

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 / 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)

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

SCONES

with vanilla cream & house made jam

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|-------------|-------|--------------|-------|
| ➤ 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 *

CROQUE MONSIEUR \$24.5

sourdough toast, swiss cheese, ham, mustard mayonnaise, bechamel sauce

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 *

EGGS, CHORIZO & BEANS \$23.5

2 poached eggs, chorizo, white beans on sourdough with rocket, dukkah & whipped ricotta

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 |

MIDDLE EASTERN	\$24.0
poached eggs (2), sweet potato hummus, quinoa, pepitas, dukkah, nigella seeds, minted squashed peas, & grilled halloumi with toasted sourdough V *	
AVOCADO SMASH	\$20.5
avocado, lime, coriander, cherry tomatoes, marinated fetta, dukkah, leafy greens, poached egg (1) with toasted sourdough V *	
FISH & CHIPS	\$22.5
battered flathead, beer battered chips, salad & house made tartare sauce	
SOUP OF THE DAY	\$19.0
served with toasted sourdough V *	
HOUSE MADE PIE <i>(sweet potato fries add \$2.0)</i>	\$23.5
beer battered chips, side salad & tomato relish	
ROASTED CHICKPEA SALAD	\$21.5
cos lettuce, spanish onion, avocado, cherry tomato, marinated fetta with tahini dressing V, GF	
GOATS CHEESE TART	\$20.5
goats cheese, caramelised onion, tomato with rocket & parmesan salad, balsamic reduction	
BEN'S BURGER & BEER BATTERED CHIPS <i>(sweet potato fries add \$2.0)</i>	
➤ BEEF 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>	
TOASTED TURKISH *	\$17.0
➤ BLT bacon, lettuce, tomato with aioli <i>(avocado add \$5.0)</i>	
➤ TURKEY turkey, brie, semi dried tomato, mixed greens, cranberry sauce	

EXTRAS

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

We only use the freshest of ingredients including free range eggs

BEVERAGES

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

- Espresso / Ristretto \$3.5
- 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