

Welcome to
Taste Gourmet Grocer & Café

Grocer Café Deli Hampers Online Store



WINNER - Best Café - 2010 Central Coast Business Awards
Winner - Best Café - 2009 & 2007 Central Coast Business Awards
Winner - Employee Excellence - Central Coast 2007 Business Awards
Finalist - Gourmet Food & Delicatessen - Central Coast 2008 & 2007 Business Awards
Finalist - Outstanding Café - 2008 & 2007 Central Coast Sun Weekly Business Awards
Nominated 2010 + 2009 Lifestyle Channel I LOVE FOOD National Awards

Reviewed and recommended SMH Good Food Guide
2011 2010 2009 2008 2007



Welcome

Opened in May 2006 in Victoria Street, East Gosford, the heart of the Central Coast's most exciting dynamic and diverse shopping village, **Taste Gourmet Grocer and Cafe** is a true food lover's paradise.

Taste Gourmet has quickly become a popular place for locals, family and friends to meet and eat, and there are tastings every day in store. From the moment you step into our shop, you'll find a treasure trove of goodies, plus new discoveries on every visit. Taste Gourmet Grocer & Cafe offers top quality foods and service, with a refreshing friendly attitude - we are a unique destination and we really love our food. Our Food Club offers special promotions, events, newsletters and more.

Taste Gourmet Grocer and Cafe is committed to great customer service, environmental responsibility and community involvement. We actively support local schools, sporting groups, and community projects.

Gourmet Grocer & Regional Fine Foods - We specialise in gourmet and fine foods, including our own *Taste Gourmet* label fine foods and over 2000 regional and specialty gourmet foods.

Our Online Shop - Can't make it in? Need to send a gift interstate or overseas? Our **Taste Gourmet Online Shop** with secure online payments! See our website: www.tastegourmet.com.au

Deli, Take Home, Platters & Picnics - Our range of fresh deli and take home items includes small goods & meats sliced fresh to order, Australian farmhouse & imported cheeses, antipasto, dips, gourmet ice-cream and more. We have pasta, pies, curries, quiche, soups, salads, lasagne, savoury tarts, soups, samosas and much more! We also offer Gourmet Platters & Salads for your catering needs and Gourmet Picnic Baskets.

Gourmet Gifts & Hampers - We offer an extensive range of gourmet gift hampers and you can now have them delivered Australia wide. We package our hampers for delivery. Or, choose your own selection of goods from our range and we'll create a unique hamper on the spot.

Please join us for all your gourmet food shopping needs, to find a gourmet gift for family or friends, to try a unique regional product, to sample our kitchen's current seasonal menu at the Cafe - or drop in for a coffee.

We have a delightful team waiting to meet you at **Taste Gourmet Grocer and Café**, paradise for Central Coast food lovers.

Brian Michele

TASTE GOURMET GROCER & CAFE

73 Victoria Street EAST GOSFORD

Phone (02) 4324 2130 E-mail: info@tastegourmet.com.au

www.tastegourmet.com.au (with NEW online shop)

Twitter: www.twitter.com/TasteGourmet Blog: www.tastegourmet.blogspot.com

We accept Cash, EFTPOS, Visa, MasterCard, American Express

Taste Gourmet Café is BYO

BYO is \$1.50 per person

"Wonderful! Always amazing food and service!"
Jessica, Wyoming

Breakfast

Big Breakfasts

Available to 11.30 weekdays and all weekend

The Taste Big Breakfast

Bacon, free-range eggs (scrambled), chorizo sausage, grilled tomato, mushrooms and baby spinach, with tomato/bbq sauce and white/grain/sourdough/Turkish toast & butter 17.50

V Vegetarian Breakfast

- ☆ Free-range eggs (freshly scrambled), with our sweet potato fritter, grilled tomato, mushrooms, baby spinach, Taste tomato relish and toast 17.50

GLUTEN FREE OPTION - Big Vegetarian Breakfast
Gluten Free Pumpkin Frittata (replaces Fritter) and no toast 17.50

Bacon, Pancakes and Maple Syrup

Two stack of pancakes topped with smoky bacon rashers, and a side of maple syrup 13.50

V Scrambled Eggs and Toast

Free-range eggs (freshly scrambled), and thick slice white/grain/wholemeal/Turkish toast & butter 10.50

With Bacon Rashers 13.50

With Chorizo Sausage 13.50

Smoked Salmon & Scrambled Eggs

Smoked salmon and free-range eggs (freshly scrambled), served with a side of lime & dill mayonnaise and thick white/grain/Turkish toast & butter 17.50

