

*Welcome to Ben's Café.*

*All of us at 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](http://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](http://www.benscafe.org.au/feedback)

## SOMETHING LIGHT

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

## ALL DAY MENU

<b>GRANOLA</b>		\$17.5
baked fruit, fennel & apricot crisps, berry compote & greek yoghurt V		
<b>APPLE CRUMBLE PANCAKES</b>		\$17.5
with lemon curd, cream & maple syrup V * + ice cream 0.5		
<b>CORN FRITTERS</b>		\$18.0
tomato avocado salsa, sour cream & side salad V		
<b>DELUXE BACON &amp; EGG ROLL</b>		\$18.0
fried egg, bacon, cheese, bbq sauce, and hash brown in a toasted milk bun		
<b>BACON &amp; EGG SARNIE</b>		\$18.0
scrambled eggs, bacon, cheese, tomato relish in a toasted turkish *		
<b>EGGS BENNY</b>		\$20.0
poached eggs on turkish, with your choice of grilled imperial ham or bacon served with hollandaise sauce *		
<b>BEN'S BREKKY</b>		\$22.0
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	\$4.5
➤ 2 eggs (P, F or scrambled)	\$6.5	➤ Thyme mushrooms	\$4.5
➤ Bacon	\$4.5	➤ Hash brown	\$4.0

<b>MIDDLE EASTERN</b>	\$22.0
poached eggs (2), sweet potato hummus, quinoa, pepitas, dukkah, nigella seeds, minted squashed peas, & grilled halloumi with toasted sourdough V *	
<b>AVOCADO SMASH</b>	\$19.0
avocado, lime, coriander, cherry tomatoes, marinated fetta, dukkah, leafy greens, poached egg (1) with toasted sourdough V *	
<b>FISH &amp; CHIPS</b>	\$20.0
battered fish, chips, salad & house made tartare sauce	
<b>SOUP OF THE DAY</b>	\$16.5
served with toasted sourdough V *	
<b>HOUSE MADE PIE</b> <i>(sweet potato fries add \$2.0)</i>	\$21.0
chips, side salad & tomato relish	
<b>LAWSON LUNCH PLATE</b>	\$22.5
gourmet leg ham, brie, cheddar cheese, cornichons, semi dried tomato, pickled veg, tomato relish with toasted sourdough	
<b>BEN'S BURGER &amp; CHIPS</b> <i>(sweet potato fries add \$2.0)</i>	
➤ <b>BEEF</b> with caramelised onion, burger cheese, beetroot, tomato, pickles, mixed leaves & bbq sauce in a toasted milk bun	\$21.0
<i>add gluten free regular bun \$3.0</i>	
➤ <b>HALLOUMI</b> with avocado, tomato, leafy greens, mustard mayo, in a toasted milk bun	\$21.0
<i>add gluten free regular bun \$3.0</i>	
<b>TOASTED TURKISH *</b>	\$14.0
➤ <b>BLT</b> bacon, lettuce, tomato with aioli <i>(avocado add \$4.5)</i>	
➤ <b>TURKEY</b> turkey, brie, semi dried tomato, mixed greens, cranberry sauce	
➤ <b>VEGE</b> marinated capsicum, eggplant, artichoke, fetta with olive tapenade & harissa mayo	

### SIDES/EXTRAS

<b>BEER BATTERED CHIPS</b> with aioli	\$8.0
1/2 serve \$5.5	
<b>SWEET POTATO FRIES</b> with aioli	\$10.0
1/2 serve \$7.0	
<b>GARDEN SALAD</b> mixed leaves, cucumber, onion, cherry tomatoes & lemon vinaigrette	\$9.5
1/2 serve \$6.5	
<b>GREEK SALAD</b> mixed leaves, fetta, olives, cucumber, onion, cherry tomatoes & lemon vinaigrette	\$15.0
1/2 serve \$10.0	

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

**GF GLUTEN FREE**

**V VEGETARIAN**

*We only use the freshest of ingredients including free range 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

proper ol' school shakes: thick, rich & frothy  
chocolate / strawberry / caramel / vanilla

*add Malt \$0.5 / Alternative milks \$1.0*

### SMOOTHIES

- **Banana** banana, milk, honey & yoghurt \$9.5
- **Berry** frozen mixed berries, milk, honey & yoghurt  
*add alternative milks \$1.0*