

# SWEDISH TARTS

[www.swedishtarts.com](http://www.swedishtarts.com)

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40 Semaphore Road, Semaphore

## ALL DAY BREAKFAST & LUNCH

<p><b>HOMEMADE SOURDOUGH</b> gfo - dfo 5 white or rye with butter your choice of vegemite / peanut butter / jam / nutella</p>	<p><b>VEGAN WELLNESS BOWL</b> gf 18 crispy potato / turmeric cauliflower / mushrooms / baked beans / crispy kale / dukkah</p>
<p><b>HOMEMADE CRUMPETS</b> v 9 maple butter / caramelised banana</p>	<p><b>CRISPY HALOUMI SALAD</b> gf 17 kale / quinoa / tomato / spinach / red onion / cucumber / balsamic / mixed seeds / aioli</p>
<p><b>HOMEMADE GRANOLA</b> v - vgo 12 yogurt / strawberry compote / seasonal fruit / mixed seeds</p>	<p><b>CHICKEN BURGER</b> gfo 18 mixed lettuce / red onion / tomato / aioli / beetroot relish / side of rosti</p>
<p><b>VEGAN PEAR PORRIDGE</b> vg 14 raspberry pear / freeze dried strawberries / coconut milk / walnuts / chia seeds / maple syrup</p>	
<p><b>EGGS ON TOAST</b> v - gfo - dfo 10.5 homemade sourdough with your choice of eggs</p>	
<p><b>EGG &amp; BACON ROLL</b> gfo - dfo 15 rocket / parmesan / chutney</p>	
<p><b>OMELETTE</b> gfo 18 chorizo / tomato / red onion / spinach / potato / cheddar cheese / with a side of sourdough toast</p>	
<p><b>SMASHED AVO</b> v - gfo - vgo 16 rye / avocado / pomegranate / seeds / mixed greens / haloumi / sticky balsamic / lime + poached egg 2</p>	
<p><b>TURMERIC EGGS</b> v - gfo - dfo 17 rye / poached eggs / feta / spinach / balsamic / mixed herbs</p>	

### OPEN FLATBREADS

<p><b>BREAKFAST</b> dfo 18 bacon / egg / tomato / cheddar cheese / aioli / mixed herbs</p>	
<p><b>MUSHROOM</b> v - dfo - vgo 18 spinach / sticky balsamic / red onion / feta / pine nuts</p>	
<p><b>SWEDISH</b> df 18 smoked salmon / spinach / capers / red onion / aioli / dill</p>	
<p><b>CRISPY BACON</b> dfo 18 parmesan / rocket / sundried tomato / aioli</p>	

<b>extras</b>	avocado / fried tomato / garlic mushrooms / wilted spinach / baked beans / gf bread	3.5
<b>even extra</b>	spicy chorizo / vienna / bacon / smoked salmon / haloumi	4.5
<b>sauce</b>	tomato chutney / garlic aioli / vegan mayo	1

## SWEDISH GOODNESS

### MEATBALLS 20

creamy mash / gravy / pickled cucumber / lingonberry jam / dill

### SWEDISH CREPES df - gfo 18

smoked salmon / balsamic / spinach / red onion / capers / aioli / mixed herbs

### SKAGEN gfo 18

creamy smoked salmon and prawn mixture / poached egg / mixed lettuce / polarbrod / radish / chives / lemon

### PYTTIPANNA gf 19

vienna / bacon / potato / spinach / mushrooms / red onion / fried egg

### OPEN MEATBALL SANDWICH gfo 16

sourdough rye / mixed lettuce / sticky balsamic / Swedish beetroot salad / pickled gherkin

### KROPPKAKOR 17

bacon / onion potato dumpling **or** (v) mushroom / spinach / feta dumpling served with creamy mushroom sauce / chives / lingonberry jam

### KAVIAR MACKA gfo - dfo 16

sourdough rye / poached eggs / smoked cod roe paste (kalles kaviar) / iceberg lettuce / Swedish potato salad / dill / radish

## SOMETHING SWEET

### BABY PANCAKES gfo 6

butter / icing sugar / maple syrup

### LEMON SUGAR CREPES gfo 11

### BLUEBERRY JAM CREPES gfo 12

served with whipped cream

### BANANA CINNAMON CREPES gfo 14

served with maple syrup

## GOODIE!!

we only provide free range chicken & eggs / homemade bread & pastries

## WE'VE GOT YOUR BACK

(gf) GLUTEN FREE  
(gfo) GLUTEN FREE OPTION  
(v) VEGETARIAN

(vg) VEGAN  
(vgo) VEGAN OPTION  
(df) DAIRY FREE  
(dfo) DAIRY FREE OPTION

## KEEP IN MIND

Kitchen Closes by 3pm / 10% Surcharge on public holidays / Only minor alternations on weekends & public holidays.

Food and Drink may contain traces of Nuts, Seeds, Gluten, Fish, Meat and Dairy. Please let our friendly staff know of any dietary requirements and we will try our best to satisfy your cravings.

3.8    4.9    5.2    6.4  
small / med / large / bowl

## HOT DRINKS

### ORGANIC & FAIR TRADE COFFEE

long black / latte / cappuccino /  
flat white / piccolo / mocha / dirty chai

*add syrups*  
vanilla / caramel / hazelnut                    1

### CLASSIC HOT CHOCOLATE

### SPICED DRINKS

chai latte  
*add* spiced turmeric / vegan chai            .20

### POT OF HOMEMADE CHAI                    6

with ginger / honey / milk

### HOT SPICED APPLE                            5.5

chai tea / apple juice / ginger /  
cinnamon stick

### GINGER ZINGER                                5.5

star anise / pink peppercorns / ginger

### WINTER WARMER                            5.5

lemon / orange / mint / lemongrass /  
ginger / turmeric /  
with honey on the side

### GLOGG    5.5

hot spiced blackcurrant tea / ginger

### ORGANIC LOOSELEAF                        4.9

english breakfast / earl grey /  
chamomile / green / peppermint /  
valhalla / nordic fresh berries /  
erik the red

### MILKS

full cream / skim  
*or add*  
zymil / soy / coconut / almond                1

## COLD DRINKS

iced coffee / iced chai /                            5.5  
iced mocha / iced chocolate /  
coffee frappe

### MILK SHAKES                                 5.5

chocolate / vanilla / chai / banana /  
berry / caramel

### SODA    4.5

nordic berries

## FRESH JUICES

### REFRESHER                                    8

cucumber / lemon / mint / ginger /  
apple / celery

### MORNING BURST                            8

turmeric / orange / lemon / ginger

### BO BLEND                                        8

apple / orange / carrot / watermelon

### RUBY RED                                        8

grapefruit / apple / watermelon

### KICKSTART                                      8

orange / carrot / lemon /  
turmeric / cayenne pepper

## SMOOTHIES

### TROPICAL GREENIE *vg*                    8.5

mango / passionfruit / kale / spirulina /  
pineapple juice / coconut milk

### VERY BERRY *vg*                                8.5

mixed berries / banana /  
apple juice / lsa

### BREAKFAST *vg*                                8.5

dates / banana / peanut butter /  
maple syrup / almond milk