☆ Sweet Potato & Bacon Stack

Sweet potato and vegetable fritter, baby spinach, smoky bacon rashers, avocado, rocket and Taste Tomato Relish on grilled sourdough topped with sour cream 16.50

Sides with breakfasts (available only with above breakfasts)

Grilled Tomato 2.00 Chorizo 3.00 Mushrooms 2.00
Baked Beans 4.00 Extra bacon 3.00
Sweet Potato Fritter 8.00 Smoked Salmon 6.00

Toast & Breads

Fruit & Nut Banana Bread

Fruit & nut banana bread, lightly toasted, served with butter 6.50

Blueberry Banana Bread

Blueberry banana bread, lightly toasted, served with butter 6.50

Toast, Sourdough or Turkish Toast

Two slices served with butter - Sourdough, White, Grain or Turkish Bread

Choose Strawberry or Raspberry Preserve, Vegemite, Peanut Butter, or Taste Marmalade 5.00

Cinnamon Toast 4.95

Raisin Toast

Two pieces of thick slice raisin toast, served with butter 5.00

To share - three slices 7.25

Reviewed and recommended by
SMH Good Food Guide 2011

Hot Breakfast

Chorizo & Bacon Breakfast Turkish

Turkish roll with bacon, chorizo sausage, tomato, cheese and barbeque sauce, lightly toasted, served with side salad 14.95

☆ Ham, Cheese & Tomato Toasted Sandwich

- ☆ Leg ham, tasty cheese and tomato, with Taste Tomato Relish, on thick slice bread, lightly toasted served with side salad 12.95

Bacon, Avocado, Tomato & Cheese Grill

Toasted thick bread topped with avocado, tomato, tasty cheese and bacon, served with side salad 13.95

Croissants

Smoked Salmon, Brie & Avocado Croissant

Smoked salmon slices, brie and avocado on a butter croissant, lightly toasted, with side salad 13.50

Ham, Cheese & Tomato Croissant

Leg ham, tomato and tasty cheese in a butter croissant, lightly toasted, served with side salad 10.95

Croissant with Jam & Butter

A warm butter croissant, with butter and Strawberry or Raspberry Preserve or Taste Marmalade 5.95

Waffles & Pancakes

Choose our moreish warm fluffy pancakes or light toasted waffles with these toppings:

with Ice-Cream & Maple Syrup

Two stack of waffles or pancakes with maple syrup & ice-cream 9.50

with Berries & Ice-Cream

Two stack of waffles or pancakes served with berries & vanilla ice-cream 10.95

with Belgian Chocolate & Ice-Cream

Two stack of waffles or pancakes served with ice-cream drizzled with warm Belgian chocolate (milk or dark) 11.95
Add strawberries or berries 12.95

Muesli

Toasted Fruit & Nut Muesli with Strawberries & Yoghurt

Toasted Muesli with dried fruits and nuts, drizzled with Greek yogurt and honey, ripe strawberries and served with whole/skim/soy milk on the side 8.50
Soy Milk add 1.00

Available to take home from our deli and grocery
☆ Port Stephens Free Range Eggs
Taste Gourmet Red Tomato Relish

Our Favourites

Served all day!

Chef's Selections

Ocean Tasting Platter

Chilled king prawns and Tasmanian smoked salmon, served with warm Thai Fishcakes, brie, avocado, lemon, cherry tomatoes & salad leaves. Served with dill & lime sauce & toasted Turkish
For one 29.50 For two to share 57.50

Chicken, Bacon & Herb Filo Parcel with Mushroom Sauce

Succulent chicken tenderloin breast, tasty bacon pieces & mixed herbs covered in béchamel sauce. Wrapped in layers of golden filo pastry served with creamy mushroom sauce and our signature salad 18.50

G Roasted Pumpkin Risotto with Baby Spinach

A moreish slow cooked risotto with roasted pumpkin and traditional Arborio rice, garnished with lemon & baby spinach 17.50

★ Slow Roasted Lamb Shank with Mushrooms, Red Wine and Rosemary

A large tender lamb shank, slow roasted in red wine, mushroom, rosemary & tomato sauce with rice and our signature salad 22.50

V G Roasted Pumpkin, Rocket & Caramelised Onion Frittata **GLUTEN FREE**

★ Roasted pumpkin with rocket and caramelised onion frittata with a side of Taste Caramelised Onion Jam and a salad with gluten free dressing 16.95

