

FOOD MENU

@swedishtartshenley

swedishtarts.com

(08) 8235 1116

330 Seaview road, Henley Beach

open monday - thursday 7am - 4pm & friday - sunday 7am - 5pm

ALL DAY BREAKFAST

SOURDOUGH TOAST (gfo) (dfo) 6 butter + your choice of condiments	EGGS ON TOAST (gfo) (dfo) 11 white sourdough toast, eggs your way
BANANA BREAD (v) 12 vanilla ice cream, maple syrup rhubarb compote, walnuts	DAGENS OMELETTE (gfo) 16 omelette of the day
CRUMPETS (v) 12 blueberry mascarpone, lavender honey, pistachios	EGG + BACON ROLL (gfo) 16 bacon, fried egg, cheese, tomato chutney add potato rosti + 4.5
FRUKTSALLAD (gf) (vg) 13 seasonal fruit, strawberry rhubarb sorbet, chia seeds	SMASHED AVO (v) (gfo) (vgo) 17 rye sourdough toast, danish feta, heirloom tomato, one poached egg, mixed seeds add one extra egg + 2
GRANOLA (vg) 13 strawberry rhubarb sorbet, fresh berries, passionfruit, mint, coconut, choice of milk	VEGAN BOWL (vg) (gfo) 17 rye sourdough toast, spiced sweet potato, beetroot relish, spinach, mushroom, crispy enoki, dukkah
SMOOTHIE BOWL (vg) 14 banana, raspberry, almond milk, granola, nuts, coconut, fresh fruit	KESO (gfo) 18 white sourdough toast, chorizo, poached eggs, ricotta, heirloom tomato, basil, mixed greens
CREPES (v) (gfo) 12 with your choice of maple syrup & vanilla ice cream lemon & sugar blueberry jam & cream	BEETROOT BENNY (gf) 18 potato rosti, spinach, poached eggs, housemade beetroot hollandaise with ham 18 with smoked salmon 20
PANNKAKA (v) 18 buttermilk ricotta pancake, banana, fresh berries, passionfruit, meringue, vanilla ice cream, maple syrup, seeds	

FLATBREADS 19

FRUKOST (dfo) 19 eggs, bacon, spinach, cheese, chutney, garlic aioli
LAX (dfo) 16 smoked salmon, rocket, dill, mascarpone, pickled red onion
GRÖN (v) (dfo) 19 spinach, parmesan, asparagus, parsley peas, spring onion, fried egg, herbs, garlic aioli

KIDS

MINI EGG + BACON ROLL (gfo) 6 bacon, fried egg, tomato sauce
MINI PANCAKE (v) 8 maple syrup, vanilla ice cream

LUNCH from 11am

HALLOUMI SALAD (v) (gf) (vgo) 18 mixed greens, tomato, avocado, red onion, beetroot relish, seeds, red quinoa, sweet potato crisps
CHICKEN BURGER (gfo) 19 grilled chicken, cos lettuce, garlic aioli, tomato, red onion, avocado, sweet potato crisps
SALMON CREPES (gfo) 19 spinach, smoked salmon, aioli, pickled red onion, capers, dill
SWEDISH MEATBALLS 20 creamy mash potato, mushroom gravy, lingonberry jam, pickled cucumber, parsley peas

SIDES

extra toast / extra egg (2)
avocado / fried tomato / garlic mushrooms / gf bread / spinach / bowl of greens / sweet potato crisps (3.5)
spicy chorizo / bacon / halloumi / potato rösti (4.5)
smoked salmon (5.5)
housemade tomato chutney / beetroot relish / garlic aioli (1)
vegan mayo / beetroot hollandaise (2)

DRINK MENU

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HOT DRINKS

ORGANIC FAIR TRADE COFFEE

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

add syrups

vanilla / caramel / hazelnut **1**
spiced turmeric / vegan chai **.50**

HOT CHOCOLATE

CHAI LATTE

4 **5** **6**
small / medium / bowl

MILKS

full cream / skim

or add

lactose free / soy / coconut /
almond

.60 **.80** **1**
small / medium / bowl

TEA

MUG 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, cinnamon

ORGANIC LOOSELEAF **4.9**
english breakfast / earl grey /
chamomile / green / peppermint /
valhalla / nordic berries /
stockholm / erik the red

COLD DRINKS

CLASSICS

iced coffee / iced chai /
iced mocha / iced chocolate /

MILKSHAKES

chocolate / vanilla / chai /
banana / mixed berry / caramel

SLUSHY

coffee / sour apple

SODA

strawberry & rhubarb /
elderflower / lingonberry

BOTTLED DRINKS

PUREZZA SPARKLING WATER **4**
500ml bottle + free refill

REMEDY KOMBUCHA

apple crisp / ginger lemon /
ginger berry / peach
raspberry lemonade

KARMA COLA CO

organic cola /
organic lemonade

JUICES

apple or orange **7**

GREEN QUEEN

cucumber, pineapple, mint,
apple, celery **8**

PICK ME UP

turmeric, carrot, orange,
lemon, ginger **8**

STRAWBERRY SQUEEZE

lime, cucumber, apple,
strawberry, mint **8**

SMOOTHIES

TROPICAL GREENIE

pineapple, mango, mint,
spinach, passionfruit,
coconut milk **8.5**

BANANARAMA

banana, dates, maple syrup,
cinnamon, soy milk, lsa **8.5**

PEACHES AND CREAM

peach, passionfruit, banana,
coconut milk **8.5**

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.