



**greenhouse
café**

COLD DRINKS

Buchi on Tap - Ginger & Turmeric or Hibiscus	6.9
Parkers Bottled Kombucha; - Raspberry, Passionfruit, Ginger.	6.9
Parkers Iced Teas; - White tea w/ elderflower, Green tea w/ moroccan mint.	5
Parkers Bottled Juices; - orange, pineapple & mint, apple	4.5
Parkers Soft Drinks; - Ginger beer, Cola, Lemonade, Lemon lime and bitters	4.5
Collective Coconut Water	4.5
Bottled Water or Sparkling Water	3.5

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Caloundra



Instagram
@_greenhouse_cafe

Feel free to share your experience on -



Beanhunter



Tripadvisor



The Staff at Greenhouse welcomes you.

We are a locally sourced and produced, organic based Café, located just of the main street in a quiet walkway of Lamkin Lane precinct in beautiful Caloundra on the Sunshine Coast.

We hope you enjoy your dining experience with us in either Alfresco or indoor seating areas, and leave feeling healthier and fulfilled. Our food and drinks are made with organic ingredients.

Some of our suppliers are:

EGGS – WALKER FARM FOODS located in Cambroom between Maleny & Kenilworth where the chickens roam free, raised organically, with the highest standard and respect.

BREADS AND LOAVES – WALTER ARTISAN BAKERY is from Woombye providing us with our delicious, organic loaves inc long fermented sourdough.

FRUIT & VEGETABLES – SUNSHINE ORGANICS regularly delivers in season supplies from local organic farmers and co-operatives.

MILKS, YOUGHURTS & CHEESES – BARAMBAH Organic Dairy just south of Brisbane providing our fresh milks, yoghurts and cheeses that are animal rennet free. **SOULFRESH** provide our organic alternative mylks.

COFFEE & TEAS – MONTVILLE COFFEE shares the same importance as us, in producing that moral and true tasting coffee or tea. These organically grown coffee beans and tea leaves are all **FairTrade**, which ensures every worker involved in the manufacturing process are fairly paid and cared for. The coffee beans are roasted at Montville Roastery and sealed fresh, and every shot that you consume is weighted and timed in our Café, to give you that best flavor and texture for that perfect coffee.

COLD DRINKS–HRVST is located near Brisbane Airport and provide us with the best organic cold pressed juices. **PALMERS ORGANIC** are a Brisbane supplier of bottled tasty drinks like Kombucha, Iced Teas and soft drinks.

BUCHI – provide our on tap range of Kombucha.

No preservatives, additives and refined sugars are used in our menu items.

Our cleaning products are eco-friendly and we compost our food waste.

We encourage our guests to share their fantastic experience on Trip Advisor, Zomato or Bean Hunter.

We strive to offer the best food and drinks. If any issues arise, please reach out to the staff, manager or owner whilst you are here to give us the opportunity to remedy the situation. We are more than happy to listen and improve so you will always leave with a smile 😊

Enjoy. The Greenhouse Team xo



SOMETHING LIGHT OR FOR THE KIDS

FRESH GARLIC BREAD		6
Three toasted slices of turkish loaf		
DATE LOAF OR BANANA BREAD		6
Two toasted slices served with butter		
*See staff for our banana bread gluten free availability		
LONG FEMENTED WHITE SOURDOUGH		7
Two toasted slices served with butter and jam		
FRUIT TOAST FIG AND BERRY		7.9
Two toasted slices served with butter or jam		
MOROCCAN TART/SAVOURY MUFFIN	gf	9.9
Sweet potato, lentil tart/ roasted vegetables muffin served with relish, fetta and greens		
RAW VEGAN SLICES	gf df v	large 8.9
Assorted types see cabinet or ask staff		small 6.9
SWEET MUFFIN		5.9
Assorted types, see cabinet or ask staff for availability		
ACAI BOWLS	df v	13.9
Pure unsweetened Amazonia Acai, served with granola, fresh seasonal fruit		
<u>KIDS</u> BOWL OF YOGHURT with FRESH FRUIT	vo	3.9
<u>KIDS</u> CHOCOLATE MILKSHAKE	vo	4.5
<u>KIDS</u> NACHO BOWL	v	5.9
Cornchips, salsa and herbed coconut yoghurt		
<u>KIDS</u> TOASTED OPEN TOASTIE	gfo vo	3.9
One slice organic white bread toasted		
Options: cheese, tomato, avocado		



