

Belongil Bistro

consciously sourcing and nourishing you

Daily house baked muffins (with love)	6.0				
Home made banana bread (v) served warm, butter and local honey	9.0				
House made lime and coconut bread (gf) served warm, with yoghurt	11.0				
Sourdough or gluten free quinoa toast butter and spiced organic berry jam, vegemite, local honey or crunchy peanut butter	7.5 / 8.5				
Nut duo on sourdough (v, high protein, gf available) peanut butter, cherry tomato and alfalfa peanut butter, avocado, lime juice and micro herbs	14.0				
Home made toasted muesli (v) nut butter, honey, pepita, sunflower, almonds, coconut, goji, oats, apple vanilla puree, yoghurt and fresh fruit	14.0				
Poached or scrambled eggs and toast (gf available) two eggs, relish and toasted sourdough	12.0				
Avo and egg roll (v, gf available) egg, avocado, fresh spinach, aioli and house relish in a seeded wholemeal roll	12.0				
Legendary bacon and egg roll (gf available) smoked bacon, egg, raw spinach, aioli and our epic relish in a seeded wholemeal roll	12.0				
Grilled haloumi burger (v, gf available) soft haloumi, egg, warm kale, aioli and our beet relish in a seeded wholemeal roll	14.0				
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Goodness! (v, ve, gf) nourishing bowl of avocado, kale, Nimbin brown rice, housekraut, roast pumpkin and lemon	19.0				
Garden eggs (gf) scrambled eggs, mushroom, Coopers Shoot tomato, spinach, Danish feta and fresh soft herbs, with our famous hash	21.0				
Haloumi and asparagus (v) grilled haloumi, asparagus, raw spinach, poached eggs, toasted sourdough and lemon dressing	19.0				
Pea Perfect (v, gf) warm crushed peas, Danish feta, poached eggs and fresh mint on quinoa toast	21.0				
GI Joe (gf, low GI, high protein) smashed avo, raw spinach, Tasmanian smoked salmon (or smoked bacon), poached eggs and house aioli on quinoa toast	23.0				
Green eggs and ham (gf) Bangalow sweet ham and salsa verde scrambled eggs on sourdough with tomato relish and baby herbs	23.0				
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Japanese salmon nori roll (gf) Poached flaked salmon, cucumber, avocado, sprouts, fresh herbs and wasabi mayo with a side of Coopers Shoot tomatoes	26.0				
Summer salad (v) Roquette, baby spinach, egg, avocado, Coopers Shoot tomato, beetroot relish, toasted seeds, sprouts and mustard dressing	21.0				
Amalfi salad (v) raw spinach, alfalfa, roasted baby carrot, grilled haloumi, house kraut, parsley, apple cider dressing	19.0				
Salt and pepper squid sautéed greens, fresh ginger, sesame oil, toasted seeds and house made aioli	22.0				
Pan fried local fish from the crew at Bay Seafood crisp salad vegetables, daikon, cucumber, shallot, dill, watercress and ponzu dressing	26.0				
Beef burger Hayters Hill mince, double cheddar, smoked bacon, aioli, tomato chilli relish on a seeded wholemeal roll with a house pickle	19.0				
French fries and home made aioli (v, gf)	7.0				
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warm/raw spinach	3.5	avocado	4.0	Tasmanian smoked salmon	8.0
roast pumpkin	4.0	grilled haloumi	4.0	smoked bacon	5.0
sautéed kale	5.0	our hash brown	4.0	relish/aioli/spreads	2.0
Coopers Shoot tomato	4.0	free range egg	3.5	gluten free	2.0

