



## Hot Beverages

Coffee	\$ 3.20
Cappuccino	
Latte	
Flat White	
Long Black	
Short Black	
Macchiato	
Baby Cino with Marshmallows	\$ 1.00
Mocha	\$ 3.50
Hot Chocolate	\$ 3.50
Full Cream, Light or Soy Milk	

T2 Teas \$ 3.20

English Breakfast	Red Fancy Fruit
Strawberry Cream	Mint Mix
Just Chamomile	Chai
Lemongrass & Ginger	Earl Grey
Melbourne Breakfast	Sencha Green

Take Away 40c Extra  
Mug 40c Extra



Middle Ground Café stocks and sells Organic FAIRTRADE coffee, guaranteeing a fair price paid to growers in the country of origin.



## Children's Options

Sandwiches	
Cheese	\$ 2.50
Vegemite	\$ 2.50
Vegemite & Cheese	\$ 2.50
Ham	\$ 2.50
Hazelnut Spread	\$ 2.50
Sausage Roll & Chips	\$ 3.50
Chicken Nuggets & Chips	
[Tomato, Sweet Chilli or Barbeque Sauce]	
6 nuggets	\$ 5.50
3 nuggets	\$ 3.50

Hot Chips \$ 4.50  
Fairy Bread \$ 2.00

Pop Tops	\$ 2.00
Kids Milk Shakes [1/2 size]	\$ 2.00
[Banana, Chocolate, Caramel, Strawberry, Blue Heaven, Vanilla]	

## Gluten Free Options

Sandwiches & Wraps	(refer main menu)
Jaffa Orange Slice	\$ 3.50
Chocolate Flourless Cake	\$ 3.50
Selection of Biscuits	\$ 2.50
** Denotes Gluten Free Options	

*Middle Ground Café is a Ministry of the NewHope Baptist Church. We gratefully acknowledge the support of our volunteer staff.*





## Lunch

Soup of the Day with crusty Garlic Bread	\$ 7.50
Trio of Dips w Quattro's Herb Bread, Green Leaves & Semi Dried Tomatoes	\$11.00 **
Vegetable Frittata with Tomato Relish	\$ 9.50
Chicken Fillet Burger with Sweet Chilli & Sour Cream and Chips	\$12.50 **
Hickory Smoked American Meatballs with Steamed Rice	\$11.50
Mediterranean Vegie Stack with Roasted Eggplant, Capsicum & Fetta	\$10.00 **
Pasta of Day	[see specials board]
Warm Chicken Salad	\$10.50 **
Gourmet Pies with Chips & Salad [Chicken & Leek or Beef & Burgundy]	\$ 9.50 **
Seasoned Potato Wedges with Sour Cream & Sweet Chilli Sauce	\$ 6.50
Nachos with Sour Cream, Salsa & Guacamole	\$ 7.50 **
Fish & Chips with Tartare Sauce & Lemon	\$12.50
Homemade Sausage Rolls, Chips & Salad	\$ 8.50



## Sandwiches & Wraps--

White, Wholemeal, Multigrain, Wrap,  
Silly Yaks GF Bread

Two Fillings	\$ 6.00
Additional Fillings Each	\$ 1.00
Toasted Extra	\$ 1.00

Chicken, Ham, Smoked Salmon,  
Cheese, Salad, Avocado, Onion,  
Pineapple, Capers,  
Cream Cheese

## Pides: [Wood Fired Turkish Bread]

- Turkey, Cranberry Sauce, Cream  
Cheese and Cashews \$11.50
- Smoked Salmon, Herbed Cream  
Cheese, Capers, Spinach \$12.50
- Ham, Seed Mustard, Swiss Cheese  
and Semi Dried Tomatoes \$11.50
- Sweet Potato, Pesto, Capsicum,  
Eggplant, Fetta, Spinach \$ 9.50

## Salad

Garden Salad	\$ 7.00
Caesar Salad	\$10.00
Chicken Caesar Salad	\$12.00
Hot Chips	\$ 4.50



## Breakfast (all day)

2 Eggs on Toast (Scrambled, Fried, Poached)	\$ 6.50
Bacon	\$ 2.00
Tomato	\$ 1.50
Spinach	\$ 1.00
Mushrooms	\$ 1.00
Hash Brown	\$ 1.50
Big Breakfast [the lot]	\$12.50
Cinnamon Toast	\$ 3.50
Crumpets & Honey	\$ 3.50
Ham & Cheese Croissant	\$ 5.50
Muesli & Yoghurt	\$ 3.50
Toasted Raisin Bread	\$ 3.50

## Cakes & Sweets

Scones with Jam & Cream	1 Scone \$ 3.00
	2 Scones \$ 5.00
Homemade Muffins	\$ 3.50
Assorted Laguna Slices	\$ 3.50
Fudge & Cookies	\$1.00 – \$ 2.50

## Cold Drinks

Emma & Tom's Juices	\$ 4.00
Iced Chocolate	\$ 4.50
Iced Coffee	\$ 4.50
Milk Shakes	\$ 4.50
[Banana, Chocolate, Caramel, Strawberry, Blue Heaven, Vanilla]	
Pop Tops	\$ 2.00
Schweppes Agrum	\$ 3.00
Soft Drinks	\$ 2.00
'Thank You' Water	\$ 2.50
Maison	\$ 7.50
Edenvale Non Alcoholic Wines	\$15.00