



LSZ
est '14

PLEASE PLACE YOUR ORDER AT THE COUNTER WHEN
YOU'RE READY

BREAKFAST

AVAILABLE ALL DAY

Bread options by "Little Home Bakery": Organic Sourdough, German Rye or Gluten Free seed loaf

Please let our staff know of any dietary requirements - we are not a gluten free kitchen but will do our best to accommodate your needs

Canadian pancakes w. maple cinnamon whipped butter, bacon, maple syrup, almonds. gf	21
Matcha green tea pancakes w. berry and apple compote, coconut, almonds, honey, dairy free icecream .gf df	21
Gluten free housemade muesli w. berry and apple compote, natural greek yoghurt, topped with granola. v gf	13
-add milk	1
Breakfast bruschetta w. smashed avocado, roasted tomatoes, poached eggs, rocket, reduced balsamic on Artisan sour dough toast. gfo df v	22
-swap eggs for roasted mushrooms to make it <u>vegan</u>	
Green Eggs w. house pesto scrambled eggs, field mushrooms, wilted spinach, feta cheese on Artisan dark rye. gfo dfo v	22
Paleo Pumpkin Bread w. smashed avocado, poached egg, rocket, reduced balsamic glaze. gf df v	17
Braised Beans w. house beans, chorizo, sweet corn, jalapeno's, soft corn tortillas, free range fried eggs. gf df	18
Fluffy whole egg omelette w. spinach, wild mushrooms, cheddar cheese. gf v (egg white only may be available please ask staff)	17
- Add Chicken	6
- Add Ham	6
Breakfast salad w. rocket, avocado, cherry tomatoes, pickled carrot, red onion, bacon, poached eggs, vegan aioli. gf df vo	20
10 hour slow roasted pulled pork benedict w. poached eggs, Artisan sourdough toast, house spiced hollandaise. gfo	23
- add wilted spinach	2
Bacon benedict w. poached eggs, Artisan sourdough toast, house hollandaise. gfo	23
- add wilted spinach	2
Smoked salmon benedict w. poached eggs, Artisan sour dough toast, smoked salmon, house hollandaise. gfo	23
- add wilted spinach	2
Big breakfast w. bacon, eggs your way, roasted tomato, hash brown, house beans, pork sausage, Artisan sour dough toast. gfo dfo	24
Big veggie breakfast w. eggs your way, roasted tomato, hash brown, house beans, wilted spinach, roasted mushrooms, avocado, Artisan sour dough. gfo dfo v	24
Bacon & egg wrap w. fried egg, bacon, spinach, housemade tomato sauce. df	13
Breakfast vegan wrap w. wilted kale, roasted mushroom, hashbrown, housemade tomato sauce, vegan aioli. df	15
Breakfast burger w. hashbrown, bacon, fried egg, cheddar, housemade tomato sauce, spinach. gfo	18
Two free range eggs cooked your way on Artisan sourdough or dark rye toast. gfo df v	12
Artisan sourdough toast with condiments	
Choose from honey, vegemite, butter, maple syrup or housemade strawberry jam. gfo dfo	9
Extras:	
two Bacon: 8 two Eggs: 4 two Tomatoes: 3 two Hash browns: 3 Beans: 4 Pork sausage: 4.5	
Mushrooms: 4.5 1/2 Avocado: 5 Pulled Pork: 7 Wilted Kale: 4	

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LUNCH

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Spicy Thai beef salad w. rocket, marinated beef, house pickled vegetables, roasted capsicum, honey roasted cashews. gf df	20
Zucchini Parmesan Fritters w. house pesto, rocket, feta, balsamic glaze. gf	20
Chicken breast w. roasted potatoes, garlic cream sauce & wilted spinach. gf	22
Tikka salad w. rocket, minted yoghurt, marinated grilled chicken, chorizo, onion, pickled carrots, honey roasted cashews, cherry tomatoes, house dressing, pappadum. gf	23
Shaved Pear salad w. rocket, red onion, candied walnuts, balsamic reduction & feta cheese. gf v vegan option	16
x add grilled chicken	6
x housemade falafels	8
Housemade falafels w. wilted kale, hummus, crushed almonds, avocado, fresh chilli, coriander & lemon wedge. gf df vegan	23
Soft Tacos: (3) chicken or 10 hour slow cooked pulled Pork w. Jalapeños, mint yoghurt, cos lettuce, creamy slaw, charred corn. gf Vegan Option: Mushroom, vegan aioli, charred corn, cos lettuce, creamy slaw, Jalapeños	19

SHARE

Bucket of chips, house vegan aioli, house tomato sauce. gf df vegan	9
Dirty Spuds w. crispy potatoes, chorizo, parmesan cheese, sourcream. gf dfo	16
House Falafels w. kale chips, vegan aioli, blistered cherry tomatoes, hummus. gf df vegan	18

Wraps

Smoked salmon wrap w. cos, carrot, onion, tomato, aioli, house tomato sauce, served with a garden salad. df	17
Grilled chicken breast wrap w. cos, carrot, onion, tomato, aioli, house tomato sauce, served with a garden salad. df	17
Housemade vegan falafal wrap w. hummus, kale, vegan aioli, served with a garden salad. df vegan	17

Burgers

At Lot Six Zero we hand craft our burger patties using only 100% Western Australian Blade cut beef. No additives, No preservatives, No Nasties.
All our beef patties & steak are cooked medium, please advise staff if you require changes.

