



WHOLE FOODS AND A WIDE RANGE OF VEGETARIAN MENU

Open Daily at 7:00am Last Order at 8:45pm

Breakfast Menu

Porridge of oats and quinoa cooked with fruit and cinnamon
Fruit salad with yogurt and granola
Toasted home baked bread with jam or home-made marmalade
Banana Pancakes. Warm and fluffy with maple syrup
Cheese omelette or Spanish-style omelette with veggies served with a slice of buttered bread
Fried egg with bacon OR Vegetarian sausage, home-fried potatoes, baked beans
Eggs (fried, poached or scrambled) on buttered toast, served with orange juice
French toast with a sprinkling of cinnamon and sugar
Huevos Rancheros - Eggs scrambled with green onions on a bed of beans and Tortillas

Soup and a Sandwich

Hard-boiled eggs with mayonnaise and green spring onions
Simply Bacon
Grilled bacon and egg
Roasted red pepper and avocado with ground almonds in mayonnaise
Hummus with black olives, avocado, onion and roasted tomato
Chicken breast with hummus with black olives, avocado, onion and roasted tomato
Cheese and onion, served with homemade chutney on the side
Ham and cheese
Cheese and avocado with tomato and cucumber
Cheese and tomato
Veggie sausage with blue cheese and lettuce salad
Cheese and grated carrot with home-made chutney
Hummus and grated carrot with home-made chutney
* (SANDWICHES made with home-baked bread rolls)

Toasted Sandwiches

Tuna mixed with olives, celery and mayonnaise, topped with melted cheese
Grilled Cheese with roasted tomato and pesto
Veggie Burger with sautéed onions, served with home-made chutney
Grilled Chicken and Cheese with sautéed onions, served with home-made chutney
BLT - bacon, lettuce and tomato with guacamole

Soups with home-baked bread and butter

Farmhouse chunky vegetable soup
Hearty tasty lentils with vegetables and fresh herbs soup
Quinoa soup

Main Course Dishes

Heart's Salad (potato, mayonnaise, avocado, tomatoes, grated carrot and beetroot, lettuce, celery - cucumber, black olives and green onions)
Heart's Salad topped with Tuna
Quarter-pounder Veggie Burger topped with sautéed onions or cheese, served with Salad
Farmhouse Chicken Casserole, served with mashed potatoes, broccoli and carrots
Oriental Chicken on a bed of brown rice, tossed with stir-fry veggies and served
Vegetarian Sausages on a bed of brown rice tossed with roasted sweet corn
Vegetarian Lasagna served with salad and vinaigrette
Succulent Chicken Breast cooked on the griddle, served with sauco sauce and
Trout cooked on the griddle with garlic, mashed potatoes (or fries) and steamed
Burritos with mild spicy beans, served with spicy salad, chili relish and rice
Chili Chicken Burger topped with caramelized onions, fries and salad
Spaghetti with pesto and parmesan cheese
Spaghetti with tomato and parmesan cheese
Spaghetti with Smoked Trout in a cream sauce
Fajitas with lightly spiced chicken, stir-fried veggies, served with spicy salad, chili relish and rice
Alpaca Hamburger with /without bread, salad, slices of tomatoes and fried, fresh onion rings - served with fries, mayonnaise and ketchup
(Extra with Alpaca Burger only, Egg or Cheese, Crunchy Bacon)
Spinach Ravioli with sauce choice: Pesto, Pomodoro, or Cream
Pork ribs in BBQ sause accompanied with a fresh salad in balsamic oil and tinny
Carapulcra Limeña Pork belly seasoned with red aji, difidrated potato, boiled manihot, white rice accompanied by an onion and tomato salad with cilantro.

Menu of the Day (Typical Peruvian Food)

Quinoa soup, Chicken Casserole served with rice and potato, Lemonade and a Brownie dessert.

Vegetarian Menu of the Day

Chunky vegetable soup, Veggie Pasty with gravy and mashed potatoes, Lemonade

Box Lunch

1 sandwich (of 11 soles or under) PLUS a Pasty (chicken OR vegetable), a muffin, an apple and a fruit juice

Snacks and Extras

Side of fries
Side Salad
Chicken Pasty
Veggie Pasty
Veggie Pizza Slice
Pepperoni Pizza Slice
Samosa

Afternoon Tea Special

Scones with cream, butter, jam and tea or coffee
Scones as above served with tea imported from England

Sweet Things

Choc-chip cookies
Muffins: Chocolate-chip, Banana or Apple Cinnamon w/Strudel
Brownie
Banoffi Pie
Chocolate Cake with cream frosting
Scones with butter, cream and jam
Apple Crumble with custard
Vanilla Ice Cream w/Chocolate fudge sauce

(All vegetables are washed in purified water and where possible are from organic sources)

(All of our vegetarian dishes are made from fresh vegetables and natural ingredients; we don't use any meat substitutes, including Soya products)