

## Lunch Menu

### Tahbellas Burgers

<b>Beef</b> Fresh pattie with bacon, grilled onion, cheese, lettuce, tomato, beetroot, BBQ sauce & chips	\$12.50
<b>Lamb</b> Haloumi, pesto, caramelised onion, tomato, lettuce & chips	\$12.50
<b>Chicken</b> Breast fillet, bacon, avocado, aioli, lettuce, tomato & chips	\$12.50
<b>Southern Fried Chicken</b> Seasoned breast fillet with crispy bacon, housemade coleslaw & chips	\$12.50
<b>Vegan</b> Grilled mushrooms, onion, tomato, relish, lettuce, beetroot, avocado & chips	\$12.50

### Salads

<b>Caesar Salad</b> Cos lettuce, bacon, croutons, poached egg, parmesan cheese & caesar dressing Add chicken \$2.50 Add smoked salmon \$3.50	\$11.50
<b>Thai Beef Salad</b> Beef strips, cashews, salad greens, sweet chilli, lime & soy dressing	\$13.90
<b>Beef &amp; Bacon Salad (P)</b> Strips of beef, bacon, kale, salad greens, avocado & mayo	\$13.90
<b>Coconut Chicken Salad (P)</b> Grilled breast fillet w/ mango, salad greens and light citrus dressing	\$13.90

### Meals

<b>Beer Battered Barramundi</b> With chips, salad, lemon & tartare	\$12.90
<b>Prawn Cutlets (4)</b> Crumbed with chips, salad, lemon & tartare	\$11.50
<b>Salt and Pepper Squid</b> Lightly fried in special seasoning with chips, salad, lemon & aioli	\$12.50
<b>Zucchini Fritters (4) (V) (P)</b> With avocado salsa & garden salad	\$11.50
<b>Chicken Stack (P) (GF)</b> Housemade patties, lightly crumbed in almond meal with lashings of bacon, rocket, avocado & aioli	\$14.50
<b>Braised Steak &amp; Onion Pie</b> With chips and salad	\$10.50
<b>Vegan Spring Rolls</b> With sweet chilli sauce and salad	\$11.50

### Schnitzels

<b>Avo Supreme</b> Bacon, avocado & hollandaise with chips & salad	\$16.00
<b>Aussie</b> Bacon, fried egg, melted cheese, bbq sauce with chips & salad	\$15.00
<b>Paleo (GF)</b> Crumbed in coconut and almond with sweet potato chips, aioli & salad	\$15.00

## Drinks Menu

### Hot Drinks

<b>Double Espresso</b>		\$4.10
<b>Short Black</b>		\$3.90
<b>Long Black</b>		\$4.30
<b>Cappucino/Flat White</b>	\$3.90 Cup	\$4.30 Mug
<b>Latte</b>	\$3.90 Glass	\$4.30 Mug
<b>Mocha, Chai or Hot Chocolate</b>	\$4.30 Glass	\$4.80 Mug
<b>Turmeric Latte</b> Our golden blend with coconut or almond milk	\$5.00 Glass	\$5.50 Mug
<b>Italian Hot Ciok (rich hot chocolate)</b>		\$5.50 Mug
<b>Paleo Hot Chocolate</b> Raw cacao powder, honey & almond milk		\$5.00 Mug
<b>Extras</b>		
Syrups (Hazelnut, Vanilla, Caramel)		50¢
<b>Special Milks</b>	Lactose or Soy 50¢	Almond or Coconut 80¢
<b>Extra Shots &amp; Decaf</b>		40¢
<b>Organic Teas</b> (English, Earl Grey, Camomile, Peppermint, Green)		\$4.00

### Tahbella's Cold Drinks

<b>Milkshakes</b> Chocolate, Strawberry, Vanilla, Banana, Caramel or Lime Add Malt Make it a Thickshake	\$5.00 60¢ \$7.00
<b>Espresso Coffee Milkshake</b>	\$6.00
<b>Iced Coffee or Chocolate</b>	\$6.50
<b>Coffee or Chocolate Frappe</b>	\$6.90
<b>Smoothies</b> Banana, Mango or Mixed Berry all served with yoghurt, honey, ice cream & milk	\$6.90
<b>Primal Fitness</b> Banana, spinach, blueberries, honey, flaxseed oil, ice & skim milk	\$6.90
<b>Green Smoothie</b> Banana, apple, raspberries, kale, ice & honey	\$6.90
<b>Tropical Bliss Smoothie</b> Mango sorbet, banana, orange, ice, honey & milk	\$6.90
<b>Kickstarter</b> Carrot, cucumber, lemon, pineapple & apple	\$6.90
<b>Detox Juice</b> Beetroot, apple, ginger, carrot on ice	\$6.90
<b>Sunrise Zing</b> Pineapple, carrot, apple & ginger	\$6.90
<b>Make your own juice (choose 4 fruits)</b> orange, apple, banana, carrot, beetroot, blueberries, raspberries, spinach, passionfruit, mango	\$6.90



