



**@Thelittleeastern**

389 Magill Road, St Morris  
5068 Adelaide (Australia)

Contact: 0883613108

Trading Hours: - TUE - SUN  
8:00am to 3pm





\*All our meat is halal.  
\*All breads are organic/GF available.

### HEALTHY START MUESLI - \$12

Toasted muesli with seasonal fruit, served with honey and topped with coconut flakes.

\*Almond, soy or coconut \$1    \*Natural yoghurt \$1.5

### SUPER FOOD MUESLI - \$14.5

\*Certified Organic, (GF), (V), Low G.I and Cane Sugar free!

Buckwheat clusters (infused with Macca and Mesquite powder to give you an extra energy boost) combined with Goji Berries, Cacao Nibs, Sultanas,

Pumpkin Seeds, Coconut and Almonds served with seasonal fruit and your choice of milk drizzled with Organic Coconut syrup to create a highly nutritious supercharged blend.

### POACHED EGGS - \$16

Delicately cooked eggs, sautéed spinach and mushrooms topped with snow peas sprouts and cherry tomatoes served on toasted organic sourdough.

### SMASHED AVO BEET - \$15.5

Avocado and Danish feta smash on toasted rye with fresh mint and zesty lemon dressing topped with rockets and our smooth beet relish.

\*Add eggs of your choice to make it even better!

### SMOKY SALMON - \$18

Poached eggs with smoked salmon, asparagus and our house made hollandaise sauce served on toasted Turkish bread.

### SUJUK BAKED EGGS - \$17

Baked eggs in capsicum salsa and tasty Sujuk (Turkish sausage), served with toasted Turkish bread.





**VEGETARIAN BAKED EGGS - \$17**

Baked eggs in capsicum salsa, mushrooms, asparagus and avocado, served with toasted organic Turkish bread.

**THE HOUSE BREKKY - \$16**

Smoked salmon, avocado, fried eggs, spinach and cherry tomatoes on toasted organic Turkish bread.

**LITTLE KIDS BREKKY - \$10**

Scrambled eggs served with a hash brown or toast (Choose your spread) and seasonal fruits drizzled with honey.

**LEBANESE BREAKFAST - \$16.50**

Scrambled eggs with Sujuk (Turkish sausage) served with cucumber, olives, tomato pieces, labne and toasted organic Turkish bread.

**A TOUCH OF SWEETNESS - (PANCAKES)**

\*Add Vanilla Ice cream for extra sweetness - \$1.5

**GO NATURAL - \$14 (2 Stacks)**

Seasonal fruits with maple syrup sprinkle with shredded almonds.

**BANANA PANCAKE - \$12**

(2 Stacks)

Caramelised bananas with maple syrup sprinkled with coconut flakes and whipped cream.

**CHOCOLATE STRAWBERRY PANCAKE - \$12**

(2 Stacks)

Strawberry slices with a touch of chocolate topped with walnuts and whipped cream.





*\*New!!!*

**THE POWER BOWL - \$18.50 (Vegan Optional)**

Marinated grilled chicken or \*protein of your choice, toasted quinoa, avocado, mushrooms, coriander, spring onions, baby spinach, rockets, mint, strawberry slices sprinkled with walnuts and drizzled balsamic dressing. **A must try!**

*\*Prawns \$4, Tofu \$4*

*\*Welcome back!!*

**LAMB BURGER - \$16.5**

Succulent marinated lamb patty, tomato, cucumber, fetta and lettuce with our special Tzatziki sauce served on toasted organic Turkish bread. *\*Try with our sweet potato chips for a large meal!*

**HALOUMI BURGER \$15.5**

Marinated chickpea and roast pumpkin patty, grilled haloumi cheese, tomato and lettuce with our delicious tahini sauce on toasted organic Turkish bread.

*\*Add hand cut potato chips for a large meal!*

**GRILLED CHICKEN SALAD (GF) - \$18.5**

Marinated grilled chicken tenderloins, avocado, cucumber, tomato, black olives, red capsicum, Spanish onion, crispy tortilla and lettuce mixed with balsamic reduction dressing and topped with our delicious house made aioli sauce.

**GREEN BEAN FRITTERS (GF) - \$17**

A smashed of peas, beans and haloumi fritters, avocado, lettuce, baby spinach and crunchy red cabbage mixed with lemon dressing and topped with our delicious chunky tomato salsa garnished with rockets and beets.



**LUNCHES**



**PLAIN MANOUSHI - \$5**

**ZAATAR - \$5.5**

Oregano, thyme, sesame seeds and sumac.

**ZAATAR LABNE - \$11**

Zaatar, labne (Strained yoghurt), cucumber, tomato, olives and fresh mint.

**CHEESE - \$7**

A tasty combination of Mozzarella cheese and Danish fetta.

\* Add zaatar for extra taste!

**SPINACH CHEESE - \$9**

Mozzarella cheese, Danish feta and baby spinach.

\*Add zaatar for extra taste!

**CHICKEN AVOCADO - \$12.5**

Chicken, avocado, mozzarella cheese, fresh lettuce and our delicious aioli sauce.

**LAMB - \$12.5**

Spiced lamb mince, tomato and red capsicum served with fresh lemon and plain yoghurt.