Prawn, Smoked Salmon & Avocado Stack

Slices of smoked salmon, king prawns, avocado, cucumber, red onion and cherry tomatoes layered in a stack, drizzled with lime and dill sauce and served with our signature side salad 22.50

Chef's Share Plates

★ Tuscan Antipasto Plate

Salami, prosciutto, chargrilled eggplant, semi dried tomatoes, bocconcini, roasted capsicum, marinated olives, basil pesto and Taste beetroot dip served with toasted sourdough

For one 19.50 For two to share 34.50

★ Lamb Kofta Mezze Plate

Skewers of warm lamb kofta, hommus, Taste beetroot dip, sundried tomato & capsicum tapenade, Kalamata olives, semi dried tomatoes, creamy feta, roasted eggplant & mixed salad leaves. Served with toasted Turkish

For one 19.50 For two to share 34.50

★ Aussie Drover's Plate

Sliced roast beef, leg ham, vintage cheddar cheese, pickled onion & gherkin, baby beetroot, cherry tomatoes & salad leaves, with Taste Red Tomato Relish & toasted Turkish

For one 19.50 For two to share 34.50

Seafood Celebration for Two

A delicious way to celebrate your special occasion!

★ **To begin:** Platter of two dips - Taste Beetroot Dip and Hommus with toasted Turkish bread

Mains: Platter of chilled king prawns and Tasmanian smoked salmon, with warm Thai fish cakes, brie, avocado, lemon, cherry tomatoes and salad leaves. Served with dill & lime sauce & toasted Turkish

★ **Sweet treat:** Two individual chocolate tarts served ice-cream, fresh strawberries and Taste Summer Berry and Cointreau Sauce

To finish: Coffee or tea of your choice
For two to share 94.50

V **VEGETARIAN**

All Meals are INDIVIDUAL serves unless otherwise marked.

G **LOW GLUTEN OPTION**

Shared meals will incur a surcharge. Some meals are not available to share

I liked everything the most - I'll give you a gold star!
Lorraine, Kincumber

Available to take home from our deli and grocery
Taste Gourmet Lamb Shanks with Red Wine & Mushrooms
Taste Gourmet Caramelised Onion Jam
★ Taste Gourmet Red Tomato Relish
Taste Summer Berry & Cointreau Sauce
Taste Gourmet Beetroot Dip

Meals

Served all day!

Starters & Breads

V Mediterranean Dips & Toasted Turkish

★ Taste Beetroot & Fetta Dip and Hommus Dip with lightly toasted Turkish bread 9.95 for one 15.50 to share

Garlic OR Parmesan Turkish Bread

Toasted open Turkish bread with garlic butter OR parmesan
For one 4.00 For two to share 5.50

★ Soup of the Day

Hand made home style soups - please ask for today's selection, served with thick slice toast 10.95

Melts

Served on fresh toasted thick bread - white/grain/sourdough - with our signature salad

Chicken Caesar Melt

Chicken, tomato topped with cheese and bacon and drizzled with Caesar dressing 14.50

Italian Melt

Basil pesto, salami, roasted capsicum, Spanish onion, sun-dried tomatoes & baby spinach topped with tasty cheese 13.95

Hawaiian Melt

Leg ham, pineapple & semi-dried tomato topped with tasty cheese 13.95

Avocado, Bacon, Tomato & Cheese Melt

Avocado and tomato topped with tasty cheese and bacon 13.95

Toasted Turkish

Fresh baked round Turkish breads are served toasted, with our signature garden salad

Smoked Salmon & Avocado with Dill & Lime Mayonnaise Turkish

Smoked salmon, Spanish onion, avocado, mixed lettuce & brie with dill & lime mayonnaise 15.50

Sweet Chilli Chicken Turkish

Chicken, Spanish onion, tomato & baby spinach with sour cream and sweet chilli sauce 13.95

Mediterranean Lamb Turkish

Tender marinated lamb in Mediterranean spices, tomato, feta, Spanish onion, roasted eggplant & baby spinach 14.95

Turkey, Brie & Cranberry Turkish

Roast turkey breast, brie, tomato & baby spinach leaves with cranberry sauce 13.95

Chorizo & Bacon Turkish

Bacon, chorizo, tomato, cheese & barbeque sauce 14.95

V VEGETARIAN

All Meals are INDIVIDUAL serves unless otherwise marked.

