



239 Nicklin Way, Warana Sunshine Coast QLD 4575

CAFE ■ DELI ■ MARKET

WRAPS 12.50 | SANDWICHES 10

Fresh cut meats from our deli with gourmet salad, served on a platter cut into four or individually wrapped

 GLUTEN FREE  VEGETARIAN  VEGAN OPTIONS AVAILABLE

SALAD BOWLS 13.95

CHICKEN CAESAR SALAD

Traditional caesar with chicken breast, avocado, free range eggs, bacon strips, shaved parmesan & our own caesar dressing (*no croûtons here... we've swapped them out with delicious, good for you avocado*)

 GLUTEN FREE


ROASTED PUMPKIN & BEETROOT SALAD

With feta & sun-dried tomatoes, tossed with baby spinach leaves

 GLUTEN FREE  VEGETARIAN

HARISSA CAULIFLOWER & BLUE CHEESE SALAD

With green beans, oven roasted tomatoes finished with blue cheese dressing

 GLUTEN FREE  VEGETARIAN

SPICY MEATBALL SALAD

With roasted pumpkin, sun-dried tomatoes, pine nuts & feta tossed with cos leaves & finished with yoghurt dressing

PEAR & SWEET POTATO SALAD

With crispy prosciutto, feta & tossed with rocket & lemon dressing

 GLUTEN FREE

TO PLACE AN ORDER

Please phone **ELLE** or **MIKKI** on **5493 2839** or email your order to **contact@bfresh.com.au**

MORNING & AFTERNOON TEA

BFRESH LEGENDARY SLICES 5

Caramel, louise, peppermint, muesli, brownie, lemon apricot or passionfruit

TARTS 6.95

Caramel, lime & raspberry, citrus

 GLUTEN FREE

CAKES 6.95

Pear caramel or orange almond

 GLUTEN FREE

HAM, CHEESE CROISSANT 5

SPINACH & FETA QUICHE 7.95

In filo pastry

 VEGETARIAN

FRUIT PLATTER 30.00

Fresh cut fruit serves 10-20 people



BREAKFAST

YOGHURT POTS 6.95

Paleo muesli, stewed cinnamon apples & organic honey yoghurt

 GLUTEN FREE

Chia bircher with coyo yoghurt, raspberries, lady finger bananas & papaya

 GLUTEN FREE  VEGAN

FRESH FRUIT SALAD 7.95

BREAKFAST WRAP 10

VEGAN BURRITO WRAP 12.95

 VEGAN

FUNCTION & EVENTS MENU

Delivery charges starts from \$25. Please note all menu items will be delivered cold. All prices are inclusive of GST. Payment in full is required to confirm your order

Visit the website

www.bfresh.com.au