# Menu



(V) = Vegetarian (GF) = Gluten free (P) = Paleo Meals

**Please place your order  
at the counter**



11/3 Cottonwood Place  
Oxenford  
Phone 5529 9586

## Breakfast Menu

### Small Bites

<b>Raisin Toast</b>	\$5.00
<b>Banana Bread</b>	\$5.50
<b>Banana &amp; Raspberry Bread</b> GF	\$6.00
<b>French Toast</b> with maple syrup	\$7.90
Add bacon	\$2.50
<b>Eggs Any Way</b> (scrambled, poached or fried) (V)	\$6.90
<b>Extras \$2.50</b> Bacon, 2 eggs, hash browns, chipolatas, tomato, baked beans, mushrooms, avocado. \$3.50 haloumi cheese, smoked salmon	
<b>Pancakes</b> (V)	\$9.00
with maple syrup & ice cream	
Add berries or banana	\$2.00
<b>Bacon &amp; Egg Toastie</b>	\$6.50
BBQ sauce & cheese	
On a roll	\$7.50
<b>Breakfast Wrap</b>	\$9.90
Bacon, egg, hash brown, BBQ sauce & cheese	
<b>Vegetarian Breakfast Wrap</b>	\$9.90
Vegetable pattie, mushrooms, spinach & hollandaise	

### Traditional Breakfast

<b>Famous \$10 Breakfast</b>	\$10.00
Bacon, eggs anyway, grilled tomato & toast with cup of coffee or pot of tea - upgrade to mug for 40c	
<b>Eggs Benedict</b>	\$14.00
2 poached eggs on turkish bread with tomato & hollandaise	
Choose from bacon, ham or spinach & mushroom medley	
Choose Salmon	\$15.00
<b>Big Breakfast</b>	\$17.00
Bacon, eggs anyway, chipolatas, hash brown, mushrooms, tomato & toast.	

## Breakfast Menu

### Omelettes

<b>Paleo</b>	\$11.50
Bacon, mushroom, spinach with grilled tomato	
<b>Ham, Cheese &amp; Mushroom</b>	\$13.00
with hash brown & turkish bread	
<b>Tahbella's</b>	\$13.90
Bacon, cheese, onion, grilled tomato & turkish bread	

### Gourmet Breakfast

<b>Paleo Eggs Benedict</b> (GF)	\$15
Homemade chia seed roll, cashew nut hollandaise, bacon & avocado	
<b>Avocado Smash</b> (V)	½ serve \$8.50 full serve \$11.50
Add poached eggs	\$2.50
<b>Healthy Option</b>	\$13.90
2 poached eggs on turkish bread with sauteed mushrooms, tomato & spinach	
<b>3 Stack Corn Fritters</b>	\$15.00
Homemade fritter stack with lashings of bacon, avocado & rocket topped with creamy hollandaise	
<b>Sweet Potato Rostis</b> (GF) (P)	\$14.00
With fresh avocado, bacon and poached eggs	
Add hollandaise	\$1.00
<b>Great Start Breakfast</b> (V) (GF) (P)	\$15.00
Sautéed mushroom & spinach, zucchini fritters, grilled tomato, avocado & poached eggs	
<b>Protein Power Breakfast</b>	\$15.00
Grilled chicken breast, sautéed mushroom & spinach, poached eggs, fetta, Turkish bread & hollandaise	
<b>Haloumi Delight</b> (V)	\$16.50
Grilled haloumi cheese, avocado, sautéed mushroom & spinach, poached eggs, sourdough and housemade pesto & tomato relish	
Add bacon	\$2.50

## Lunch Menu

<b>Hot Chips</b>	\$4.00
<b>Sweet Potato Chips</b>	\$6.00

### Sandwich Bar

<b>Ham, cheese, tomato</b> or <b>Ham, cheese, pineapple</b>	\$5.50
<b>Chicken, cheese, avocado</b> or <b>Chicken, cheese, onion</b>	\$6.50
<b>Chicken</b> or <b>Ham Salad</b>	\$6.50
<b>B.L.T</b>	\$10.00
Bacon, lettuce, tomato, mayo - served with chips	
Add avocado	\$2.00
<b>Steak Sandwich</b>	\$12.00
Grilled steak, onion, lettuce, tomato, beetroot, BBQ sauce & chips	
<b>Chicken Club</b>	\$12.90
Breast fillet, bacon, tomato, lettuce, avocado, mayo, cheese & chips	
<b>Turkey Club</b>	\$13.90
Turkey breast, cranberry sauce, avocado, brie cheese, lettuce, tomato & chips	
<b>Veg on Turkish</b>	\$10.50
Roast pumpkin, fetta cheese, pesto & sundried tomatoes your choice of chips or salad	
<b>Fav on Turkish</b>	\$11.50
Chicken breast fillet, bacon, avocado & cheese your choice of chips or salad	
<b>Panini with Chicken</b>	\$11.90
sundried tomato, pesto & fetta with chips or salad	

### Wrap it Up

<b>Ranch Wrap</b>	\$10.50
Chicken, bacon, grilled onion, lettuce, tomato, cheese, mustard & mayo	
<b>Sweet Chilli Chicken Wrap</b>	\$10.50
Chicken, bacon, sweet chilli, mayo, lettuce tomato & cheese	
<b>Pesto Beef Wrap</b>	\$11.50
Sliced steak, pesto, sweet potato chips, rocket, red onion & chips.	

(Add chips to any wrap \$1.50)

Continued over >