G LOW GLUTEN OPTION

Shared meals will incur a surcharge. Some meals are not available to share

I can't think of anything you could do better, there's great food, excellent coffee and friendly service

Bev, Empire Bay

Quiche, Pies & Frittatas

Served with our signature chef's salad with French dressing

★ Smoked Salmon & Asparagus Quiche

A generous slice of delicious smoked salmon and asparagus quiche in a melt in the mouth pastry 16.50

V G Roasted Pumpkin, Spinach & Caramelised Onion Frittata **GLUTEN FREE**

★ Roasted pumpkin with rocket and caramelized onion frittata with a side of Taste Caramelized Onion Jam and a salad with gluten free dressing 15.95

★ Beef & Beer (Guinness) Gourmet Pie

This authentic pie captures the essence of Irish cuisine with generous chunks of beef stewed with Guinness Ale, carrots and celery and finished with crispy pastry with a side of house made tomato relish 14.95

V Corn, Cheese & Asparagus Gourmet Pie

★ Hand made pie with flaky pastry, plump corn kernels and diced asparagus in a delicious cheesy pie served with a side of roasted chilli jam 14.95

★ Moroccan Lamb Pie Gourmet Pie with Yoghurt

Exotic Middle Eastern spices with Australian Lamb, dates and chickpeas. A deliciously sweet and fragrant pie served with a side of yogurt 14.95

Gourmet Sandwiches

Available on white/grain/sourdough thick slice bread
All served with our signature garden salad

Smoked Salmon Sandwich on Toasted Sourdough

Toasted sourdough topped with slices of smoked salmon, mixed greens, avocado, cucumber, red onion, capers and lemon caper mayonnaise served with a side of salad greens, cherry tomatoes & shaved parmesan 15.95

Taste Turkey & Bacon Club

A three layered sandwich with shaved turkey breast, cheese, bacon, tomato & cos lettuce drizzled with mayonnaise, lightly toasted 14.95

★ Roast Beef & Garlic Aioli

Shaved roast beef, mixed lettuce, tomato, Spanish onion, Taste Caramelized Onion and our garlic aioli 13.50

Healthy Ham Salad

Lean leg ham, avocado, mixed salad leaves, tomato, Spanish onion, cucumber, beetroot, sprouts & low fat mayonnaise (bread unbuttered) 14.50

Turkey, Avocado & Brie

Roast turkey breast, brie, avocado, mixed lettuce & tomato with cranberry sauce 13.50

Available to take home from our deli and grocery

★ Taste Gourmet Caramelised Onion Jam
Quiche, Frittata and Gourmet Pies
Taste Gourmet Beetroot Dip
Taste Gourmet Soups

Meals

Served all day!

Gourmet Salads

Moroccan Spiced Lamb Salad with Chickpeas and Almonds

Tender lamb marinated in Moroccan spices with mixed leaves, feta, cherry tomatoes, capsicum, Spanish onion, chickpeas with tangy lemon & garlic dressing and garnished with almonds 21.50

Thai Chicken Salad with Lime & Sweet Chilli

Tender poached chicken with mixed leaves, snow peas, cucumber, capsicum, red onion, sprouts & crunchy noodles in a lime and sweet chilli dressing

Chicken 19.50

With Prawns 21.95

Caesar Salad

Baby cos lettuce, bacon, croutons, shaved parmesan & cherry tomatoes tossed with our creamy Caesar dressing:

With Chicken 19.50

With Smoked Salmon or Prawns 21.95

V Chef's Classic Green Salad **GLUTEN FREE**

A green salad of mixed salad leaves, cherry tomatoes, cucumber, red capsicum, snow peas, Spanish onion, sprouts, parmesan & French dressing 14.95

With Chargrilled Chicken 19.50

With Smoked Salmon or Prawns 21.95

Vegan Option - Classic with no cheese

Curries & Samosas

☆ Thai Yellow Curry with Roast Duck

A mild Thai yellow curry with slow cooked roast duck simmered in fragrant spices with potatoes, pumpkin and coconut milk, served with fragrant basmati rice, with mango chutney and yogurt and crispy pappadam 23.50

☆ Indian Butter Chicken Curry

Indian Butter Chicken Curry (mild) served with fragrant basmati rice, with mango chutney and yogurt and crispy pappadam 23.50

☆ Thai Red Curry with Beef

A spicy Thai red curry with beef, simmered in fragrant spices with coconut milk, beans and Thai basil, served with fragrant basmati rice, with mango chutney and yogurt and crispy pappadam 23.50

