



HOW TO ORDER: [Place your order online here](#), add any dietary requirements to the notes section.
QUESTIONS: [Get in touch](#).

BREAKFAST

Served on platters or in individual recyclable containers.

*** Minimum order 6 per option.

WINTER BIRCHER Oats soaked with house-made nut milk, poached pears, vanilla and coconut - \$7.15 each (individually packed)

GOOD MORNING GRANOLA LLL's speciality buckwheat granola mix with yoghurt and seasonal fruit. \$7.15 each (individually packed)

CHOCOLATE CHIA CUP House-made nut 'mylk' raw cacao chia pudding, vanilla cashew cream - \$7.50 each (individually packed)

FRITTATA Organic free-range eggs, bacon, rosemary, zucchini, tomato (or supercharged veggie available) - \$7.15 per person (vegetarian on request)

EGG BOWL Soft boiled egg, feta, sauteed greens, toasted seeds, chilli flakes, lemon. \$9.90 per person (vegetarian on request with haloumi and mushies)

THE ROLL Bacon, egg and greens with nutty mayo on a sourdough roll. \$9.90 per person.

LUNCH

SALADS - \$13.75 (MEDIUM) // \$15 (LARGE)

Served on platters or in individual recyclable lunch boxes.

*** Minimum order 10 per salad option.

MUSHROOM TRIO Mixed sauteed mushies, pearl barley, sourdough croutons, leek, thyme and goat cheese. (V)

RAINBOW RAW Raw rainbow shredded veggies, black pepper tofu, mint, toasted cashews, nutty miso dressing. (V)

HA-LOU-MI Herbed haloumi chunks, fennel, apple and pumpkin slaw, parsley lime dressing. (V)

POACHED CHICKEN v1.0 Herb poached chicken, mushrooms, pumpkin, silverbeet, eggplant, date and pepita seeds. With a creamy tahini dressing.

THE SEVEN CEE'S - WINTER 7 winter ingredients starting with 'C' - roasted cauliflower, spiced chickpeas, cabbage, pickled carrot, toasted cashews, coconut charred chicken. With a creamy tahini dressing.

DHUKKA CHOOK Dhukka crusted crunchy chicken, shredded LLL slaw, chickpeas, roasted cauliflower, super greens dressing.

BEEF SOBA with soba noodle, zucchini, pickled carrot, edamame, date, toasted sesame seeds. Ginger turmeric dressing.

MARY'S LAMB Slow cooked lamb, couscous, green Sicilian olives, feta chunks, greens.

ROASTED TROUT BOWL Smoked trout, roasted beets, lentils, fennel, orange, house-made labneh, greens, toasted dhukka spices.

PULLED PORK Paprika pulled pork, mexican style slaw, corn chips, house-made labneh.

SOUP - \$13.75 per person

All soup served with sourdough chunks and butter.

*** Minimum order 10

THE CLASSIC CHICKEN SOUP with house-made broth and veggies.

SPICED PUMPKIN SOUP with herbed labneh, toasted crunchy chickpeas.

INSTANT NOODLE BOWLS Vietnamese style poached chicken, vermicelli noodles, shredded veggies, herbs, with LLL's specialty soup paste, just add 1 cup boiling water.

ROASTED PUMPKIN with labneh and chilli flakes - we could also served this with beef brisket. (V/GF)

CREAMY CHICKEN with, oregano chilli salt. (GF)

VIETNAMESE PHO with a beef or chicken broth, slow cooked beef (or chicken). Served with a platter of vermicelli noodles, veggies and fresh herbs (not served with sourdough) (GF)

LAMB RAGU with wholemeal pasta

POTATO LEEK AND BACON (GF)

CLASSIC MINISTRONE with wholemeal pasta (V)

THAI CREAMY CHICKEN with coconut, coriander and some chilli

SOURDOUGH SAMBO'S - \$11.75 per sambo

Served on platters or individual brown paper bags.

*** Minimum order 6 per option.

CHICKEN SOURDOUGH SAMBO Herb poached chicken, parmesan herb yoghurt, rocket, cucumber.

CHUNKY HAM SOURDOUGH SAMBO Chunky ham off the bone with cheddar, house-made mustard, rocket, cucumber.

SUPERCHARGED VEGGIE WRAP Smashed roast veggies, baby spinach and feta.

SWEETS AND SNACKS

Served on platters.

*** Minimum order 6 per option.

FRUIT PLATTER Fresh as seasonal fruit straight from the market. \$4.50 per person

BANANA SPELT MUFFINS Banana, wholemeal spelt flour, honey and nuts - \$5.50 each

CHOC RASPBERRY MUFFINS 85% dark chocolate, raspberries, almonds, coconut flour, maple syrup - \$5.50 each

CHOCOLATE TRUFFLE BITES Dates, coconut, nuts and cacao rolled into a delicious bliss ball - \$3.55 each

LEMON CHEESECAKE Cashews, coconut, lemon and vanilla bean blended into the creamiest cheesecake ever. Perfect for a light afternoon lift instead of chocolate. - \$5 each

BANANA BUCKWHEAT BARS Banana, seeds, nuts and buckwheat baked into the crunchiest bar. Great for morning or afternoon tea. - \$5 each

CHOC CHUNK COOKIE Baked with almonds, pepitas and spelt flour, with dark chocolate chunks. \$3.30 each

SALTED CARAMEL SLICE 3 layers of delight. Made from cashews, dates, coconut and chocolate. - \$5.55 each

SNICKERS CRUNCH BAR Toasted nuts blended with dates and rice malt syrup, double dipped in LLL's house-made raw chocolate. - \$5.55 each

BOUNTY BLISS BAR Creamy coconut filling, double dipped in LLL's house-made raw chocolate. Better than the real deal. - \$5.55 each