

Welcome to Ben's Café.

Previously known as Ben Roberts Café, all of us as Ben's Café believe that good food can bring a community together. A nourishing meal, a warm beverage, and an inviting atmosphere are at the heart of so many significant moments in life.

We aim to provide an inclusive space where all members of the community can gather, while young people with disabilities are given opportunities to work and connect.

When you visit Ben's Cafe, you're more than a customer – you are part of a social enterprise that supports our community.

At Ben's Café we support an environment for learning, skill development and opportunity, and where your food is prepared with love & fresh ingredients.

We hope you enjoy the experience you receive today & look forward to welcoming you back.

All proceeds from Ben's Cafe support the vital services that Blue Mountains Food Services provides to young people with disability across the Mountains. Blue Mountains Food Services is a registered charity and has been in operation for over 20 years.

Blue Mountains Food Services is also a proud member of the NSW Meals on Wheels association and a registered NDIS Provider.

Opening Hours: Tuesday - Friday 8-00 am – 2-00 pm
Saturday 8-30 am – 1-30 pm
or by special arrangement

**THURSDAY IS SENIORS DAY – 10% OFF on presentation of a NSW Seniors Card
or the NSW Seniors Savers Card**

****** Bookings welcome - contact us on 0434 314 254 ******

www.benscafe.org.au

At Ben's Café we value your feedback so please let us know how we can serve you better at
www.benscafe.org.au/feedback

SOMETHING LIGHT

TOASTED SOURDOUGH / TURKISH				\$6.0
your choice of peanut butter, jam, honey, or vegemite				
SOURDOUGH FRUIT LOAF				
➤ 2 slices - butter	\$7.5	➤ 2 slices - ricotta & honey		\$10.0
➤ 1 slice - butter	\$6.0	➤ 1 slice - ricotta & honey		\$8.0
HOUSEMADE BANANA BREAD				
➤ Butter	\$7.0	➤ Ricotta & honey		\$9.5
SCONES				
with vanilla cream & house made jam				
➤ One scone	\$5.0	➤ Two scones		\$9.0
COOKIES / SLICES / MUFFINS / CAKES				
➤ Cookies: oatmeal and walnut / muesli / coconut and fruit				\$4.5
➤ Chocolate brownie GF				\$5.5
➤ Muffin				\$6.5
➤ Cakes (look in our cabinet for daily sweet treats)				from \$6.5

ALL DAY MENU

CINNAMON FRENCH TOAST		\$15.5
banana, candied walnuts, yoghurt, & honey V *		
CORN FRITTERS		\$17.5
tomato avocado salsa, sour cream & side salad V		
DELUXE BACON & EGG ROLL		\$17.0
fried egg, bacon, cheese, bbq sauce, and hash brown in a toasted milk bun		
BACON & EGG SARNIE		\$17.0
scrambled eggs, bacon, cheese, tomato relish in a toasted turkish *		
EGGS BENNY		\$19.0
poached eggs on turkish, with your choice of grilled imperial ham or bacon served with housemade hollandaise sauce *		
BEN'S BREKKY		\$21.0
eggs your way (2), bacon, roast tomato, hash brown on toasted sourdough *		

CHOOSE YOUR OWN

➤ 1 slice of toasted s'dough/turkish	\$3.5	➤ Grilled halloumi	\$4.5
➤ 2 slices of toasted s'dough/turkish	\$6.0	➤ Half avocado	\$4.5
➤ 1 egg (poached or fried)	\$3.5	➤ Roast tomato	\$4.0
➤ 2 eggs (P, F or scrambled)	\$6.5	➤ Thyme mushrooms	\$4.0
➤ Bacon	\$4.5	➤ Hash brown	\$4.0

