

THE MENU

BREAKFAST MENU

8.00-11.30

TOAST WITH SPREADS - 7.0

Sourdough, Gluten-free (+2.0).

Choose two: butter, Vegemite, honey, peanut butter, jam. (gfo, ve)

DATE & APRICOT FRUIT LOAF - 9.0

Packed with apricots, dates, raisins, sultanas and walnuts. Served toasted with butter.

Vegan sour cherry loaf available. (ve, vo)

EGGS YOUR WAY - 14.0

Eggs your way on sourdough. (ve, gfo)

VAL'S BACON & EGG ROLL - 15.0

Crispy bacon, fried eggs, melted cheese, house relish, potato crisps, milk bun.

Available all day. (gfo)

LOADED SALMON BAGEL - 25.0

Smoked salmon (I), chive cream cheese, cucumber, red onion, rocket, capers, fresh dill and lemon on a toasted bagel.

CHILLI SCRAMBLED EGGS - 24.0

Chilli oil scrambled eggs, crab fritter (I), sesame cucumber and pickled ginger on toasted sourdough.

BREAKFAST BRUSCHETTA - 25.0

Avocado, cherry tomatoes, crispy bacon, grilled halloumi, poached egg, basil pesto and balsamic glaze on toasted sourdough. (gfo, veo)

RED PESTO SMASHED AVO - 26.0

Smashed avocado, red pesto, fried kale and buckwheat, grilled halloumi and poached egg on toasted sourdough. (gfo, ve)

YOGHURT BOWL - 17.0

Yoghurt, seasonal fruit, house-made granola, honey, chia seeds, fresh mint and edible flowers. (gf, ve, vo)

Please let our team know if you have any allergies or dietary needs — we're happy to help.

(v) vegan (vo) vegan option (ve) vegetarian (veo) vegetarian option (gf) gluten free (gfo) gluten free option (dfo) dairy free option (I) imported
10% weekend surcharge applies | Open daily from 8am – 3pm | Kitchen til' 2pm

LUNCH MENU

11.30-2.00

PUMPKIN & FETA SALAD - 26.0

Roast pumpkin, feta, mixed greens, roasted capsicum, toasted pepitas and walnuts, finished with green goddess dressing. (ve, gf)

Add grilled chicken +6.0 | slow-cooked lamb +7.0

SWEET POTATO BOWL - 25.0

Sumac-roasted sweet potato, cottage cheese, avocado, crispy chickpeas, green goddess dressing and Val's pistachio dukkah. (gf, ve, vo)

JERK CHICKEN BURGER - 26.0

Jerk-spiced chicken breast, cucumber, pickled onion, mango chutney and crunchy corn chips on a toasted milk bun. (gfo)

STEAK SAMBO - 26.0

Seared scotch fillet, caramelised onion, rocket, fresh cucumber and house-made garlic aioli on toasted Turkish bread. (gfo)

MEDITERRANEAN LAMB TACOS - 26.0

Slow-cooked shredded lamb, tzatziki, tomato, pickled red onion, feta, fresh herbs, za'atar and sumac on warm tortillas. (gfo)

PLOUGHMAN'S BOARD FOR TWO - 40.0

An ever-changing selection of cured meats, cheeses, dips, antipasti, seasonal accompaniments and toasted bread. Served as a full board for two.

CHEF'S SPECIALS

Check out our specials board for today's fresh, seasonal creations straight from the kitchen.

ADD EXTRAS

House Relish	1.0
Spreads	2.0
Egg x 1	3.0
Hollandaise	3.0
Avocado	4.0
Mushrooms	4.0
Grilled Tomato	4.0
Haloumi	5.0
Baked Beans	5.0
Chipolatas x2	5.0
Bacon	5.0
Smoked salmon	7.0

FROM THE CABINET

Available daily – subject to availability.

PASTRY SELECTION

House-made sausage rolls, spinach rolls & quiche. 9.0

HOUSE-MADE PIES

Savoury pies with seasonal and classic fillings, served with house-made relish. 14.0

TOASTIES

Golden grilled toasties with a mix of classic combos and house favourites, served with a cucumber pickle on top. from 10.0



COFFEE

White	4.5/5.5/6.5
Black	4.0/5.0/6.0
Mocha	4.5/5.5/6.5
Piccolo	4.0
Espresso	3.5
Matcha	6.5/7.5/8.5

Iced Coffee with ice cream	8.5
Iced Latte	7.5
Iced Chocolate with ice cream	8.5
Iced Matcha	8.5
Strawberry Matcha	9.0
Iced Chai	7.5
Iced Long Black	6.5

Milk alternatives (almond, oat, soy, lactose-free, coconut)	+ 0.5
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Prana® Honey Sticky Chai	7.0
Hot Chocolate Original, Mint, Orange, Dark	4.0/5.0/6.0
Chai Latte	4.0/5.0/6.0
Turmeric Latte	4.5/5.5/6.5
Teapot (English Breakfast, Earl Grey, Green, Lemongrass & Ginger, Chamomile, Peppermint)	5.0



SMOOTHIES

<u>BERRY</u>	10.0
Milk, banana, blueberry, strawberry, yoghurt, honey, chia seeds, coconut flakes	

<u>GREEN</u>	10.0
Spinach, mango, pineapple, coconut milk, spirulina, honey, chia seeds, coconut flakes	

<u>BANANA CHOC</u>	10.0
Banana, dates, cacao, peanut butter, milk, chia seeds, coconut flakes.	

<u>BLUE</u>	10.0
Blue spirulina, banana, mango, coconut milk, honey, chia seeds, coconut flakes.	

Add protein powder + 1.0 (vo)

SHAKES

<u>MILKSHAKES</u>	6.0/8.0
Vanilla, Chocolate, Strawberry, Caramel Coffee + 1.0 Add malt +.50	

SOFT DRINKS

Coca-Cola (330ml)	4.0
Coke Zero	4.0
Lemonade	4.0

Bottled water	3.5
Sparkling Water	4.5
Wild Organic Soda	5.0
Wild Organic Iced Tea	5.0
Kombucha	5.0

JUICE

<u>NOAH'S COLD-PRESSED JUICE</u>	6.0
Orange	
Apple	
Banana + Lychee	
Peach + Kiwifruit	
Mango + Passionfruit	

VALERIE'S SUNROOM

CATERING & VENUE HIRE

We offer catering for events, functions, and group bookings. Our café is also available for private hire outside of opening hours, perfect for parties, gatherings, and special occasions.

CAKES & SWEET TREATS

House-made desserts, rich, golden, and freshly baked with care. Always sweet, satisfying, and crafted to comfort.

Valerie's Sunroom is a locally owned café nestled in the heart of a renowned garden nursery. Since opening in 2020, Valerie's has been serving fresh, seasonal food, elegant coffee, and delicious desserts.