Ground Beef w. house tomato sauce, cheddar, aioli, cos, tomato, house pickles, American mustard on brioche, served w. chips gfo dfo - add bacon & egg 7	20
CBA w. Grilled Chicken, smashed avocado, bacon, cos, brioche, served w. chips. gfo dfo	23
BBQ Pulled Pork w. BBQ marinated pulled pork, creamy slaw, onion rings, brioche, served w. chips gfo dfo	23
Vegan Burger w. roasted mushrooms, marinated capsicum, vegan aioli, house tomato sauce, kale, onion bagel, served w. chips gf df	23

COFFEE

LOT SIX ZERO'S "House Blend"

Our house blend coffee bean has been handpicked for a full flavoured coffee, It has a bold and syrupy mouth feel, with beautiful milk chocolate & spicy tones with a smooth finish.

SINGLE ORIGIN BEANS:

For something different why not try our single origin bean. We change the bean weekly and is a special selection from just one region of the world.

Add Soy 0.5 | Add Almond milk 0.5 | Add Rice milk 0.5 | Add Coconut milk 1.0 | Organic Decaf 1.0 | Lactose Free

"KOKO" HOT CHOCOLATE - dairy free option available -

6

Sourced from West Africa, the deep red colour is indicative of top grade cocoa bean varieties in this world-renowned growing region, blended with pure Australian cane sugar. It has no added fillers, starch, artificial colours or preservatives.

ORGANIC MATCHA GREEN TEA LATTE -

6

Matcha is made from high-quality tea, and the whole leaves are ingested, it's a more potent source of nutrients than steeped green tea. Matcha is rich in antioxidants. Chlorophyll and amino acids give matcha its unique rich taste, an initial vegetal, astringent taste, followed by a lingering sweetness. Organic Matcha tea & organic coconut blossom sugar

ORGANIC CHAI ME LATTE -

6

Subtly sweet with haunting aromas of smoky spice, Chai Me Spice Mix is nothing short of Chai perfection. It contains spices of clove, cinnamon, ginger, cardamom and star anise.

Chai Me Spice Mix is: Caffeine and Gluten free, contains no hydrogenated oils, emulsifiers and anti caking agents

ORGANIC GOLDEN TURMERIC MILK -

6

Turmeric, honey, cinnamon, ginger, organic coconut blossom sugar served with soy milk. Turmeric is a potent anti-inflammatory that exhibits over 150 potentially therapeutic activities, including antimicrobial activity as well as potent anti-cancer properties.

ORGANIC DARK CHOCOLATE & BLACK TEA *high caffeine, high antioxidant* -

5

Served in a tea pot with a jug of pouring cream: black tea, cocoa kernels & natural chocolate flavour

BULLET PROOF -

6

Long black in a mug served with butter & virgin organic coconut oil

"Bulletproof Coffee is a great way to get healthy fats first thing in the morning," says Kerry Bajaj, a Be Well Health Coach at Eleven Eleven Wellness Centre in New York City. Starting the day with healthy fats provides energy, is good for cognitive function, and supports your hormonal system."

POT OF TEA

- Delicious Tea Tonic*, Organic loose leaf -

5

English Breakfast - Classic quality aroma, brisk and true to a good taste

G.L.E.W. Tea - Ginger, Lemon grass, Echinacea, White tea

Well-Being Tea - Spearmint, alfalfa, calendula

French Earl Grey Tea - Black tea, lavender, rose petals, mallow, natural flavour of mango & oil of bergamot

Berry-Green Tea Loose Leaf - Green tea, oolong tea, strawberries, raspberries & red currants

Chai Tea - Traditional

Frutti Tutti - Raspberry pieces, apple, prange, rosehip, hisiscus, lemongrass & vitamin c)

Apple Tea - Apple pieces, vitamin c & natural apple flavour

* Teas created by Lisa Hilbert - Naturopath & herbalist.

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COLD DRINKS

HOUSE BOTTLED COLD PRESSED JUICES

please see display fridge for our daily selection

DELICIOUS SMOOTHIES

x add whey protein powder

	3
Gym Junkie: Banana, mango, spinach, coconut water, vanilla protein	12.5
Berry Warrior: Strawberry, raspberry, blueberry, coconut water, vanilla protein	12.5
Gone Nuts: Banana, peanut butter, dates, almond milk, coco powder	12.5
Banana Smoothie: Banana, ice cream, honey, skim milk	9.5
Tropical: Mango, passionfruit, strawberry, coconut water	9.5
MILKSHAKES (GF) - Choc Vanilla Caramel Strawberry (Vegan options available using soy ice cream and soy or almond milk - caramel NA - 1)	7
VEGAN MEGA SHAKE - soy chocolate milkshake with soy icecream, topped with vegan chocolate brownie, scoop of icecream and vegan oreos and salted caramel popcorn	15
BLENDED ICED ORGANIC MATCHA (GF), skim milk, honey, ice cream	9
ICED coffee ICED chocolate ICED mocha - served with cream & ice cream	7
Homemade Cold Brew Iced Latte (black available) Brewed for over 12 hours, be seduced by this smooth and sensuous blend mixed with creamy milk & ice.	5.5
Speciality house iced tea	7

ORGANIC KOMBUCHA

Kombucha Health Benefit – Aids Digestion and Gut Health. Because it's naturally fermented with a living colony of bacteria and yeast, Kombucha is a probiotic beverage. This has a myriad of benefits such as improved digestion, fighting candida (harmful yeast) overgrowth, mental clarity, and mood stability.
(please see our display fridge or ask one of our friendly staff for today's flavours)

RETAIL LIST

1kg coffee beans -
250g coffee beans -

50
15

