

Menu

Breakfast Menu - whole day

All day

Acai Bowl

\$13.90

Blended ice cold Acai with toasted granola, desiccated coconut, banana, berries & kiwi fruit

Bema Organic Granola

\$12.90

Honey & maple oven roasted oats, sundried fruits, nuts, banana, berries, yogurt, milk & honey

Black Sticky Rice

\$13.90

Black sticky rice pudding with caramelized banana, walnuts & coconut cream

Blueberry Pancake

\$14.90

Buttermilk pancake, strawberries, blueberries, maple & chocolate syrup served with vanilla ice cream

Bema Start

\$21.90

Two soft poached eggs, smoky bacon, roasted mushrooms, roasted tomato, baked beans, sautéed spinach, potato hash, chipotle sausages served with toasted sourdough bread.

Brekkie Burger

\$14.90

Smoky bacon, latke potato, fried egg, melted cheddar cheese, avocado, milk bun and tomato relish

Egg Benedict With Ham

\$16.90

2 soft poached eggs with spinach & smoked ham on toasted ciabatta with dukkha & hollandaise sauce

Avocado & Fetta

\$16.90

2 soft poached eggs, crushed avocado, Danish feta cheese & tomato relish on toasted seeded loaf with spice dukkha & lemon

Smoked Salmon

17.90

Smoked salmon & avocado on toasted sourdough with soft poached eggs, Greek yoghurt & lemon

Zucchini Fritters

\$17.90

Home made corn zucchini fritters with smoky bacon, tomato relish, yoghurt served with poached eggs

Mushrooms on Toast

17.90

Creamy mushrooms on toasted ciabatta bread served with poached eggs and grilled halloumi

Chilli Scramble With Chorizo

\$17.90

Chilli scrambled eggs with Spanish chorizo sausage, onion & chilli served on with toasted sourdough

Add On

Roasted tomato \$2

Hash potato | Baked beans \$3

Two eggs | Avocado | Mushrooms \$4

Halloumi | Chorizo \$5

Smoked salmon \$6

Extra Bread

Sourdough | Turkish | Ciabatta \$1.50 GF \$1.90

Kids Menu (under 12 years of age)

\$8.90

French toast with strawberries & ice cream

Ham & cheese toasty

Bacon & scrambled eggs

Lunch menu from 11:30am

Salads

Thai Beef

\$15.90

Sliced eye beef fillet with fresh chilli, spring onion, fried shallots, crushed peanuts, rocket, spinach, cucumber, tomatoes, radish with tangy Thai dressing

Chicken Caesar salad

\$15.90

Grilled chicken breast, lettuce cos, smoky bacon, shaved parmesan, Caesar dressing, poached egg

Pumpkin & Halloumi

\$15.90

Grilled halloumi cheese, roasted pumpkin, walnuts with roasted red onion, cherry tomatoes, cucumber, red radish, rocket, spinach & balsamic glaze

Salads add on

Chicken \$5/Chorizo \$5/Beef \$6/Halloumi \$5

Gourmet Sandwichs & Burgers

Chicken Avo & Cheese Sandwich

\$15.90

Grilled chicken breast with melted cheddar cheese, smashed avocado, aioli, tomato & green leaves on toasted sourdough, served with chips & aioli

Ham & Cheese Sandwich

14.90

Sliced smoked Champagne ham with melted cheddar cheese, tomato & green leaves on toasted sour dough, served with chips & aioli

Steak sandwich

15.90

Grilled beef tenderloin, caramelised onion, lettuce, tomato, BBQ sauce on toasted Turkish bread served with chips & aioli

Loaded Beef burger

15.90

Broiled beef patty, smoky bacon, melted cheese, roasted spiced onion, fried egg, tomato & lettuce, milk burger bun, served with chips & aioli

Lamb Rendang burger

14.90

Slow cooked braised, marinated lamb rendang with cumin, ginger, fried egg, lettuce, tomato relish, milk burger bun, served with chips & aioli

*Poke Bowl***Tofu Poke Bowl**

14.90

Deep fried organic silken tofu, sesame seeds, fragrant rice, kewpie mayo, cherry tomatoes, pickled ginger, cucumber, kimchi & avocado

Chicken Poke Bowl

14.90

Deep fried chicken Maryland served on fragrant rice with sesame seeds, kewpie mayo, cherry tomatoes, cucumber, red radish & avocado

Gourmet Chicken Fried rice

14.90

Fragrant long grain rice, egg, bacon, onion, fresh shallot, chicken breast, dry shallot

Hot drinks

Coffee Small \$3.80 / Large \$4.20

Flat white, Cappuccino, Latte, Mocha, Chai Latte, Vienna, Espresso, Macchiato, Hot chocolate,
Decaf

Vienna/Decaf / Extra shot / Syrup

\$0.5

Turmeric Latte Small \$4 / Large \$4.50

Milk

Soy / Lactose free +50c / Almond + 50c/ Full cream / Skim

Tea selection

\$4.50

Lemon grass & ginger

Honey dew green

English breakfast

Supreme Earl Grey

Peppermint

Iced Cold drink

Iced long black, Iced latte, Iced chai

\$4.90

Iced dirty chai, Iced coffe, Iced chocolate, Iced mocha

\$6.90

Soft Drinks & Juices

Coke

\$3.50

Apple juice

\$3.50

Orange juice

\$3.50

Aqua panna water 500ml

San Pellegrino sparkling 500ml	\$3.70
Red Bull	\$4.70
Ice Tea	\$4.00
Lemon, Peach or Mango	\$4.00
Bundaberg Drinks	
Guava, Passionfruit, Lemonade or Ginger beer, LLB	\$3.8

Smoothies

Banana & spinach	
Greek yoghurt, coconut milk, banana, spinach & honey	\$7.90
Strawberries & banana	
Greek yoghurt, coconut milk, strawberries, banana & honey	\$7.90
Mango & pineapple	
Greek yoghurt, coconut milk, mango, pineapple & honey	\$7.90
Forrest Berries	
Greek yoghurt, coconut milk, blueberries, strawberries, raspberries, black berries & honey	7.90
Acai - Dairy & gluten free	
Acai, strawberries, apple juice	7.90

Frappes

Mango, orange, mint	
Frozen fruits, home made mint syrup	\$7.90

Pineapple, mint

Frozen pineapple, home made mint syrup

\$7.90

Forrest berries

Frozen berries selection

7.90

Detox

Celery, spinach, cucumber, lemon, pineapple

7.90

Acai

Natural acai

\$7.90

*Freshly squeezed juices 425ml***The Green**

Cucumber, lemon, green apple, spinach, ginger

\$8.5 / \$4.5

Detoxifier

Beetroot, carrot, ginger, red apple

\$8.5 / \$4.5

The Vision

Orange, red apple , carrot

\$8.5 / \$4.5

*Bema Milk Shakes***Chocolate**

Chocolate syrup, ice cream, milk

\$6.90

Caramel

Caramel syrup , ice cream, milk

\$6.90

Strawberry

Strawberry syrup, ice cream, milk \$6.90

Vanilla

Vanilla syrup, ice cream, milk 6.90