mushroom Raw, Mushroom Cooked, Olives,
Caramelised Onion, Red Onion, Roast Vegetables, Rocket, Tomato, Spinach
Semi dried Tomato

Cheese

Tasty, Swiss, Feta, Parmesan, Lemon Pepper Cream Cheese
Brie, Shadows of Blue

Condiments

Pesto, Tomato Relish, Mayonnaise, Sweet Chilli Aioli, Cranberry, Caesar
Dressing, Mustard (Dijon or Seeded), Tomato Sauce, Honey, Jam,
Peanut Butter, Vegemite, .

