

Café Blue Knob Menu – April 2016

Lunch Specials always shown on the board

Traditional All Day 'Miss Brunch' 14.5

2 Organic fried eggs & tomato, on buttered Sourdough Toast w/ Salad Greens

- w/ buttered mushrooms \$3, bacon \$3

Glutenfree bread available \$2 extra

Large Organic Buckwheat Pancake GF 15

Savory: French style topping w/ cheese, veggies, sour cream & herbs

Sweet version w/ fruit & cream 13.5

Large German Fluffy/Crispy Waffle Sourdough Spelt Vanilla

- Apple sauce, cinnamon sugar & cream 9.5

- w/our Kefir Ice cream, cream & maple syrup 13

Sweet Spelt Sourdough Pancake Stack w/ fruit, maple syrup & cream 11.5

Organic Pizza Sourdough Spelt 18 w/ Side Salad 24

With cheese, herbs and vegetables

Extra Toppings available: Ham, pineapple, tuna or org. fried egg each \$2 extra

Mr. Fluffy - Organic Omelette GF 12 w/Side Salad 16.5

w/ fresh org. Herbs & local org. eggs & cheese

Tomato / Cheese/ Ham each filling \$2 extra - w/ Spelt toast \$1.5 extra

Grilled Cheese Sandwiches

w/ Tomato 8, Tomato & Ham 9.5, Ham & Egg 10.5 or Hawaiian style 10.

Ask us for more varieties J, with Salad add \$5

"Die Knackwurst" 9.5 w/ Salad 15

Traditional German Sausage in a long toasted Spelt bread roll

w/ fried Onions, Tomato Sauce or German Mild Mustard

Blue Knob Garden Salad 9.5 (vegan)

Seasonal variety of organic greens & garden vegetables with Café Blue Knob Special Dressing, Toast \$1.5 extra

Desserts

Cakes, Tortes, Slices, Ice cream and Mousses are available at the Dessert Bar.

Please ask us for our specialty home made Kefir ice creams.

Glutenfree, sugarfree, grain and dairy free / vegan treats are our specialty.

Please ask for what you need J

Needing a Birthday / Party/ Specialty cake? Ask for our fabulous range...

Needing catering for a group from 8 to 50? Ask us for our special offers!

We do not use a Microwave EVER, and everything is prepared fresh and unprocessed right at the cafe. We source as much as we can our vegetables and grains locally and organic. Our eggs are always free range/ organic. For you and the chooks!

We are passionate about fermented foods incorporated in meals. All our doughs are sourdough, made on the premises. From bagels and sweet Raisin Buns to Pizza, Pancakes or Waffles - for your digestion and well-being!