V ☆ Potato & Vegetable Samosas with Mango Chutney & Yoghurt

Two Indian samosas with potato & vegetable filling, served with mild mango chutney & yogurt 14.95

Burgers & Nachos

Burgers served with our signature garden salad

☆ Beach Burger with Caramelised Onion, Pineapple and BBQ Sauce

Char-grilled beef burger on a toasted onion & poppyseed roll with mixed lettuce, Taste Caramelized Onion Jam, tomato, pineapple, beetroot & tasty cheese with BBQ sauce 15.95

V Sweet Potato, Pumpkin & Carrot Vegetable Burger

Sweet potato, pumpkin & carrot vegetable fritter on a toasted Turkish roll with baby spinach, cucumber, tomato, Spanish onion and char-grilled capsicum, topped with hommus 15.95

Chicken Caesar Burger

Flame grilled chicken burger on a toasted onion & poppyseed roll with cos leaves, tomato, parmesan cheese, bacon and Caesar dressing 15.95

Spicy Beef Nachos with Sour Cream, Salsa & Guacamole

Chilli beef and beans, corn chips with tomato salsa, melted cheese & sour cream, guacamole and chilli sauce 16.95

Gourmet Pizza

Served with our signature side salad

Ham, Pineapple, Mushroom and Bacon Pizza

A crispy individual base topped with mozzarella, ham, pineapple, mushrooms, cheese and bacon finished with garlic aioli 18.50

Tuscan Supreme Pizza

A crispy individual base topped with pesto, salami, semi dried tomato, Spanish onion, olives, bacon and bocconcini 18.50

Chicken & Bacon Barbeque Pizza

A crispy individual base topped with barbeque sauce, mozzarella cheese, chicken, Spanish onion, bacon and bocconcini 18.50

Prawn and Salmon Seafood Pizza

Our crispy individual pizza base topped with avocado, tomato, prawns and mozzarella, finished with smoked salmon, rocket and lime and dill mayonnaise, served with our signature side salad 20.50

"Service is excellent, presentation is 1st class, there is an excellent range of gourmet products available."

June, Gosford

Available to take home from our deli and grocery

☆ Taste Gourmet Caramelised Onion Jam

☆ Taste Gourmet Indian and Thai Curries

Taste Gourmet Samosas

Indulgence

Served all day!

SWEET TREATS

Cakes & Tarts

Add Ice-cream 1.00

Lime & Lemon Tart

Deliciously tangy creamy lemon & lime curd tart, served with cream 7.25

☆ With Taste Lime Citrus Sauce and Ice-cream 8.50

Lemon Meringue Pie

Sweet pastry with baked creamy lemon filing topped with waves of meringue, served with cream 7.25

G **Apple & Rhubarb Cake** GLUTEN, WHEAT & DAIRY FREE

Rhubarb and seasonal apples on an almond meal base topped with a fine crumble 6.95

Individual Carrot Cake

Carrot cake with lemon cream cheese frosting served with cream 7.25

Portuguese Tart

The traditional "nata" custard tart, served warm with cream 4.95

G **Macadamia & White Chocolate Cheesecake** GLUTEN FREE

Delicious gluten free cheesecakes: Ask for today's selection! 7.25

Sweet Favourites

Fruit & Nut or Blueberry Banana Bread

Choose Fruit & Nut or Blueberry banana bread, lightly toasted, served with butter 6.50

Raspberry & White Chocolate Muffin

Raspberry and white chocolate muffin 4.95

With Ice-cream and Berry Sauce 6.50

Carrot & Walnut Wholemeal Muffin

A wholemeal carrot muffin topped with walnuts and served with butter 4.95

Scones with Jam and Cream

Two scones with lashings of cream and strawberry or raspberry conserve 6.50

Triple Chocolate Brownie

Rich triple chocolate brownie with walnuts & pecans 5.50

Friands - choose Lime or Berry

Individual French style almond cakes served with cream 4.95

Maple & Pecan Shortbread 2.95

Macadamia & Lime Shortbread 2.95

SPECIAL TREATS

Special Teas for Two

Taste High Tea for Two (or more)

AVAILABLE MON-FRI 9am - 11.30am
MON-SUN 2pm - 4pm

BOOKINGS ESSENTIAL

A old fashioned high tea with a modern twist! Perfect to celebrate a birthday, special occasion, or just treat someone special!