MIDDLE EASTERN	\$21.0
poached eggs (2), sweet potato hummus, quinoa, pepitas, dukkah, nigella seeds, minted squashed peas, & grilled halloumi with toasted sourdough V *	
AVOCADO SMASH	\$18.5
avocado, lime, coriander, cherry tomatoes, marinated fetta, dukkah, leafy greens, poached egg (1) with toasted sourdough V *	
FISH & CHIPS	\$19.0
battered fish, chips, salad & house made tartare sauce	
SOUP OF THE DAY	\$16.0
served with toasted sourdough V *	
HOUSE MADE PIE (sweet potato fries add \$2.0)	\$20.0
chips, side salad & tomato relish	
AUTUMN SALAD	\$16.5
roquette, quinoa, pumpkin, fetta, dried cranberries, candied walnuts & orange dressing V GF	
BEN'S BURGER & CHIPS (sweet potato fries add \$2.0)	\$20.0
➤ BEEF with caramelised onion, burger cheese, beetroot, tomato, pickles, mixed leaves & bbq sauce in a toasted milk bun add gluten free regular bun \$3.0	
➤ VEGE vegetable pattie, semi dried tomato, pickled onion, mixed greens & mint yoghurt on a charcoal bun add gluten free regular bun \$3.0	
TOASTED TURKISH *	\$14.0
➤ BLT bacon, lettuce, tomato with aioli (avocado add \$4.5) `	
➤ CHICKEN pesto chicken, semi dried tomato, roquette	
➤ VEGE marinated capsicum, eggplant, artichoke, fetta with olive tapenade & harissa mayo	

SIDES/EXTRAS

BEER BATTERED CHIPS with aioli	\$7.5
1/2 serve \$5.0	
SWEET POTATO FRIES with aioli	\$9.5
1/2 serve \$7.0	
GARDEN SALAD	\$6.5
mixed leaves, cucumber, onion, cherry tomatoes & lemon vinaigrette	

* **GLUTEN FREE BREAD AVAILABLE** \$2.5 extra

GF **GLUTEN FREE**

V **VEGETARIAN**

We only use the freshest of ingredients including free range Carbeen Pasteurised Produce eggs

BEVERAGES

LITTLE HOUSE COFFEE CO. (Mug size also available \$1 extra)

- Espresso / Ristretto \$3.2
- Macchiato / Piccolo \$3.5
- Flat White / Cappuccino / Long Black S \$4.0 / L \$5.0
- Hot Chocolate / Mocha / Latte \$5.0
- Turmeric Latte / Chai Latte / Dirty Chai + \$0.5 \$5.0
- Iced Latte / Iced Long Black \$5.5
- Baby Chino \$1.0

BLUE MOUNTAINS TEA COMPANY (Leaf Tea)

- English Breakfast / Earl Grey \$4.5
- Peppermint / Lemongrass & Ginger / China Sencha Green Tea \$5.0
- Punjabi Chai brewed on milk with honey (contains almonds) \$6.5

EXTRAS / ALTERNATES / SYRUPS

- Extra Shot/ Decaf \$0.5
- Mug \$1.0
- Almond / Soy / Oat \$0.5
- Vanilla / Caramel \$0.5

DAYLESFORD & HEPBURN MINERAL CO. 300ml

- Sparkling Mineral Water / Still Mineral Water \$4.0
- Sparkling Pink Grapefruit / Orange & Passionfruit/ Apple \$5.0
- Organic Ginger Beer / Organic Cola / Organic Lemonade \$6.0
- Orange Juice / Pineapple Juice \$6.0

BILPIN

- Apple Juice \$4.5

HERBS OF LIFE KOMBUCHA 300ml

- Peach & Apricot / Hibiscus Flower / Ginger & Lime / Ginger & Turmeric \$6.5

HOUSEMADE

- Lemon, lime & bitters \$5.0
- Iced chocolate / iced coffee/ iced mocha \$7.0

MILKSHAKES

\$8.0

proper ol' school shakes: thick, rich & frothy

chocolate / strawberry / caramel / vanilla

add Malt \$0.5 / Alternative milks \$1.0

SMOOTHIES

\$8.5

- **Banana** banana, milk, honey & yoghurt
- **Berry** frozen mixed berries, milk, honey & yoghurt
add alternative milks \$1.0