

## Lunch & Dinner

served from 12 noon, eat-in or take-away

GF / Gluten Free  
VG / Vegetarian  
DF / Dairy Free

### hot soups

made fresh daily, please ask our staff for availability

full serve	10.5
half serve	7.5

chicken broth with matzo balls or kraplach & noodles GF DF chicken and vegetable GF DF, lentil GF VG DF, chicken & sweet corn DF, mushroom and barley VG DF, minestrone VG DF pumpkin VG DF GF, cabbage & veal DF GF, russian borscht VG DF, bean DF VG GF, pea DF VG

### mains

house made gnocchi - bolognese, vegetable or creamy mushroom	16
sweet and sour chicken (our best seller) half spatchcock or maryland cooked in our special sweet & sour marinade half / quarter	13/7.5
traditional rotisserie chicken with 18 special herbs & spices DF GF	24p/kg
beef lasagne (kids favorite) - layers of fresh pasta and our famous bolognese smothered in dairy free béchamel sauce DF	10.5
vegetable lasagne - pumpkin, zucchini, mushroom, onion, layed with napoli and béchamel sauce VG	9.5
vegetable frittata - broccoli sweet potato pumpkin carrot baked with egg & cheddar cheese VG GF	9.5
potato latke traditional homemade potato cakes with onion DF VG	3.5
chicken schnitzels - a thin slice of chicken breast lightly bread crumbed	11.5
gluten free	12.5

### hot potato chips

small / large	6/7.5
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### sandwiches

fresh, toasted or make your own (GF available)

chicken mango - fresh chicken, avocado, tomato, lettuce, mango mayo	12
pastrami on rye - peppered pastrami, pickle, seeded mustard	12.5
open smoked salmon - cream cheese, red onion, lettuce, dill mayo	12
toasted swiss cheese with tomato, fresh basil	8.5
schnitzel sanga - freshly cooked schnitzel, pickle & mayo GF available	14.5
b.l.a.t - Brisket, Lettuce, Avocado, Tomato (choice of condiment)	13
tuna melt - cooked tuna, red onion, sweet corn, dill, mozzarella cheese	11.5?
falafel pide - feshly cooked falafel, hummus, tahini, coleslaw, israeli salad (chili optional)	11.5
d'lish style ruben sanga - lightly toasted rye bread, kosher pastrami, sauerkraut, some pickle, horseradish mayonnaise	13

### salads

(may contain vinegar)

salad plate for one - your choice of up to five salads	15.5
salad plate for two - your choice of up to seven salads	22.5
add a side to your meal, choose one	8
coleslaw (no mayo) GF VG DF, russian potato GF VG DF, sweet potato & snowpea GF VG DF, israeli GF VG DF, asian cabbage GF VG DF, broccoli GF VG DF, wild & brown rice GF VG DF, chicken waldorf GF DF, quinoa & vegetasble GF VG	

**All dishes are subject to change and availability.**

## Coffee, Tea & CHOCOLATE

**coffee** espresso & milk based espresso

<b>black</b>		<b>white</b>	
espresso, ristretto	3.5	cafe latte, 3/4 latte,	
long black	3.8	flat white, cappuccino	
<b>semi-black</b>		piccolo	3.8
short & long macchiato	3.8	<b>semi-white</b>	
		mocha	4.3
		baby-cino	1.5
hot chocolate	3.8		
vita-soy	50c		
extra shot	50c		
<b>teas loose</b>	leaf selection by T2		
"Calmer Sutra" chai			4.5
english breakfast, earl grey, peppermint, chamomile, lemongrass & ginger, jasmine green			3.8

## Cold Drinks

### freshly squeezed juices

7

olga - orange, lemon, ginger, apple  
wake up - apple, carrot, celery, ginger  
health kick - beetroot, carrot, orange  
refresh - watermelon, mint, pineapple  
fruitful - all the fruits

blend your own - orange, apple, watermelon, pineapple, mint, carrot, celery, ginger, beetroot, lemon

### milkshakes

chocolate, strawberry, caramel, vanilla, lime & blue heaven	
small / large	4/6
iced chocolate, iced coffee, iced mocha	6

### soft drinks & mineral waters

a large variety of drinks can be located from one of our fridges near the front counter