A delicious selection of scones with cream & preserves, fresh baked macarons, sweet tarts, cakes and savoury treats served on a tiered platter.

High Tea includes unlimited choice of teas and coffees and drinks from our High Tea drinks menu.

For two to share 65.00 Per additional guest 32.50 each



Devonshire Tea for Two

Warm scones with cream & strawberry jam.

Includes Pot of Leaf Tea for two (or standard coffees)

For two to share 19.50 Per additional person 9.00

DESSERTS

Chef's Favourites

Sticky Date Pudding with Caramel Sauce

An individual sticky date pudding served warm with caramel sauce and ice-cream 9.95

☆ **Handmade Macarons**

Created by Paris trained pastry chef, our delicious macarons come in seven flavours:

Raspberry & Chocolate, Crème Brulee, Coffee, Passionfruit, Pure Chocolate, Pistachio and Salted Caramel 3.25



Chocolate Obsession

Choose our Triple Chocolate Brownie served with vanilla ice-cream and drizzled with warm

Belgian chocolate (choose milk/dark chocolate) 8.95

Waffles & Pancakes

Choose our pancakes or light toasted waffles with these toppings:

with Ice-Cream & Maple Syrup

Two stack of waffles or pancakes with maple syrup & ice-cream 9.50

with Berries & Ice-Cream

Two stack of waffles or pancakes served with mixed berries & vanilla ice-cream 10.95

with Belgian Chocolate & Ice-Cream

Two stack of waffles or pancakes served with ice-cream drizzled with warm Belgian chocolate (milk or dark) 11.95
Add strawberries 12.95

G LOW GLUTEN OPTION

*We come here to East Gosford for YOU.
Your coffee and the yummy food!*
Di, Springfield

Available to take home from our deli and grocery



All cakes and biscuits

Macarons

Taste Gourmet Line Citrus Sauce

Healthy Lifestyle

A selection of our low fat, healthy lifestyle dishes



Ocean Tasting Platter (for one or two)

Chilled king ocean prawns and Tasmanian smoked salmon, served with warm Thai Fishcakes, creamy ripe brie, avocado, lemon, cherry tomatoes and salad leaves. Served with sides of **Taste** dill & lime dipping sauce & sliced toasted Turkish
For one 29.50 For two to share 57.50

Thai Prawn Salad with Sweet Chilli Lime Dressing

Ocean prawns with mixed leaves, snow peas, cucumber, capsicum, red onion & crunchy noodles in a sweet chilli lime dressing sprinkled with sesame seeds 21.95

Chef's Classic Green Salad **GLUTEN FREE**

A green salad of mixed salad leaves, cherry tomatoes, Lebanese cucumber, red capsicum, snow peas, Spanish onion, sprouts, parmesan & balsamic dressing 14.95

Vegan Option - no parmesan cheese

With Chicken 19.50

With Prawns or Smoked Salmon 21.95



97% Fat Free Roasted Pumpkin Soup

Hand made traditional slow cooked pumpkin soup, rich in flavor, but 97% fat free! served with thick slice toasted white/grain/wholemeal bread 10.50

All meals below served with our signature side salad and low fat French dressing

V Healthy Summer Salad Sandwich

Avocado, mixed salad leaves, tomato, Spanish onion, cucumber, beetroot, sprouts & low fat mayonnaise (bread unbuttered) 12.95

Add lean leg ham 14.50

VG

Sweet Potato, Pumpkin & Carrot Vegetable Burger

Sweet potato, pumpkin & carrot vegetable fritter served on a toasted Turkish roll with baby spinach, cucumber, tomato, Spanish onion and char-grilled capsicum, topped with hommus 15.95

Smoked Salmon, Prawn & Avocado Stack

Slices of smoked salmon, king prawns, avocado, cucumber, red onion and cherry tomatoes layered in a stack, drizzled with lime and dill sauce 22.50

Kids Menu

Strictly for kids!

