



THE GOOD LOAF

SOURDOUGH BAKERY & CAFE

Bendigo's award winning bakery



ALL DAY BREAKFAST

Toasted Egg & Bacon Sourdough Sandwich

Your choice of basil pesto, tomato relish
or fruit chutney (n)

\$12.80

Toasted Bread Board

Choose from any of our breads with
your choice of condiment: Jim Jam
raspberry jam or marmalade, honey,
crunchy peanut butter or Vegemite
(v)(e)

\$4.60 for 1 slice

\$7.60 for 2 slices

Or your choice of bread roll with
condiment

\$5.90

Sourdough Fruit Toast

Choose from our Gourmet, Sultana &
Raisin or Raisin & Walnut bread, with a
condiment of your choice

\$6.50 for 1 slice

\$8.50 for 2 slices

Honey Peach Granola

Our very own granola with milk,
honey peaches and Greek yoghurt
(v)(e)

\$13.85

Spiced Mexican Beans

Baked beans made in-house served on
sourdough toast with goats cheese &
a poached egg (v)(n)

\$19.50

Avocado Smash

Served on sourdough toast with
beetroot hummus, goats cheese,
rocket & Kasundi relish (v)(e)(n)

\$16.40

Eggs Your Way

2x poached or fried free range eggs,
served on sourdough toast (d)(n)

\$13.00

Eggs Benedict

2x poached eggs on sourdough toast
with bacon & hollandaise sauce (n)

\$18.00

Eggs Florentine

2x poached eggs on sourdough toast
with wilted spinach & hollandaise sauce
(v)(n)

\$18.00

Eggs Atlantic

2x poached eggs on sourdough toast
with smoked salmon & hollandaise
sauce (n)

\$19.50

TGL Breakfast

Free range poached eggs, bacon,
roasted field mushrooms & our
Mexican beans served on sourdough
toast (n)

\$22.20

TGL Vegetarian Breakfast

Free range poached eggs, spinach,
roasted field mushrooms & our
Mexican beans served on sourdough
toast (d)(n)

\$22.20

Breakfast Burrito

Bacon, fried egg, avocado, spinach,
cheese, relish & mayo

\$16.50

French Toast

Our corn semi-sourdough with:

Caramel banana, vanilla bean
mascarpone & maple syrup (v)(n)

\$13.20 for 1 slice

\$18.45 for 2 slices

OR

Smoked salmon, sour cream &
avocado (n)

\$14.50 for 1 slice

\$19.50 for 2 slices

Crumpets

Sensational crumpets made in-house,
served with butter & honey (v)(e)

\$10.50



EARLY BIRD SPECIALS

- Only before 9am -

Toasted egg & bacon sandwich on
sourdough and a small coffee

\$15.35

A scrumptious date scone and
a small coffee

\$7.20

(d) dairy free (e) egg free

(v) vegetarian (vg) vegan

(gf) gluten free (n) nut free

Add a little something extra.

Salmon	\$5.50	Free range poached or fried egg	\$3.00
Mexican beans/avocado	\$4.75	Gluten free bread (1 slice)	\$2.25
Side salad	\$4.75	Basil pesto	\$1.15
Goats cheese / spinach	\$4.75	Fruit chutney	\$1.15
Bacon/roasted field mushrooms	\$4.75	Tomato relish	\$1.15

Please Note.

We make our food from scratch
with love & care in a surprisingly
small kitchen. So you will
understand why it's tricky to
accommodate menu change
requests unless it's
related to dietary needs.

Our kitchen closes at 3 pm.

There is a 15% surcharge on
menu items for public holidays.

PLEASE PLACE ALL ORDERS INSIDE AT THE COUNTER - FLIP ME OVER FOR MORE MENU OPTIONS



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LUNCH

Roast Vegetable Calzone

A mix of roasted vegetables, lentils & spices in our own unique pastry
(vg)(e)(d)
\$12.80

Egg & Bacon Frittata

Frittata made with free range eggs, tomato & spring onion, all wrapped in bacon (gf)
\$12.00

\$15.60 with salad

please specify if you need a gluten free salad

Sweet Potato Chickpea Burger

Our housemade pattie served in a salad roll OR straight up with a side salad (d)(vg)(v)
\$14.70

Roast Pumpkin, Spinach & Goats Cheese Frittata

Layered frittata made with free range eggs and goats cheese filling (v)(gf)
\$12.00

\$15.60 with salad

please specify if you need a gluten free salad

Bruschetta Special

Toasted sourdough with a delectable topping
Check special board for today's bruschetta
\$11.50 for 1 slice
\$16.10 for 2 slices

Falafel Salad

Baked falafels with a roasted cauliflower & chickpea salad, with a tahini dressing & topped with beetroot hummus (vg)(v)
\$17.50

Cheeseburger

Beef burger in our brioche bun with pickle, cheese, lettuce & tomato served with a side of carrot beetroot slaw & relish (n)
\$17.50

Turkey Bacon Club

Sourdough sandwich with turkey bacon, tomato, lettuce, cranberry, mayo, brie & avocado (n)
\$16.50

Salad of the Day

Our chefs combine the best seasonal ingredients to make our fresh daily salad! Served with sourdough bread.
Take a look at the specials board to see what we have today.
\$14.85

Soup of the Day

Delicious homemade soup packed with flavour, served with our sourdough bread
Check special board for today's soup
\$13.90

FOCCACIAS & SANDWICHES

See our display cabinet inside for today's selection

PIE OVEN

Steak Pie / \$7.50
Beef & Mushroom Pie / \$8.65
Moroccan Lamb Pie / \$9.65
Veggie Pie / \$8.00
Gourmet Beef Sausage Roll / \$6.75
Thai Chicken Sausage Roll / \$6.75

KIDS MENU

Mini Granola
A smaller serve of our granola with milk
\$7.50
Poached Egg & Toast Soldiers
A poached egg with sourdough toast soldiers
\$7.50
Kid's Meal
A simple sandwich, jam slice, sliced fruit, small juice drink/water & an activity bag!
\$9.20

COLD DRINKS

Sweet Combo Juice
Apple, orange, pear & ginger
\$8.00

Garden Lift Juice
Carrot, celery, apple & orange
\$8.00

ABC Juice
Apple, beetroot & carrot
\$8.00

Milkshake
Chocolate | Strawberry | Vanilla
Caramel | Coffee
Kids \$4.00
Regular \$6.60

Old Fashioned Spider
Lemon & Lime | Raspberry
Lemonade | Pepsi | Solo
BloodOrange | Orange & Mango
\$7.00

Iced Coffee | Iced Chocolate
\$7.00

HOT DRINKS

Tea sml \$4.80
Cappuccino sml \$4.90
Latte sml \$4.90
Flat White sml \$4.90
Long Black \$4.90
Short Black \$4.60
Hot Chocolate sml \$5.00
Vegan Hot Choc sml \$5.30
Fresh Chai Latte sml \$5.30
Turmeric Latte sml \$5.30
medium \$0.60
large \$1.30
extra shot \$1.00
syrup \$0.90
Bonsoy | almond | oat | lactose-free milk \$1.00

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