SOMETHING WITH EGGS OR FOR AN APPETITE

SIMPLY GREAT EGGS	gfo	12.9
Two poached eggs, spinach on toasted sourdough		
BUBBLE AND SQUEAK	gf vo	16.9
Roast veggie patty with marinated fetta, tomato relish, avo, greens with poached egg		
BITS AND BOBS	gfo vo	16.9
Spicy beans, tomato salsa, avo, marinated fetta, greens, on toasted sourdough with poached egg.		
KASBAH EGGS	gfo	15.9
Beetroot pesto, dukkah, balsamic, herbs, fetta on toasted turkish bread and two poached eggs.		
NASI GORENG	gf vo	17.9
Asian mixed vegetables, brown rice, peanut satay, with greens and a fried egg.		

Extras can be added to all meals; -

Tofu/ Haloumi/ Fetta/ ½ Avocado	5
Side Salad/ Spicy beans	5
Egg/ rainbow slaw/chopped chili/rice	3.5
GF Bread	2
Any condiment which include:	2
Cashew cheese, herbed coyo, fetta, tomato salsa.	

- Extras can only be added in additional to any meal.
- Side salad and other yummy treats can be viewed in cabinet.
- Kitchen closes @ 2.30 weekdays and 1.30 on weekends, cabinet food is available until closed, approx ½ hour later.



SOMETHING EXTRA DELICIOUS

AVO ON SOURDOUGH gfo vo full serve **14.9**
Avocado, lemon, greens with half serve **8.9**
your choice of herb fetta or cashew cheese
on two slices of toasted soughdough

GREENHOUSE NACHOS gf v full serve **16.9**
Corn chips, mild spicy beans, avo, half serve **9.9**
tomato salsa, herb coyo, lemon and greens.

TOFU MARINATED BURGER gfo v **15.9**
Marinated tofu, rainbow slaw, chilli mayo,
herb coyo on toasted turkish bun

GREENHOUSE BURGER gfo **15.9**
Mushroom and cheese patty, with tomato relish
and chilli mayo, tomato, rainbow slaw, on a toasted
turkish roll.

SALAD BOWL SPECIAL gf vo **13.9**
"Fresh and healthy" *See staff for todays special

gfo – gluten free option # **gf** – gluten free
df – diary free # **vo** – vegan option # **v** – vegan



HOT DRINKS

FAIRTRADE MONTVILLE – Woodford Coffee blend

Espresso, piccolo, short macchiato	4
Flat white, cappuccino, latte, long macchiato	4.5
long black, mocha	
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Hot chocolate/Chai latte	4.5
Dirty Chai	5
Iced Coffee	4.5
Zen Matcha Latte/Dandelion latte or Turmeric latte	5
Milk options – Barambah Organic - Full cream, skim.	
Coconut, almond, soy, lactose free - add	1
*Extra shot or Upsize to a mug - add	1

FAIRTRADE MONTVILLE TEAS 4

EBT, EGT, peppermint, chamomile, white,
lemon myrtle, green, green and rose petal, chai

COLD DRINKS

HRVST COLD PRESS JUICES 8.9

Blood Bank – Beetroot, carrot, apple, cucumber, ginger
Little Green – Kale, cucumber, apple, ginger
Ruby Tuesday – Rhubarb, melon, pear, apple, lime
Summer in a Jar – Lemon, pineapple, cayenne
Orange Sky – Orange, lemon, pineapple, turmeric
Streets of Mexico – Pine, apple, lemongrass, jalapeno, lime, dill

SMOOTHIES 8.9

Greenhouse Green – Kale, mint, banana, coconut yoghurt,
chia, supergreens powder and coconut water
Banana Blast – Banana, yoghurt, maca, cacao,
cinnamon, honey and almond milk
Mixed Berry Antioxidant – Blueberries, strawberries, raspberries
maqui, banana, dairy yoghurt, milk.
ACAI – Acai berry mix, banana and coconut water

PTO for more drink options