

Cafe Blah Blah

Breakfast & Lunch Menu

Breakfast

"HOUSE BAKED GLUTEN FREE BREAD AVAILABLE - \$1.00 extra"
(no alterations on breakfast combinations)

- VIRGIN MARY \$5.50
- BLOODY MARY \$8.50
- BIG BOYZ AT BLAH BLAH w' bacon, sausages, tomato, house-made hash brown & spinach w' eggs cooked your way on grilled Turkish bread gf \$19.50
- SMOKED SALMON w' rocket, avocado, poached eggs, fresh dill yoghurt on grilled Turkish bread gf \$19.50
- BAKED THREE EGGS w' tomato & tasty cheese, crispy bacon & soldiers gf \$16.50
- CHOICE OF EGGS BENEDICT on Brioche bread;
 - > ham or bacon \$14.50
 - > smoked salmon \$16.50
 - > wilted spinach \$14.50
- ONE PAN OMELETTES w'
 - > ITALIAN (VEG) : sundried tomatoes, parmesan, onions, pesto & rocket gf \$16.50
 - > SPANISH : diced potato, chorizo, tomato sauce, onions, roasted capsicum & tasty cheese gf \$16.50
- BUTTERMILK PANCAKE STACK (3)
 - > plain w' maple syrup & ice-cream \$10.50
 - > caramelised banana, loads of maple syrup & low fat yoghurt \$13.50
- DOUBLE BACON SANGA w' fried egg, grilled cheese & tomato chutney in Grilled Turkish pide gf \$12.90

- BAKED BIRCHER MUESLI w' coconut & almond crumble, apple & pear w' low fat yoghurt \$12.50
- LOW FAT YOGHURT POT; layers of low fat yoghurt, honey, mixed berry compote and toasted almonds \$ 7.50
- FRESH BAKED RASPBERRY & BLUEBERRY MUFFIN w' warm berry sauce & yoghurt \$10.50
- FRENCH TOAST (HOUSE-MADE BRIOCHE BREAD) w' grilled bacon & maple syrup \$12.50
- MYO BREAKFAST; w' 2 eggs cooked your way on Turkish bread gf \$ 8.50
 - W' Tomato \$ 2.80
 - Wilted spinach \$ 2.80
 - Hollandaise sauce \$ 1.50
 - Mushrooms \$ 3.50
 - House-made hash brown \$ 3.50
 - Grilled bacon rashers (2) \$ 3.80
 - Avocado \$ 2.80
 - Premium smoked salmon \$ 4.80
 - Chippolata sausages \$ 3.50
 - Baked beans \$ 2.80
- Toasted MULTI-GRAIN OR WHOLEMEAL BREAD w' jam or vegemite \$ 4.50
- FLINDERS WHOLEMEAL FRUIT TOAST \$ 5.50

LUNCH

"NO FAT SALADS"

- TRADITIONAL CHICKEN CAESER SALAD; grilled chicken breast w' baby cos, bacon bits, shaved parmesan, soft poached egg, garlic bread soldiers & caesar dressing \$18.50
- TEMPURA CHILLI & GARLIC CALAMARI tossed w' cucumber, onions, capsicum, baby cos, fresh sweet basil & coriander dressed w' chilli jam \$18.50
- BLACK ANGUS BEEF SIRLOIN (150g med-rare) on wok tossed vegie salad drizzled w' a toasted sesame teriyaki dressing \$19.50
- GRILLED LAMB FILLETS on a greek salad of cucumber cherry tomatoes, onions, olives, parsley, goats cheese & a garlic flavoured tzatziki sauce \$19.50

SANDWICHES : served on turkish pide

- **POACHED CHICKEN BREAST w' spinach & roasted capsicum w' a Thai sweet chilli mayo** \$13.50
- **SMOKED SALMON w' rocket, avocado, shaved cucumber, caramelised onions w' fresh dill & sour cream** \$15.50
- **GRILLED LAMB FILLETS w' onion rings, shaved cucumber, parsley, tomato, pecorino w' tzatziki dressing** \$15.50
- **VEGETARIAN w' sundried tomatoes, roasted capsicum, beetroot, pumpkin, parsley, rocket & goats cheese w' a pesto balsamic dressing** \$13.50

