

## The Fat Cow Food Co.

Breakfast served from 7:30 – 11:30am

**Toast** - La Madre sourdough s/w seasonal jam \$6.5

**Maple & Coconut toasted Granola** s/w poached fruit and Schulz Organic yoghurt \$12.50

**Banana & Walnut Bread** – toasted s/w Timboon Honey and whipped quark \$8.5

**Breaky Roll** – fried egg, bacon, tomato, baby cos & chutney in a La Madre bun \$12

**Breaky Wrap** – scrambled eggs, bacon, rocket, tomato, avocado & pesto \$15

**Potato Rosti** s/w poached eggs, rocket & tomato, avocado, pesto salsa **GF** \$17.5

**Corn Fritters** s/w bacon, poached egg, avocado, dressed leaves & tomato chilli jam **GF** \$17.5

**Eggs your way** on La Madre sourdough toast \$10

**Fat Cow Big Breakfast** – two eggs, bacon, pesto tomatoes, sautéed mushrooms on La Madre sourdough toast \$19

**Sides** avocado, pesto tomatoes, sautéed mushrooms \$3.5 each

free range bacon (2 rashers) \$4.5

Where possible we use ingredients from local producers in our region.

We only use free range eggs and bacon on our breakfast menu.

## The Fat Cow Food Co.

Lunch served from 12 – 3pm

**Soup of the Day** s/w La Madre sourdough \$12

**All day Breaky Roll** – fried egg, bacon, tomato, baby cos & chutney in a La Madre bun \$12

**Free Range Chicken Wrap** s/w mixed garden salad, pesto and aioli \$12

**Falafel Wrap** s/w beetroot hummus, rocket salad, grains and tahini dressing \$15

**Fat Cow Pies** – please ask for today's selection of pies, baked fresh on the premises

**Pie** s/w chutney \$10.5

**Pie** s/w salad & hand cut chips \$18.5

### **Sourdough Paninis**

Chicken breast, parmesan, cos lettuce, bacon and aioli \$12

Ham, local cheese, tomato chilli jam, red onion and spinach \$12

**Arancini Balls** – oven dried tomato, basil & mozzarella risotto balls s/w rocket, avocado, tomato & pesto salsa \$16.5 (GF)

**Spanakopita** – spinach & feta filo tart s/w mixed salad and chutney \$15.5

**Chinese Spiced Calamari** s/w slaw, Asian herbs, spring onion, cashews and Nahm Jim \$18.5

**Moroccan Spiced Chicken** s/w quinoa salad, sweet potato, cranberries, seeds, fresh herbs and harissa yoghurt \$18.5

**Timboon Beef Burger** – baby cos, tomato, local cheddar, lettuce, beetroot, chutney & dijon on a La Madre bun \$15.5    add hand cut chips \$18.5

### **Extras**

Bowl of **mixed salad** \$6.5

Bowl of **hand cut chips** s/w aioli \$7.5

Where possible we use ingredients from local producers in our region.

All of our eggs, chicken and bacon is free range and we only source Australian caught, sustainable seafood.