



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-3pm

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

eliane breakfast DF 13.95
Eliane chicken koftas, locally sourced organic poached/ scrambled eggs, sautéed ginger kale, mushroom, heritage tomatoes, organic baked beans and organic 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 toast.
Add poached eggs. 10.95 **VG**

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

shakshuka DF 9.95
Two locally sourced organic poached eggs in a north African style tomato sauce, served with organic toast.

creamy garlic mushrooms VE 9.95
Creamy garlic mushrooms in a non-dairy béchamel sauce served on organic toast.

warm goats cheese salad VG 10.95
Two rounds of sautéed goats' cheese in a za'atar crust. Served on an orange, pomegranate and rocket salad with organic toast.

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

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

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

akuri VG 9.95
Scrambled eggs with an Eliane twist. Chilli, onions, mushrooms and spinach run through three organic locally sourced eggs on organic toast.

eliane chickpea omelette VE 8.95
An onion, tomato and coriander spiced vegan omelette served with organic toast.

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

granola VE Contains nuts. 6.50
Eliane toasted coconut granola served with coconut nectar and coconut yoghurt and fruits.

heritage grain toast VE/VG 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, oats, fresh berries, banana and almonds.

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.



take a smile home eliane to order

Select from the weekly **take a smile home** menu, order one day, collect the next - we will prepare fresh for your collection.

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. We care that our food is homemade, fresh, healthy, clean, raw, organic, locally sourced, we are environmentally conscious, we care about biodegradability, we are ethical... Ask our team or find out more at elianesmiles.com