

# Breakfast

Items in red available all day

7.00am - 11:30am

## Scones <sup>v</sup> 13

house made scones served with roddas clotted cream and house made jam

## Housemade Crumpets <sup>v</sup> 21

housemade crumpets with ricotta, caramelised banana and honey

## Forestway Fresh Fruit <sup>GFO|v</sup> 17

seasonal fresh fruit and berries, buffalo yoghurt, pomegranate honey, **forestway** granola.

## Acai Bowl <sup>GFO|v</sup> 21

**forestway** acai bowl with coconut sago, **forestway** granola mixed berries, banana and kiwi

## Bircher Muesli <sup>v</sup> 17

**forestway** bircher muesli served with a mango puree, and seasonal berries

## Ricotta & Buttermilk Hotcake <sup>v</sup> 21

flamed meringue, roasted macadamia nuts, blueberry compote, canadian maple syrup

## Heirloom Tomato <sup>GFO|v</sup> 23

sourdough, avocado, heirloom tomatoes, mint, marinated fetta, poached egg, rocket, pomegranate arils, balsamic glaze

## Truffled Salmon <sup>GFO</sup> 25

crispy skin salmon, salmon gravlax, white polenta, poached egg, truffled hollandaise

## Sides

sautéed mushrooms	6	grilled asparagus	6
avocado	6	grilled tomato	5
smoked salmon	6	double smoked ham	4
salmon gravlax	6	hash browns	5
pork & fennel sausage	5	egg	3
grilled haloumi & pomegranate	5	bacon	5
creamed spinach	5	hollandaise	2
pepe e patate	5	sourdough (2 sl.)	4
		quinoa soy (1 sl.)	3
		gluten free bread (1sl)	2

## Benedict <sup>GFO|v</sup> 23

creamed spinach, poached eggs, hollandaise, choice of; double smoked ham, smoked salmon, bacon or avocado

## Grilled Asparagus & Broccolini <sup>GFO|v</sup> 22

seared asparagus & broccolini, white polenta, beetroot leaf, poached egg, hollandaise, shaved provolone cheese

## Egg White Omelette <sup>GFO</sup> 23

egg white omelette with mushrooms, spinach and ham, served with quinoa soy toast

## Eggs On Toast <sup>GFO|v</sup> 11

two eggs, scrambled, poached or fried, served with two slices of sourdough toast and hand churned butter

## Bacon & Egg Roll <sup>GFO</sup> 13

## Calabrese Breakfast <sup>GFO</sup> 24

rosemary infused eggs, prosciutto, truss tomatoes, pork & fennel sausage, pepe e patate (charred capsicum & potato), pane di casa

## Wood Fired Bacon & Eggs <sup>GFO</sup> 20

double smoked bacon rashers, fried eggs, **forestway** tomato chutney, pane di casa

## Wood Fired skillet Omelette <sup>GFO</sup> 23

**all served with pane di casa & le conquerant butter**  
double smoked ham, gruyere & cheddar cheese

or

cherry tomato, roast pumpkin, charred corn, gruyere, fetta, lentils, sauteed spinach

or

pork chorizo with roasted capsicum, cherry tomato, fetta, gruyere cheese & rocket

## For The Kids

### Ricotta Pancake <sup>v</sup> 12

maple syrup and vanilla bean ice cream

### Bacon & Eggs <sup>GFO</sup> 12

scrambled, poached or fried, bacon, toasted sourdough soldiers

### Fresh Fruit Salad <sup>GFO|v</sup> 9

with marshmallows and **forestway** granola

### Cheese Toastie <sup>v</sup> 8

cheddar cheese, lawsons white bread  
+\$2 ham +\$2 tomato

**GF:** gluten free, **GFO:** gluten free options available **v.** vegetarian

- Please order and pay at the counter
- We use only 100% free range eggs on our menu
- Kids menu: 12 years & under
- We respectfully reserve the right to decline menu substitutions



# Lunch

12.00pm - 3.30pm

## Grilled Salmon Salad <sup>GFO</sup> 24

wild rocket, pickled fennel, cherry tomatoes, corn, spanish onion and pomegranate with a basil and sherry vinaigrette topped with fresh grilled salmon

## Grilled Haloumi & Quinoa Salad <sup>GF|v</sup> 21

white and black quinoa, grape tomatoes, spinach, chickpeas, broccolini and grilled haloumi with a lemon and mint dressing  
chicken **+5** | smoked salmon **+6**

## Caesar Salad <sup>GFO</sup> 17

cos lettuce, poached egg, shaved parmesan,  
**forestway** garlic croutons, prosciutto, **forestway** crostini  
chicken **+5** | smoked salmon **+6**

## Prosciutto & Fig Salad <sup>GF</sup> 23

grilled fig, wild rocket, crushed pistachios,  
heirloom tomatoes, **forestway** candied walnuts,  
buffalo mozzarella

## Beetroot Salad <sup>GF|v</sup> 23

oven roasted baby beetroot, **forestway** hummus, chickpea falafel, fried brussel sprouts, beetroot gel, pickled carrot and peas, lentils, toasted pepitas, carrot jelly, cumin dressing  
chicken **+5** | smoked salmon **+6**

## Forestway Grilled Chicken Stack <sup>GFO</sup> 24

quinoa soy bread, avocado, heirloom tomatoes, marinated fetta, rocket and grilled chicken  
| chilli optional

## Peri Peri Chicken Wrap <sup>GFO</sup> 20

peri peri grilled chicken, baby spinach mint, coriander, grape tomatoes, **forestway** aioli, spinach wrap, fries

