

milkHAUS

Welcome to Milk HAUS, a wholefoods canteen.

We grow as much as we can in our garden and work with locally and ethically minded growers and producers to offer you seasonal and sustainable mouth-watering food.

We hope you enjoy our Autumn menu.

BREAKFAST | 8.30am – 10.45am

Granola rolled oats + activated nuts + seeds + dried fruit + toasted coconut flakes and splash of seasonal fruit **18.00**

Add Greek Natural Yoghurt, coconut yogurt or HAUS almond milk +1

Ribboned crepes + glazed figs + mascarpone yoghurt + maple orange syrup + toasted almonds flakes **21.00**

Drunken tofu bowl sesame crusted tofu logs + wilted greens served in miso broth + fried shallots + nori (V, Vegan, GF, DF) **22.00**

Sprouting charred broccolini eggs + wilted greens + smoked paprika + herb sauce served on a bed of yoghurt + 2 poached eggs + with sourdough **23.00** (V)
Substitute HAUS GF Seed Bread + 2.00

Huevos Rancheros black beans + roasted vegies + charred corn + avocado + coriander + sour cream + poached egg with flat bread (V, can be GF) **25.00**

Milton Eggs, poached with sourdough toast **13.50**

Substitute HAUS GF Seed Bread + 2.00

Sides	Toast
Extra Milton Egg (poached) 2.50	Kracken sourdough toast 8.00 (2 slices)
Preservative free bacon 8.00	HAUS GF seed bread 9.00 (2 slices)
Teds lamb chipolatas 8.00	Fruit toast 8.00
Wilted greens 6.00	+ choice of butter / HAUS apricot jam /
Dressed garden leaves 6.00	strawberry jam / HAUS marmalade / honey /
	vegemite

Lunch | 12.00pm

Caramelised fennel + goats cheese tart + hazelnut herb crumb + dressed garden leaves (V) 23.00

Lentil + shroom kofta's + herb tomato walnut tabouleh + tahini + tomato chutney + toum + dressed garden leaves served on a flat bread (V, can be vegan, can be GF) 25.00

Sweet potato + ricotta gnocchi + almond basil herb pesto + shaved parmesan + herb crumb + dressed garden leaves (V) 25.00

HAUS smoked ocean trout + herb crème fraiche + shaved fennel + finger lime caviar + yuzu drizzle served on spelt toast + dressed garden leaves (can be GF) 27.00

Mediterranean chicken with marinated medjool dates + olives + capers served on bed of herb quinoa + dressed garden leaves 27.00 (GF)

Little folks all day toasted

Sandwiches

Cheddar cheese 6.00

Ham + cheese 7.00

Lamb Chipo's 8.00

Legend

V = vegetarian

GF + gluten free

DF = diary free



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milkHAUS

COLD BEVERAGES (all day)

HAUS daily fresh juice	8.50	
Cold press bottle juice (orange, apple, green)	8.50	
HAUS daily smoothie	7.50	
Milkshake (vanilla, chocolate)	Kids 3.00	Reg 6.00
Daily iced tea	6.00	
Kombucha	5.50	
Soda water	G 3.00	B 5.00
Lemon soda	G 4.00	B 7.00

COFFEE / TEA

Flat white / cappuccino / latte	Reg 4.50	Lg 5.00
Piccolo / macchiato / espresso	3.50	
Long black	4.00	
Turmeric almond latte	5.50	
Iced latte	5.50	
Iced long black	5.00	
Mocha / hot cocoa	Kids 3.00	Reg 5.00
Pot of brewed sticky 'real chai'	6.70	

Pot of tea 5.00
*English breakfast / Earl Grey / Green Sencha Jasmine & Rose / Hibiscus
 Lemon Myrtle / Digest (peppermint + licorice + fennel + calendula) /
 Energise (lemongrass + papaya + ginger + cinnamon)*

Extra shot +0.50	Soy Bonsoy +0.50	HAUS almond milk +1.20	Swiss water decaf +1.20
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ALCHOLIC BEVERAGES (AVAILABLE AFTER 10AM, No BYO)

Lemon gin spritzer	G 18.00
Negroni	G 18.00

SPARKLING

2020 Ngeringa Petillant Naturel		B 50.00
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WHITE

2020 Adelina Riesling, Clare Valle, SA	G 12	B 50.00
2019 Denton Shed Chardonnay, Yarra Valley, VIC	G 12.00	B 50.00
2020 Ravensworth Bianco, Margaret River, WA		B 52.00

ROSE

2019 Stone Cottage Rose, Woodstock, NSW*	G 10.00	B 46.00
2019 Minimum Sangiovese Rosato Tahbilk, VIC		B50.00

RED

2018 Fickers Pinot Meunier, Yarra Valley, VIC		B 54.00
2017 Stone Cottage Chambourcin, Woodstock, NSW*	G 10.00	B 46.00

BEER + CIDER

Stone + Wood Pacific Ale	9.00
O'Brien's Lager GF	9.00
Willie Smith Organic Apple cider	10.00

*Local wine



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