

# *Cafe Tahbella's Bariatric Menu*

## ❧ Smoothies and Juices - all \$5.50 ❧

**Banana, Mango or Mixed Berry** w/ ice cream, honey, yoghurt and milk.

### **Primal Fitness**

w/ banana, spinach, blueberries, ice, flaxseed oil, honey, skim milk.

**Green Smoothie** - w/ banana, apple, kale, raspberries, honey and ice.

**Detox** - w/ beetroot, ginger, carrot and apple.

## ❧ Breakfast ❧

**Banana Bread or Raisin Toast Slice** \$3.50

**2 Egg Omelette** w/ ham and mushroom \$9.40

**Mini Me Eggs Benny** \$10.40

1 poached egg on sourdough w/ rasher bacon, avocado and hollandaise

**Avo Smash** \$9.00

1 piece of sourdough w/ fresh avocado, tomato,  
red onion and fetta w/ balsamic glaze

**1 Stack Corn Fritter** \$10.00

Home made fritter w/ rocket, bacon, avocado and hollandaise

**Special \$9.50 Breakfast**

Bacon, egg, toast and small coffee or fresh OJ

**1 Stack Pancake** \$7.00

w/ maple syrup and blueberries

## ❧ Lunch ❧

**Whiting and Chips** \$8.40

**Zucchini Fritters (2)** \$10.40 w/ avocado salsa and salad

**Chicken Caesar Salad** \$8.50

Crispy bacon, croutons, fillet of chicken, cos,  
caesar dressing and parmesan cheese

**Frittata of the Day** w/ salad \$7.00

**Homemade Beef or Vegetarian Lasagne** \$7.00

One piece is enough!