



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

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 WHITE SOURDOUGH / TURKISH

1 slice \$5 / 2 slices \$7

your choice of peanut butter, jam, honey, or vegemite

SOURDOUGH FRUIT LOAF

- | | | | |
|---------------------|-------|------------------------------|--------|
| ➤ 2 slices - butter | \$9.0 | ➤ 2 slices - ricotta & honey | \$11.5 |
| ➤ 1 slice - butter | \$7.5 | ➤ 1 slice - ricotta & honey | \$10.0 |

HOUSEMADE BANANA BREAD / GLUTEN FREE BANANA BREAD (\$2 extra)

- | | | | |
|----------|-------|-------------------|--------|
| ➤ Butter | \$9.0 | ➤ ricotta & honey | \$11.5 |
|----------|-------|-------------------|--------|

SCONES

with vanilla cream & house made jam

- | | | | |
|-------------|-------|--------------|--------|
| ➤ one scone | \$6.5 | ➤ two scones | \$10.5 |
|-------------|-------|--------------|--------|

COOKIES / SLICES / MUFFINS / CAKES

- | | | | |
|--|--|--|------------|
| ➤ look in our cabinet for daily sweet treats | | | from \$7.0 |
|--|--|--|------------|

ALL DAY MENU

BISCOFF FRENCH TOAST

\$24.5

with sweet cookie butter, cookie crumb, strawberry compote and whipped cream V *

SMOKED TROUT HASH (A)

\$25.0

with fried egg and basil pistou

CORN & ZUCCHINI FRITTERS

\$23.5

with avocado salsa, sour cream, rocket and dukkha V

HOUSE MADE GRANOLA

\$15.5

with berry compote and Greek yoghurt

DELUXE BACON & EGG ROLL

\$23.5

fried egg, bacon, cheese, bbq sauce, and hash brown in a toasted milk bun

BACON & EGG SARNIE

\$23.5

scrambled eggs, bacon, cheese, tomato relish in a toasted turkish *

EGGS FLORENTINE

\$21.5

2 poached eggs, wilted baby spinach, hollandaise sauce, dukkha V

Add bacon \$6.5 add smoked salmon (A) \$7.5

BEN'S BREKKY

\$27.5

eggs your way (2), bacon, roast tomato, hash brown on toasted sourdough *

AVOCADO SMASH

\$24.0

avocado, lime, coriander, cherry tomatoes, marinated fetta, dukkah, leafy greens, poached egg (1) with toasted sourdough V *

SIDES

- | | | | |
|------------------------------|-------|---|-------|
| ➤ 1 egg (poached or fried) | \$4.5 | ➤ half avocado, roast tomato, thyme mushrooms, grilled halloumi, or bacon (1) | \$6.5 |
| ➤ 2 eggs (P, F or scrambled) | \$7.5 | ➤ smoked salmon | \$7.5 |
| ➤ hash brown | \$5.5 | | |

MIDDLE EASTERN	\$27.5
poached eggs (2), sweet potato hummus, quinoa, pepitas, dukkah, nigella seeds, minted squashed peas, & grilled halloumi with toasted sourdough V *	
SHAKSHUKA	\$23.5
Eggs baked in a spiced tomato and pepper stew, marinated feta and toasted sourdough V *	
SWEET POTATO SALAD	\$24.0
roasted sweet potato, baby spinach, red onion, toasted almonds, feta, cranberries and quinoa with a honey mustard dressing V * add chicken \$5.5	
FISH & CHIPS (l)	\$26.0
battered flathead, beer battered chips, salad & house made tartare sauce	
SOUP OF THE DAY	\$21.5
served with toasted sourdough V *	
HOUSE MADE PIE (sweet potato fries add \$3.5)	\$26.5
beer battered chips, side salad & tomato relish	
TURKEY CLUB	\$23.5
roasted turkey, bacon, avocado, swiss cheese, mixed leaves, aioli on sourdough	
BURGER & CHIPS * (sweet potato fries add \$3.5)	
➤ BEEF BURGER	\$27.5
with caramelised onion, cheese, beetroot, tomato, pickles, mixed leaves & bbq sauce	
➤ VEGE BURGER	\$27.5
vegetable patty, with rocket, cheddar, tomato, and mayo V	
BLT on TURKISH	\$20.0
bacon, lettuce, tomato with aioli (avocado add \$6.0)	
REUBEN	\$24.5
corned beef, swiss cheese, sauerkraut and russian dressing on sourdough	

EXTRAS

BEER BATTERED CHIPS with aioli	\$10.0
1/2 serve \$7.5	
SWEET POTATO FRIES with aioli	\$12.0
1/2 serve \$9.0	
GARDEN SALAD mixed leaves, cucumber, onion, cherry tomatoes & lemon vinaigrette	\$11.0
1/2 serve \$8.5	

* **GLUTEN FREE BREAD AVAILABLE** \$3.5 extra

V VEGETARIAN



BEVERAGES

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

- Espresso / Ristretto \$4.0
- Macchiato / Piccolo \$4.0
- Flat White / Cappuccino / Long Black S \$5.0 / L \$6.0
- Hot Chocolate / Mocha / Latte \$6.0
- Turmeric Latte / Chai Latte / Dirty Chai + \$0.5 \$6.0
- Iced Latte / Iced Long Black \$6.0
- Baby Chino \$1.5

BLUE MOUNTAINS TEA COMPANY (Leaf Tea)

- English Breakfast / Earl Grey \$5.0
- Peppermint / Lemongrass & Ginger / China Sencha Green Tea \$5.5
- Punjabi Chai brewed on milk with honey (contains almonds) \$7.0

EXTRAS / ALTERNATES / SYRUPS

- Extra Shot/ Decaf \$0.8
- Mug \$1.0
- Almond / Soy / Oat / Lactose Free \$0.8
- Vanilla / Caramel \$0.8

BUNDABERG

- Traditional Lemonade \$5.5
- Ginger Beer \$6.5
- Orange & Passionfruit \$6.5

HILLBILLY APPLE CIDER

\$6.5

SPARKLING / STILL MINERAL WATER

\$4.5

COCA-COLA / COKE NO SUGAR 330ml

\$5.5

BILPIN / NIPPYS

- Apple Juice (250 ml) \$4.5
- Orange Juice (375ml) \$6.5
- Pineapple Juice (375ml) \$6.5

HERBS OF LIFE KOMBUCHA 300ml

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

HOUSEMADE

- Lemon, lime & bitters \$5.0
- Iced chocolate / iced coffee/ iced mocha \$7.5

MILKSHAKES *add Malt \$0.5 / Alternative milks \$1.5*

\$9.5

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

SMOOTHIES *add alternative milks \$1.5*

\$10.0

- **Banana** banana, milk, honey & yoghurt
- **Berry** frozen mixed berries, milk, honey & yoghurt
- **Mango** mango, milk, honey & yoghurt