

*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

**TOASTED WHITE SOURDOUGH / TURKISH / RYE SOURDOUGH** 1 slice \$4.5 / 2 slices \$6.5  
your choice of peanut butter, jam, honey, or vegemite

### SOURDOUGH FRUIT LOAF

- |                     |       |                              |        |
|---------------------|-------|------------------------------|--------|
| ➤ 2 slices - butter | \$8.0 | ➤ 2 slices - ricotta & honey | \$10.5 |
| ➤ 1 slice - butter  | \$6.5 | ➤ 1 slice - ricotta & honey  | \$8.5  |

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

- |          |       |                   |        |
|----------|-------|-------------------|--------|
| ➤ Butter | \$8.0 | ➤ ricotta & honey | \$10.5 |
|----------|-------|-------------------|--------|

### SCONES

with vanilla cream & house made jam

- |             |       |              |       |
|-------------|-------|--------------|-------|
| ➤ one scone | \$5.5 | ➤ two scones | \$9.5 |
|-------------|-------|--------------|-------|

### COOKIES / SLICES / MUFFINS / CAKES

- |  |  |  |            |
|--|--|--|------------|
| ➤ assorted cookies                                   |  |  | \$5.5      |
| ➤ vegan cookie                                       |  |  | \$7.5      |
| ➤ chocolate brownie GF                               |  |  | \$6.0      |
| ➤ muffin   |  |  | \$7.5      |
| ➤ cakes (look in our cabinet for daily sweet treats) |  |  | from \$6.5 |

## ALL DAY MENU

**FRENCH TOAST** \$19.5

candied walnuts, raspberry compote, yoghurt, honey V \*

**SMOKED TROUT HASH** \$21.5

with fried egg and basil pistou

**CORN FRITTERS** \$20.5

tomato avocado salsa, sour cream & side salad V

**DELUXE BACON & EGG ROLL** \$20.0

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

**BACON & EGG SARNIE** \$20.0

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

**EGGS BENNY** \$23.5

poached eggs on turkish, with your choice of grilled imperial ham or bacon or halloumi served with hollandaise sauce & greens \* (optional V)

**BEN'S BREKKY** \$24.0

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

**HOUSE BAKED BEANS** \$21.5

with sourdough and poached egg (1)

### SIDES

- |                              |       |                   |       |
|------------------------------|-------|-------------------|-------|
| ➤ 1 egg (poached or fried)   | \$4.0 | ➤ half avocado    | \$5.5 |
| ➤ 2 eggs (P, F or scrambled) | \$7.0 | ➤ roast tomato    | \$5.5 |
| ➤ bacon                      | \$5.5 | ➤ thyme mushrooms | \$5.5 |
| ➤ grilled halloumi           | \$5.5 | ➤ hash brown      | \$4.5 |

<b>MIDDLE EASTERN</b>	\$24.0
poached eggs (2), sweet potato hummus, quinoa, pepitas, dukkah, nigella seeds, minted squashed peas, & grilled halloumi with toasted sourdough V *	
<b>AVOCADO SMASH</b>	\$20.5
avocado, lime, coriander, cherry tomatoes, marinated fetta, dukkah, leafy greens, poached egg (1) with toasted sourdough V *	
<b>FISH &amp; CHIPS</b>	\$22.5
battered flathead, beer battered chips, salad & house made tartare sauce	
<b>SOUP OF THE DAY</b>	\$19.0
served with toasted sourdough V *	
<b>HOUSE MADE PIE</b> <i>(sweet potato fries add \$2.0)</i>	\$23.5
beer battered chips, side salad & tomato relish	
<b>VEGETARIAN LASAGNE</b>	\$20.5
with garden salad	
<b>GOATS CHEESE TART</b>	\$20.5
goats cheese, caramelised onion, tomato with rocket & parmesan salad, balsamic reduction	
<b>BEN'S BURGER &amp; BEER BATTERED 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	\$23.5
<i>add gluten free regular bun \$3.0</i>	
<b>STEAK SANDWICH (TURKISH BREAD)</b>	\$23.5
swiss cheese, tomato, rocket, caramelised onion, beetroot relish and aioli	
<b>BLT (TURKISH BREAD)</b>	\$17.0
bacon, lettuce, tomato with aioli <i>(avocado add \$5.0)</i>	

### EXTRAS

<b>BEER BATTERED CHIPS</b> with aioli	\$9.0
1/2 serve \$6.0	
<b>SWEET POTATO FRIES</b> with aioli	\$11.0
1/2 serve \$7.5	
<b>GARDEN SALAD</b> mixed leaves, cucumber, onion, cherry tomatoes & lemon vinaigrette	\$10.5
1/2 serve \$7.5	
<b>GREEK SALAD</b> mixed leaves, fetta, olives, cucumber, onion, cherry tomatoes & lemon vinaigrette	\$15.5
1/2 serve \$10.0	

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

**GF GLUTEN FREE**

**V VEGETARIAN**

## BEVERAGES

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

- Espresso / Ristretto \$3.5
- Macchiato / Piccolo \$3.5
- Flat White / Cappuccino / Long Black S \$4.5 / L \$5.5
- Hot Chocolate / Mocha / Latte \$5.5
- Turmeric Latte / Chai Latte / Dirty Chai + \$0.5 \$5.5
- 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 \$5.5
- Organic Ginger Beer / Organic Cola / Organic Lemonade \$6.5
- Orange Juice / Pineapple Juice \$6.5

### BILPIN

- Apple Juice (250 ml) \$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 \$7.5

### MILKSHAKES

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

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

\$9.0

### SMOOTHIES

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

\$9.5