LUNCH FAVOURITES

- **STEAK SANGA; Grilled scotch fillet (150 gms), bacon, caramelised onions, rocket, shaved parmesan, fresh tomato & mustard mayo in a toasted Turkish roll & chips** \$17.50
- **LEAN BEEF BURGER; House-made beef pattie, bacon, egg w' baby cos, tomato & beetroot on a grilled cheesy Turkish bun drizzled w' kick-ass mayo served w' fat chips** \$16.50
- **VEGIE BURGER; House-made vegie pattie w' grilled vegetables, baby cos, beetroot, tomato relish & balsamic mayo w' fat chips** \$15.50
- **SCHNITZEL BURGER; 2 pieces of chicken schnitzel, bacon w' baby cos, tomato, caramelised onions on a grilled Turkish bun w' lime mayo served w' fat Chips** \$16.50
- **CHICKEN PARMA; Crumbed chicken breast w' shaved ham, napoli sauce & melted tasty cheese served w' salad & chips** \$17.50
- **FISH & CHIPS; 3 pieces of crispy battered Rockling fillets w' chips, salad & tartar sauce** \$19.50
- **LAMB SHANK; Slow cooked lamb shank in red wine & herbs with roasted vegetables & potato mash. gf** \$17.50
- **BLAH BLAH FAT BOY ROTI WRAP; stir fried vegies w' sweet chilli in warm roti bread.**
 - W' chicken, beef, pork or combo \$14.50
 - W' prawns or seafood \$16.50
 - W' vegies \$13.50

- **BLAH BLAH TZATZIKI ROTI WRAP; w' cos lettuce, tomato, cucumber & onion in warm roti bread.**
 - W' chicken, beef, pork or combo \$14.50
 - W' prawns or seafood \$16.50

- **BLAH BLAH SATAY ROTI WRAP; w' cos lettuce, tomato, cucumber & onion in warm roti bread.**
 - W' chicken, beef, pork or combo \$14.50
 - W' prawns or seafood \$16.50

LUNCH NOODLES

- **HOKKIEN; with or without satay; wok tossed with vegetables**
 - W' chicken, beef, pork or combo \$14.50
 - W' prawns or seafood \$16.50
 - W' vegies \$13.50
- **CKT (CHAR KWAY TEOW); rice noodles, egg & vegetables in sweet chilli & Kecap Manis sauce gf**
 - W' chicken, beef, pork or combo \$14.50
 - W' prawns or seafood \$16.50
 - W' vegies \$13.50
- **SINGAPORE; pork, prawns, calamari, vegetables & thin egg noodles with a hint of curry** \$15.50
- **DUCK; Chinese roast duck, mushrooms, vegetables & thin egg noodles with a special plum sauce gf** \$16.50
- **BLAH BLAH; roast pork, prawns, vegetables & rice noodles in our special blah blah sauce gf** \$15.50
- **SUPER COMBO; seafood, chicken, beef and pork with hokkien noodles in an oyster and soy sauce** \$16.50

JUST FOR KIDS (Strictly 12 years & under only)

- Single egg & bacon on toast \$ 6.50
 - Spaghetti or baked beans on toast \$ 6.00
 - Single pancake w' maple syrup & ice-cream \$ 6.00
- LUNCH**
- Chicken Nuggets w' chips \$ 5.50
 - Kids size beef or vegetable lasagne w' chips \$ 6.50
 - Fish w' chips \$ 7.50

SIDES

Roti bread plain with satay sauce or garlic	\$4.00
Rice steamed or coconut	\$2.80
Fat chips with salsa & sour cream	\$9.00
Chips	\$5.00
Garlic Turkish bread	\$6.00
Wild Rocket Leaves w' roasted capsicum & shaved parmesan	\$8.50

**** GF & V refers to gluten free and vegan meals, please always advise your waitress**

During busy times we are unable to accommodate alterations to the menu.

Single bill per table. * Surcharge of 10% on Gazetted Public Holidays

**** B.Y.O. Corkage Charge: Mordialloc cafe: \$3.00 Per Head
Elwood Café: \$4.00 Per Head***

**** B.Y.O. Cake Charge \$2.00***