Kids Meals

Thick Slice Toast

One slice toast served with butter and strawberry or raspberry jam or vegemite 2.75

Grilled Cheese Fingers 4.50

Vegemite Sandwich 2.50

Bowl of warm Kids Spaghetti 4.00

Ham and Tomato Sauce Sandwich 4.00

Party Pies with Tomato Sauce

2 with tomato sauce 2.50 5 with tomato sauce 5.00

Grilled Ham and Cheese Fingers 5.50

Kids Ham, Cheese and Pineapple Pizza

Toasted Turkish bread with tomato sauce, pineapple, ham and cheese 6.50

Cheesy Baked Bean Nachos

Corn chips with melted cheese and baked beans 6.50

Sweet To Eat

Ice-Cream and Topping

Two scoops of ice-cream - Chocolate or Strawberry Topping 3.00

Pancake with Ice-cream and Topping

One pancake with ice-cream and Chocolate or Strawberry Topping 4.75



ASK FOR OUR FREE
COLOURING IN TO KEEP THE
KIDS ENTERTAINED DURING
THEIR VISIT

To Drink

Baby Chino

A small cup of warm frothy milk with a sprinkle of chocolate & two marshmallows 1.00

Kids Hot Chocolate 3.50

Kids Iced Chocolate 3.50

Kids Traditional Ice-Cream Milkshake

Banana, Vanilla, Strawberry, Caramel, Chocolate 3.00

Kids Juice Apple, Pineapple or Orange 2.50

Coca Cola, Diet Coke, Coke Zero, Sprite, Fanta, Lift 2.80

Ice-Cream Spider

A scoop of ice-cream topped with Coke, Diet Coke or Fanta 3.80



"What a great spot! I can't believe I haven't been here before! Lovely, a great vibe, will definitely come gain often. 10/10"

Felicity, Lisarow



TOBY'S ESTATE
Arabica Coffee

Coffee

Served all day!



Coffees

Available with Full Cream, Skim or Soy Milk, and with any coffee variety. Available as CUP or MUG

Our standard coffee comes made with Tony's Estate Espresso Rico Blend or you may choose our Organic Fairtrade Blend or Decaffeinated Fairtrade Organic)

Espresso (Short Black)

A straight shot of espresso 3.00

Long Black

Two shots of espresso over hot water 3.50

Cappuccino

A shot of espresso with steamed milk beneath a thick layer of dense velvety foam dusted with chocolate 3.70

Flat White

Espresso topped with thick velvety steamed milk 3.70



Café Latte

A milky coffee based on espresso with thick dense velvety milk and a layer of foam 3.70

Macchiato

Espresso with a dash of milk and dressed with froth - available short or long 3.50

Piccolo Latte

A short shot of espresso with a shot of milk & creamy froth in an espresso cup 3.50

Affogato

A short shot of espresso poured over a scoop of creamy vanilla 4.50

Vienna

A long espresso in a tall glass mug topped with whipped cream 4.50

Mocha Latte

Milky coffee latte with a shot of rich chocolate syrup 4.30

Mocha Cappuccino

Cappuccino with a shot of rich chocolate powder, dusted with chocolate 4.30

Plunger Coffee

Individual plunger coffee for one/two For 1 4.50 For 2 8.00

Baby Chino - For the kids

A small cup of warm frothy milk (no coffee) with a sprinkle of chocolate & two marshmallows 1.00

EXTRAS

Fairtrade Organic	Add 0.50
Decaf	Add 0.50
Extra Shot	Add 0.50
Jug of milk	Add 0.50
Soy Milk	Add 0.70
Mug	Add 1.00



SYRUPS

Vanilla, Caramel, Irish Cream, Butterscotch
Add 0.80

Our Barista's Favourites

Mocha Latte

Our signature latte with a shot of chocolate 4.30

Caramel Latte

Our signature latte with a shot of caramel 4.50

Vanilla Latte

Our signature latte with a shot of vanilla 4.50

Mocha Affogato

A short shot of espresso poured over a scoop of creamy vanilla ice-cream and a splash of chocolate syrup 4.80

Caramel Affogato

A short shot of espresso poured over a scoop of creamy vanilla ice-cream and a splash of caramel syrup 4.80

Toby's Estate Coffee

We are proud to partner with Australia's leading coffee roaster Toby's Estate to offer you the best possible coffee.



TOBY'S ESTATE
Arabica Coffee

Toby's Estate source, roast and blend their coffee with passion. Toby's Estate recognizes their responsibility to the people and places that produce their coffee. They are committed to ensuring their growers receive fair prices for their products, and they promote and reward sustainable practice at every step from the plantation to the cup.

Our standard coffee comes made with Tony's Estate Espresso Rico Blend or you may choose our Organic Fairtrade Blend or Cascadia Decaffeinated. All coffees are available for retail sale.

Taste House Blend - Toby's Estate Espresso

A sparkling, satisfying coffee with depth and dimension, Espresso Rico is sweet, aromatic and perfectly balanced, with a long fine finish.

