

Milk Haus is a wholefoods canteen that aims to deliver fresh, honest, simple food, free of toxins, preservatives and anything artificial. Let's use local produce from ethically minded producers so we don't have to worry about food miles, enjoy eating seasonally then finally have some fun with food. Enjoy our Sprinter menu.

Breakfast 9am till 11.30

Sourdough toast/fruit toast 8.00 Danish nut + seed loaf (GF) 9.00
+ apricot cardamom jam/ honey/ vegemite/ lime + ginger marmalade

Spelt french toast + roasted spiced rhubarb + lemon curd 20.00

Buckwheat + black rice pudding + maple roasted pumpkin + fresh apple +
toasted seeds + coconut milk 18.00

Mushroom + manchego gozleme + roasted cauliflower + walnut
tabbouleh + garlic white sauce 21.00

Salmon gravlax + toasted sourdough + apple kohlrabi remoulade +
avocado 23.00

Ribboned eggs + corn tortillas + refried beans + avocado salsa +
white cheese + coriander chilli sauce 20.00

Ribboned eggs + toasted sourdough 12.00

Sides available

Preservative free bacon + 8.00 Roasted garlic mushrooms + 6.00
Beef chipolatas + 8.00 Extra toast + 4.00

Little Folks

Toasted cheese 6.00 Sausage blanket 8.00
Toasted ham + cheese 7.00

See front counter for any daily specials / Please let us know of any food intolerances or allergies when ordering / Help yourself to cutlery and please tell staff if you move tables so we can find you.

Lunch 12.00 till 2.00

Soup of the day + toasted bread of choice 15.00

Crispy spiced cauliflower tacos + cabbage slaw + avocado salsa + coriander + chilli 21.00

Green leaf saag + yogurt baked haloumi + charred brassica + basmati green rice 22.00

Rich lentil bolognese + fresh pappardelle + gremolata + dressed garden leaves 23.00

Herbed panko crumbed chicken schnitzel + preserved lemon mayonnaise + hand cut chips + dressed garden leaves 24.00

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Drinks Menu

We serve **ALLPRESS** coffee

Flat white / Cappuccino / Latte

Piccolo / Macchiato 3.50

Espresso 3.00

Mocha / Hot cocoa 4.70

Long Black 4.00

Pot of brewed sticky 'real chai' 6.70

Pot of OVVIO organic tea 5.00

English Breakfast / French Grey / Rise + Shine / Sencha Green / Minty / Chamomile + Lavender

Cold press juice 8.50 / Fruit smoothie 7.50

Milkshake (chocolate or vanilla bean)

Soda water **G** 3.00 **B** 5.00

Reg 4.20 **Lg** 4.70

Extra shot + Bonsoy .50

Haus made almond mylk 1.20

Swiss water decaf 1.20

Turmeric almond latte 5.20

Kids 2.50 **Reg** 4.50

Lemon Soda **G** 4.00 **B** 7.00

Alcoholic Beverages (available after 11am) **BYO Corkage 7.00 B**

Our wines and beers have been chosen for their minimal intervention, from very small production quantities, and wineries that are fiercely independent creating wines with great integrity and purpose.

SPARKLING

2018 Wildman Wines 'Astro Bunny' Riverina NSW **B 56.00**

ROSE

2019 Minimum Sangiovese Rosato Tahbilk VIC **B 48.00**

2018 Stone Cottage 'Rose' Woodstock NSW **G 11.00 B 46.00**

WHITE

2019 Cupitt 'Pinot Gris' Orange NSW **B 48.00**

2018 Ravensworth 'Pinot Gris' Murrumbateman NSW **B 65.00**

2018 Clonakilla 'Sauv Blanc Semillon' Murrumbateman NSW **B 48.00**

2017 Denton Shed 'Chardonnay' Yarra Valley VIC **G 13.00 B 58.00**

2018 Two Tonne 'Ziggurat Riesling' - Tamar Valley TAS **B 63.00**

RED

2018 Minimum Sangiovese Syrah **B 50.00**

2017 Stone Cottage 'Chambourcin' Woodstock NSW **G 11.00 B 46.00**

2018 Fickers 'Pinot Meunier' Yarra Valley VIC **B 54.00**

BEER + CIDER

Stone + Wood 'Pacific Ale' 330ml 4.4% 9.00

Beers by Bacchus 'Berliner Weisse' 500ml 3.5% 18.00

Willie Smith Organic Apple Cider 335ml 5.4% 10.00

O'Briens Lager GF 330ml 4.5% 9.00

SPRITZER

YUZU Settlers Yuzu gin + sugar syrup + lemon soda + fresh rosemary
18.00