## For The Kids

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### Kids Burger <sup>GFO</sup> 12

beef patty, cheese, chips, ketchup  
lettuce and tomato optional

### Bolognese 12

spaghetti, pork & veal ragu

### Salmon <sup>GFO</sup> 12

seared salmon, chips, ketchup

### Chicken Nuggets 12

dinosaur nuggets & chips, ketchup

### Sticky Beef Brisket Roll <sup>GFO</sup> 20

**forestway** smoked mapled BBQ beef brisket, buttermilk coleslaw, **forestway** chipotle mayo, soft milk bun, fries

### Wagyu Burger <sup>GFO</sup> 20

cheddar / gruyere cheese, **forestway** onion jam, lettuce, tomato, **forestway** aioli, fries

### Vegan Burger <sup>GFO|v</sup> 18

kale, kumera, pumpkin & quinoa fritter with mesculin lettuce, tomato, **forestway** tomato chutney amd hommuss on a vegan olive oil bun, served with shoestring fries

### Wood Fired Meatballs 27

**forestway** pork & veal meatballs, provolone & pecorino cheese, napoletana sauce, baguette  
| spaghetti option available

### Chorizo, Pea & Mint Risotto <sup>GFO</sup> 26

risotto with grilled chorizo, fresh shelled peas and garden fresh mint topped with lemon zest

### Forestway Veal Cutlet 29

crumbed veal cutlet with rosemary garlic roasted chat potatoes and a **forestway** slaw

### Barramundi 31

cone bay barramundi with corn puree, roasted mediterranean vegetables, and a parmesan and sage crumb

### Ricotta Woodfired Gnocchi <sup>v</sup> 26

served with napoletana sauce and topped with a four cheese sauce - gorgonzola, sarancino, pecorino & parmesan, slice of sourdough

### Prawn Chilli Spaghetti <sup>GFO</sup> 26

prawn spaghetti tossed with grape tomato, garlic, zucchini, chilli, and parsley

## Sides

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### Polenta chips <sup>GFO|v</sup> 12

truffle, parmesan, **forestway** aioli

### Caprese salad <sup>GF|v</sup> 12

buffalo mozzarella, heirloom tomatoes, balsamic glaze, basil, extra virgin olive oil, rocket

### Rocket salad <sup>GF|v</sup> 10

rocket, shaved parmesan, balsamic glaze, pear, extra virgin oil

### Fries <sup>GFO|v</sup> 8

ketchup

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# Alcoholic beverages

alcohol served from 10am daily

## sparkling & champagne

prosecco 8/34

ferrari brut 80

## white

sauvignon blanc 8/34

pinot gris 8/34

## rosé

pinot nero rosé 8/34

## red

shiraz 11/54

pinot noir 11/54

chianti 9/44

## beer

peroni 8

please ask for our daily selection of other beers available

## cider

pressmans all apple cider 8

## apertif

limoncello 8.5

## spritz

aperol 15

campari 15

## soft drink

coke/diet/no sugar 4

deep spring orange, lemon & lime 4

sparkling mineral water 4/8

remedy kombucha 4.5

\*alcohol served is restricted to the cafe area, please do not take alcohol out of the Tasting Deck

\*service of alcohol will be in accordance with the New South Wales RSA legislation

\*customers who supply alcohol to under 18s will be asked to leave the premises



# Drinks

Coffee until 4.30pm

## Coffee

### Vittoria organic beans

Regular 3.8

### Other

Prana chai 5.5

Turmeric prana chai 6

Mocha 4.5

Hot chocolate 4.2

Italian hot chocolate 5

### Extras

Large +1

Extra Shot / Soy / Syrup +50c

Almond milk +1

Whipped cream +1

Pat & Tony spl blend +20c

## Teas

### Loose leaf T2

English Breakfast 4.5

Earl Grey 4.5

Peppermint 4.5

China Jasmine 4.5

Lemongrass & Ginger 4.5

Chamomile 4.5

Chai Tea 4.5

## Cold Drinks

Iced chocolate 7

+ice cream +0.5

Iced coffee 7

+ice cream +0.5

Iced mocha 7.5

+ice cream +0.5

Iced chai 5.5

Affogato 6

Milkshake\* 6

+ extra thick +1

Coke/no sugar 4

Deep spring orange, lemon & lime 4

Keri apple juice 4.5

Remedy kombucha 4.5

Forestway spring water 2.5

Sparkling water 250ml 4

Sparkling mineral water 1lt 8

## Smoothies

### Fresh from our bar

**Banana Oat** 8

banana, oat, honey, cinnamon

**Seasonal Smoothie** <sup>df</sup> 8

watermelon, peach, chia seeds

**The Healthy Option** 12

mango, almond butter, almond milk, salted caramel protein

**Triple Berry** 8

strawberry, almond meal, blueberry, raspberry, agave

**Tropical** <sup>df</sup> 8

raspberry, mango, passionfruit, mint

## Juices

### Freshly squeezed using Forestway premium produce

Orange 5

Apple, broccoli, ginger 5

Watermelon, pomegranate, mint 5

Pineapple, coconut 5

Fruitologist mix 5

House lemonade 5

Ruby grapefruit 5

Carrot, apple, celery, beetroot 5

Spinach, kale, apple, pineapple 5

## For The Kids

Milky cino 1.5

Chocy cino 2

Milkshake\* 4

all our smoothies contain milk & yoghurt unless stated dairy free, non dairy alternatives can be used upon request

\* all our milkshakes are made with connoisseur vanilla icecream

df. dairy free

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