



enjoy nutritious, organic choices for brunch and lunch...

Eliane is food to make the soul smile. We believe in using healthy, alkaline whole foods.

Served between 8.30am – 11am, 12pm-4pm

vegan breakfast VE 12.95
Eliane bean and vegetable patties, avocado, sautéed kale, courgette, mushroom, heritage tomatoes, organic baked beans and organic heritage grain toast.

eliane breakfast DF 12.95
Eliane chicken koftas, locally sourced organic poached/scrambled eggs, sautéed kale, courgette, mushroom, heritage tomatoes, organic baked beans and organic heritage grain toast.

avocado on toast VE 7.95
Smashed avocado with spring onion, herbs, freshly squeezed lemon and chilli flakes, Himalayan rock salt and pepper on three pieces of organic heritage grain toast.
Add poached eggs. 10.95 **VG**

smoked salmon, avocado and egg DF 12.95
Organic heritage grain toast topped with sliced avocado, smoked salmon and locally sourced organic poached/scrambled eggs.

creamy garlic mushrooms VE 9.95
Organic heritage grain toast topped with Eliane hummus, sautéed, garlic infused mushrooms and greens in a creamy béchamel.

sabich VE 8.95
Sautéed onions, garlic and rosemary infused potatoes and aubergine served with organic heritage grain toast.

scrambled eggs DF/VG 8.95
Three locally sourced organic scrambled eggs with spring onion and herbs, served with organic heritage grain toast.
Add smoked salmon. 10.95 **DF**

omlette DF/VG 8.95
Eliane three-egg omelette brimming with fresh herbs and spring onion using locally sourced, organic eggs.

portobello mushroom, asparagus and egg VG Contains nuts. 10.95
A Portobello mushroom topped with asparagus spears, locally sourced organic poached eggs and a cashew hollandaise.

kedgeree DF 12.95
Fluffy rice infused with sauteed onion, garlic and turmeric, topped with poached smoked haddock, fresh peas and a poached egg.

porridge VE/GF 5.50
Organic porridge oats prepared with organic rice milk. Served with coconut nectar.

heritage grain toast VE 4.00
Organic toast served with butter or coconut oil and homemade, refined sugar free preserves.

smoothie bowl VE 6.50
A thick and creamy berry and apple smoothie, topped with flax, chia and pumpkin seeds, fresh berries and banana.

fresh lunch medley From 12.95 -15.95

Served between 12-3pm

Choose one of our delicious main dishes from the counter - Vegan, Vegetarian, Chicken or Fish - then add any three of our nutritious vegan or vegetarian choices to complete your fresh plate

fresh soup for the soul 5.95

Served between 12-3pm

Served with your choice of lunchtime breads.

little people

Salmon with peas and rice **DF** 8.95

Chicken koftas, sautee potatoes, broccoli **DF** 7.95

Wholemeal pasta, Eliane red pesto, parmesan **VG**
Contains nuts. 6.95

Served with a fresh apple and carrot juice.

VG vegetarian **VE** vegan **GF** gluten free **DF** dairy free

All our dishes are created to our ethos of nutritious, delicious choice.

We can prepare all brunch & lunch dishes with gluten free toast. We cook with raw virgin coconut oil, Himalayan rock salt and organically sourced ingredients wherever possible. If you have any dietary requirements, please let a member of our team know. Sustainability Matters – homemade, fresh, healthy, clean, raw, organic, locally sourced, sustainable, ethical...

Ask our team or find out more at elianesmiles.com