**SUJUK CHEESE - \$9**

Sujuk (Turkish sausage) and mozzarella cheese.

**GOURMET SUJUK - \$12.5**

Sujuk (Turkish sausage), mozzarella cheese, haloumi, baby spinach and our house marinated black olive.

**MANOUSHI EXTRAS**

Sujuk, Chicken or Lamb \$2

Haloumi, Feta, Mozzarella or Mushrooms \$1

Tomato, Cucumber, baby spinach, olives \$0.50



**MANOUSHI** (9'inch PIZZA)



**FALAFEL WRAP - \$12.5**

Falafel patties with our delicious tabouli salad and hummus spread, lettuce, tomato and house made tahini sauce.

**CHICKEN AVOCADO WRAP - \$12.5**

Marinated grilled chicken, lettuce, avocado with our delicious aioli sauce.

**BREKKY WRAP - \$11.5**

Scrambled eggs mixed with sujuk (Turkish sausage) and rockets.

**\*\*\*\*SIGNATURE SIDES**

**TOAST ON THE SIDE - \$5.5**

Two organic sourdough served with your choice of spread.

\*Strawberry or fig jam, Vegemite or honey, Peanut butter

**ORGANIC SOUR DOUGH FRUIT LOAF - \$6.50**

Serve with your choice of spread \*Strawberry fig jam or peanut butter

**ICE CREAM - \$1.5**

\*per scoop. Vanilla, Cookies and Cream

**HAND CUT POTATO (GF) - \$5.5 or**

**SWEET POTATO CHIPS - \$5.5**

**BREAD** Sourdough \$1, Rye - \$1.5, Gluten Free - \$3

**EGGS** - \$2 \*per egg. poached, fried or scrambled.

**PROTEIN AND VEGGIES**

Chicken, lamb, smoked salmon or sujuk - \$4.5

Mushrooms, haloumi, avocado - \$3.5

Tomato, spinach - \$2.5

**SAUCES**

Hollandaise, labne, tahini and aioli, yoghurt - \$2.5

Tomato relish, Caramelised onion - \$2

**GRAIN TABBOULEH**

House made with cracked bulgur. - \$4.5

\*Take Away \$0.50

**WRAPS ON THE GO**







## COFFEE SELECTION

### BLACK

Espresso \$3.30  
Ristretto \$3.30  
Long Black \$3.80

### WHITE

Macchiato short/long \$3.50 / \$3.80  
Half Latte \$3.50  
Latte, Flat White, Cappuccino \$3.80  
Mocha, Hot Chocolate \$4.30  
Chai latte, Turmeric latte \$3.80

### ICED

Affogato \$5.00  
Iced latte \$4.80  
Iced coffee, chocolate or mocha \$5.80

\*\*Milk choice: Soy, Almond, Coconut and Zymil \$1

\*\*Extra shot, Colombian decaf - \$0.50

\*\*Mug, Medium take away - \$0.50

\*\*Large/Take Away - \$1

### TEA

ENGLISH BREAKFAST, EARL GREY, CHINESE GREEN,  
CHAMOMILE, PEPPERMINT, JASMINE AND LEMONGRASS  
GINGER.

\*Mug - \$3.50 \*Pot - \$5.80



Coffee, Juices & Smoothies



## NUTRI JUICES

\*Optional base – Coconut water or orange juice.

\*\*\*New!!!

### VITAMIN BLAST – \$7.5 (Vegan)

\*Source of Vitamin A, K and C.

Base filtered water, carrot, orange, ginger and mint.

\*\*\*New!!!

### RED VELVET – \$7.5 (Vegan)

\*Rich in vitamin C, iron and potassium. Base filtered water, beet, banana and orange.

\*\*\*New!!!

### SLIMMERS – \$7.5 (Vegan)

\*Source of Vitamin K, magnesium, iron and calcium.  
Filtered water, Spinach, celery and apple.

### GREEN JUICE – \$9 (Vegan)

Base filtered water, baby spinach or kale, apple, cucumber, pineappleapple, fresh mint and lemon.

### INMUNITY BOOSTER – \$8.5 (Vegan)

Base filtered water, beetroot, celery, green apple and ginger.



Coffee, Juices & Smoothies



## NUTRI SMOOTHIES

\*Choice of milk – Soy, Almond, Coconut or Zymil.

\*\*\*New!!! GREEN SHAPE – \$9.5 (Vegan)

Almond milk, Kale or baby spinach, banana, pineapple, green apple and ginger.

\*\*\* New!!! PINA COLADA – \$9.5 (Vegan)

Coconut milk, banana, pineapple, oats and chia seeds.

BREKKY SMOOTHIE – \$9

Muesli, banana, honey, peanut butter, cinnamon, natural yoghurt and choice of milk.

PROTEIN BOOST – \$8.5 (Vegan)

Base filtered water, mixed berries, spinach, almond meal and banana.

## MILK SHAKES

\*All our milk shakes are mixed with whole milk and ice cream.

\*Choice of milk – Soy, Almond, Coconut or Zymil, Skim. – \$1

VANILLA – \$7.5

COOKIES & CREAM – \$8

STRAWBERRY – \$7.5

CHOCOLATE – \$7.5



Coffee, Juices & Smoothies