

milkHAUS

Welcome to Milk HAUS, a wholefoods canteen delivering fresh, honest and uncomplicated food, free of toxins, preservatives and anything artificial. We grow as much as we can in our garden and work with locally and ethically minded growers and producers to offer you seasonal + sustainable + delicious food.

We hope you enjoy our Summer menu.

Breakfast

Quinoa granola + puffed rice + activated almonds + dried apricots + ginger + toasted seeds + seasonal fruit + milk of choice (VEGAN + GF) 18.00

Russian lemon ricotta pancakes + basil roasted peach + spiced honey yoghurt + toasted coconut + mandarin olive oil 20.00

Warm caponata stew + poached egg + toasted pine nuts + fresh basil + olive tapenade + parmesan + garlic sourdough toast 21.00

Kaffir lime & goats cheese polenta + roasted tomato sugo + crumbed goats cheese balls + dressed garden leaves 22.00 (GF)

Racer eggs + double smoked ham + tomato + gruyere melt + wilted garlic spinach + poached egg on sourdough 25.00

Poached eggs + toasted sourdough 13.00

Add a side of:

Preservative free bacon	8.00
Pork and fennel chipolatas	8.00
Roasted garden tomatoes	6.00

Toast

Sourdough toast	8.00
Fruit toast	8.00
Danish nut + seed loaf (GF)	9.00
+ the choice of butter / apricot jam/ strawberry jam/ honey/ vegemite	

Little folks – all day

Toasted smoked ham + cheddar cheese sandwich	7.00
Toasted cheddar cheese sandwich	6.00

See front counter for selection of HAUS baked cakes and sweeties.

Non-alcoholic beverages (all day)

Cold press juices	8.50	
Daily fruit smoothie	7.50	
Milkshake (chocolate or vanilla bean)	Reg 6.00	Kids 3.00
Soda water	G 3.00	B 5.00
Lemon soda	G 4.00	B 7.00
Daily iced tea	6.50	
Milk HAUS Kombucha	6.50	

Coffee + tea

Flat white / cappuccino / latte	Reg 4.50	Lg 5.00
Piccolo / macchiato / espresso	3.50	
Long black	4.00	
Turmeric almond latte	5.20	
Mocha / hot cocoa	4.70	Kids 3.00
Babychino	2.50	
Iced latte	5.50	
Iced long black	5.00	

Extra shot +.50

Bonsoy soy milk +.50

Milk HAUS almond milk +1.20

Swiss water decaf +1.20

Pot of brewed sticky 'real chai' 6.70

Pot of tea 5.00

Choice of: English Breakfast / Earl Grey / Rise + Shine (lemon + ginger) / Sencha Green / Chamomile + Lavender

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Lunch from 12pm

Sunflower seed sandwich + olives + nori + Spanish onion + cucumber + tomato + sourdough + dressed garden leaves (Vegan) 20.00

Tomato bruschetta + pan fried halloumi + olive tapenade + raspberry vinaigrette + basil on sourdough toast (can be GF) 21.00

Poached chicken salad + fresh peaches + baby chats + mint green beans + sourdough herb & hazelnut crumb + dressed greens 25.00

Ploughman's plate – double smoked ham + pork fennel salami + aged cheddar + MH piccalilli + pickled seasonal vegetables + cornichons + sourdough bread + dressed garden leaves (can be GF) 28.00

Slow cooked lamb shoulder + baba ganoush + labneh + pomegranate seeds + minted cucumber + toasted pine nuts on flatbread + dressed garden leaves (can be GF) 28.00

Little folks – all day

Toasted smoked ham + cheddar cheese sandwich 7.00

Toasted cheddar cheese sandwich 6.00

See front counter for selection of HAUS baked cakes and sweeties

DRINKS MENU

Non-alcoholic beverages (all day)

Cold drinks

Cold press juices	8.50	
Daily fruit smoothie	7.50	
Milkshake (chocolate or vanilla)	Reg 6.00	Kids 3.00
Soda water	G 3.00	B 5.00
Lemon soda	G 4.00	B 7.00
Iced tea	6.50	
Milk HAUS Kombucha	5.50	

Alcoholic beverages (available after 10am)

SPRITZER

Gin + lemon juice + soda + fresh rosemary G 18

SPARKLING

2020 Ngeringa Petillant Naturel B 50

WHITE

2019 Mac Forbes Riesling, Yarra Valley, VIC G 11 B 48

2019 Mac Forbes Chardonnay Yarra Valley, VIC G 11 B 48

2019 Denton Shed Chardonnay Yarra Valley, VIC B 55

ROSE

2018 Stone Cottage Rose Woodstock, NSW (*local wine*) G 10 B 46

2019 Minimum Sangiovese Rosato Tahbilk, VIC B 48

RED

2018 Fickers 'Pinot Meunier' Yarra Valley, VIC B 54

2017 Stone Cottage Chambourcin Woodstock (*local wine*) G 10 B 46

2018 Minimum Sangiovese Syrah B 56

BEER + CIDER

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

O'Briens Lager GF 330ml 4.5% 9.00

Willie Smith Organic Apple Cider 335ml 5.4% 10.00

Coffee + tea

Flat white / cappuccino / latte Reg 4.50 Lg 5.00

Piccolo / macchiato / espresso 3.50

Long black 4.00

Turmeric almond latte 5.20

Mocha / hot cocoa 4.70 Kids 3.00

Babychino 2.50

Iced latte 5.50

Iced long black 5.00

Extra shot +.50

Bonsoy soy milk +.50

Milk HAUS almond milk +1.20

Swiss water decaf +1.20

Pot of brewed sticky 'real chai' 6.70

Pot of tea 5.00

Choice of: English Breakfast / Earl Grey // Sencha Green / Hibiscus lemon myrtle / Rise + Shine (lemon + ginger) / Digest (peppermint + licorice + fennel + calendula)