Fairtrade Organic Blend

A coffee with earthy, woody low tones, a smooth, spicy middle and a clean, fruity finish. Will satisfy your palate and your sense of social justice
Add 0.50c

Cascadia Blend Decaffeinated Fairtrade

Organic, Fairtrade, Bird Friendly and Rainforest Alliance. A blend of Central, South American and Indonesian coffees. Has great body and sweet, clean vanilla notes. Add 0.50



"Arguably the Coast's best coffee, Taste Gourmet has quickly become a popular place"

SydneyCafes.com.au

Drinks

Served all day!

Smoothies

We've created our smoothie recipes with set ingredients and amounts for the best flavor and we do not alter our recipes

Summer Mango Skim Smoothie

Mango, orange juice, ice-cream and 99% fat free skim milk
6.50 Soy milk .50 extra

Berry Bliss Fruit Smoothie

Summer strawberries, raspberries and blueberries, apple juice, 99% fat free skim milk and ice-cream 6.50
Soy milk .50 extra

Banana Skim Smoothie

Banana, apple juice, ice-cream and 99% fat free skim milk
7.00 Soy milk .50 extra

Healthy Fruit Smoothie (DAIRY FREE)

With banana, forest berries, orange juice and apple juice, this smoothie will jump start your morning 6.50

Hot Chocolates & Chai

Hot Chocolate Spoon (Milk, White or Dark)

Premium chocolate on a spoon, for you to stir through hot milk and watch it melt, creating a rich creamy chocolate pleasure Choose Milk, White or Dark Chocolate 5.50

Double Choc Hot Chocolate

Rich hot milk chocolate with hot frothy milk and marshmallows 4.95

Peppermint Hot Chocolate with Cream

Our signature hot chocolate and mint peppermint with cream and marshmallows 5.75

Hot Chocolate Mocha with Cream

Our signature hot chocolate with a shot of espresso topped with cream and a side of marshmallows 5.75

Chocolate Heaven Hot Chocolate Pot

Our special chocolate pots allow you to add hot steamed milk and melt in Belgian Callebaut premium milk, or dark chocolate. Sip slowly through our special straw. Choose Dark or Milk Chocolate! 7.95

Chai Latte

Creamy chai served latte style with cinnamon sugar 4.50

Chai Tea

A pot of traditional Chai tea leaves steeped in hot milk 4.50

Herbal Leaf Teas

Camomile Flowers Herbal Tea

Selected camomile flowers produce a calming & flavourful infusion

Pure Peppermint Leaf Tea

Whole peppermint leaves are used in this tea producing a pleasant aroma and strong flavour

All loose leaf teas: For 1 4.00 For 2 6.95

Iced Drinks & Milkshakes

Double Choc Iced Chocolate

Milk double chocolate with milk, ice-cream and cream 4.95

Iced Coffee

A shot of fresh espresso & milk, with ice-cream & cream

Iced Chai

Chai served cold with ice-cream, cream & cinnamon 4.95

Iced Strawberry or Iced Caramel

Strawberry or Caramel Syrup with icy cold milk, ice-cream and cream 4.95

Traditional Ice-Cream Milkshake

Made with milk and vanilla ice-cream, a real milkshake. Available as Banana, Vanilla, Strawberry, Caramel, Chocolate, Butterscotch, Espresso Coffee, Chai 4.95

Thickshake 5.50

Juice & Cold Drinks

Orange Juice 3.50

Apple Juice 3.50

Pineapple Juice 3.50

Coca Cola, Diet Coke, Coke Zero, Sprite, Fanta, Lift 2.80

Ice-cream Spider

Scoop of ice-cream topped with Coke, Diet Coke or Sprite 4.00

Organic Springs Pure Still Spring Water

Bottled on the Central Coast at Kulnura - certified organic 3.00

Lightly Sparkling Mineral Water 3.50

Leaf Teas

Small Pot of Tea

Nerada Australian (tea bag) in a pot for one 3.30

Loose Leaf Tea

Premium loose leaf teas served in a pot:

Black, Green & White Teas:

English Breakfast

Darjeeling

Earl Grey

China Jasmine Green

White Tea (China Pai Mu Tan)

All loose leaf teas: For 1 4.00 For 2 6.95

"Best coffee ever!"
Kate, Terrigal

"Beautiful Coffee!"
Rose, Point Clare

"Awesome coffee!"
Peter, Bateau Bay