

## Continental available all day

<b>organic artisan toast</b> sourdough   ciabatta   5 seed whole meal   fruit & nut	6.5
<b>Banana maple bread</b> baked in-house	6.5
<b>Bircher muesli</b> served with natural greek yoghurt and a mixed berry compote and pistachio	13.5
<b>Croissant</b> filled with leg ham, tasty cheese & tomato	9.5

## Full breakfast available from 7am

<b>Morning glory</b> free range eggs on toast	11
<b>Bacon &amp; eggs</b> free range crispy bacon, free range eggs, toast	14.5
<b>Meatballs &amp; egg</b> free range beef and pork mince, fresh thyme & parsley slowly cooked in rich ragu served with poached egg, shaved parmesan served with ciabatta toast	15.5
<b>Suburban burger</b> crispy bacon, fried eggs, tomato relish, brekkie sauce & fresh spinach in toasted Turkish	16
<b>Mushroom Bruschetta</b> fresh local sautéed mushrooms and spinach served with free range poached eggs, Feta & caramelised onion jam on toasted ciabatta	16.5
<b>Pumpkin pesto eggs</b> roast pumpkin with spinach, Mediterranean feta, poached free range eggs, basil pesto with toasted ciabatta	16.5
<b>Smashed avocado</b> with peas, feta & fresh lemon, <b>crispy bacon</b> or <b>smoked salmon</b> , poached free range eggs, Fresh rocket	17.5
<b>benny</b> hot potato rosti cake, wilted spinach, <b>crispy bacon</b> poached free range eggs, house hollandaise <b>GF</b>	17.5
<b>French toast</b> cinnamon & vanilla infused ciabatta, grilled bacon, caramelised banana & maple syrup	17.5
<b>big breakfast</b> crispy bacon, chipolatas, spinach, eggs your way, tomato, hash browns & toast	22.5

•Gluten Free Option Available

## A bit of something on the side

Bacon   smoked salmon   chipolatas   eggs   hash browns   avocado   grilled tomato   Wilted spinach   sautéed mushrooms   baked beans	4
gf toast   house made sauces   relish	2

Please understand that our menu has been carefully created from many years of experience. whilst we are happy to remove the meat or eggs from a dish or pop your sauce on the side, we are not able to accommodate a tailored meal service.

Public holiday surcharge 10% | corkage \$5 per bottle | byo cake to cut and serve \$2 per person

08 9335 5332

cafelumos.com.au

16 Minilya Ave, White Gum Valley ,WA

## Lunch

---

<b>Salads from our display cabinet</b> — small   medium	6   12
<b>Garlic bread</b> ciabatta basted with butter, garlic & fresh herbs	8.5
<b>bruschetta</b> fresh cherry tomato, Spanish onion, fresh basil garnished with a feta & Italian balsamic glaze on toasted herbed garlic ciabatta	14
<b>Roast pumpkin, spinach &amp; ricotta lasagne</b> served with garden salad	18.5
<b>Beef Bolognese lasagne</b> served with garden salad	18.5
<b>Beef burger</b> crispy bacon, fried egg, cheddar, tomato, caramelised onion jam & spinach in brioche bun With rustic chips	18.5
<b>Steak sandwich</b> south west scotch fillet, bacon, tasty cheese, tomato, caramelised onion, spinach & aioli in toasted Turkish rolls with rustic chips	19.9
<b>Grilled chicken burger</b> free range chicken fillet, crispy bacon, fresh avocado, tomato, spinach & house Aioli in brioche bun with rustic chips	18.5
<b>Fish &amp; chips</b> citrus battered barramundi, rustic chips, garden salad, aioli	19.9
<b>Salt &amp; pepper squid</b> rustic chips, garden salad, aioli	18.9
<b>Chips (GF)</b> -- small   large	5   8

## Substantial salads

---

<b>chicken Caesar</b> baby cos, grilled free range chicken fillet, crispy bacon, poached free range egg, Croutons, shaved parmesan & lumos Caesar dressing	21.5
<b>arancini salad</b> roasted pumpkin, cashew nuts and fresh herbs arancini topped with a rocket and Shaved parmesan salad & seeded mustard aioli	17.5
<b>Prawn and scallops</b> grilled tiger prawns, seared scallops, avocado, cherry tomato, rocket, shaved Parmesan, Dijon vinaigrette	22.5

## Summer melts (ciabatta panini) 12

---

<b>Crispy Bacon</b> sautéed mushrooms, swiss cheese, spinach, ciabatta panini
<b>Chicken &amp; avocado</b> , chicken breast, fresh tomato, sliced avocado, melted cheddar, ciabatta panini
<b>Mediterranean</b> marinated eggplant, roasted red peppers, artichoke, grilled haloumi panini
<b>Caesar wrap</b> chicken breast, crispy bacon, spinach, egg & grated parmesan cheese in pita wrap

---

## Beverages

---

### Smoothies dairy free

**Super cleanse** coconut water, blueberries, banana, cacao & chia

**Mango & banana** soy milk & natural honey

**Raspberry & passionfruit** natural honey & coconut water

**Smoothies traditional** blended with fresh milk, ice cream, natural yoghurt & honey 7.5  
*Blueberry | mango | mixed berry | banana*

**Thick shakes** chocolate | caramel | strawberry | banana | spearmint | vanilla 6.5

**Iced** crushed ice, cream & ice cream 7.5  
*Coffee | chocolate | mocha | chai*

**Freshly squeezed juice** 6.9  
**Healthy start** - carrot, apple, celery & orange  
**Morning juice** – orange OR apple  
**passion** - watermelon, strawberry & apple

### Coffee and tea

---

Cappuccino / flat white / latte / long black 4  
Long macchiato 4.4  
Hot chocolate / mocha 5  
Prana chai latte 5.5  
short stuff 3.5

**Extras**

Upgrade to mug 1  
Soy milk OR almond milk .60c

### **Selection of teas:**

**pot for one 4.5                      Pot for two 8**

English breakfast / earl grey / peppermint / refresh / green / refresh (ginger, lemon grass, peppermint )