

à la Crêpes

CAFÉ+CREPERIE+TEA LOUNGE

www.alacrepes.com • xxx.xxx.xxxx

sandwiches

- a la crepe club sandwich**10
a layered medley of three slices of toasted bread with smoked turkey and beef bacon, tomato, cucumber and lettuce. served with kettle cooked potato chips and hot chutney
- pesto pomodoro**9
oven roasted mushrooms, provolone cheese and arugula with herbed mayo in a wrap, bread or crepe. (v)
- burrito wrap**8
roasted natural chicken, steamed brown rice, black beans, fresh avocado, arugula, natural salsa and chipotle sauce.
- london broil**8
natural roast beef and caramelized onions with natural au jus & dijon horse radish mayo on a multi grain bun.
- meat ball supreme**8
in-house made meatballs with tomato basil sauce, provolone and parmigiano cheese on a demi-baguette.
- tuna limonato**8
tuna seasoned with lemon, chives and dijonnaise, served with cheddar, tomatoes and cucumber.

salads

- morrocan root veg roast**7
oven roasted sweet potato, carrot, beet, onions and dates in a piquant morrocan spice blend and served warm or cold.
- lemony rainbow quinoa**7
red and white quinoa, kale, shredded carrot, fresh parsley and garlic with lemon rind, juice and olive oil in a balsamic vinaigrette.
- garden supreme**6
blend of arugula, romaine lettuce, diced tomatoes, cucumbers, carrots, roasted corn kernels and bell peppers served with a zesty italian vinaigrette.
- spa salad**8
spring greens and arugula with cucumber, red pepper, fresh mango, berries and goat cheese served with a passion fruit vinaigrette.

brunch

a great morning to mid day egg based meals served from 9.00am to 3.00pm on weekends

- healthy start**7
bowl of greek yoghurt with a la crepe muesli and banana slices drizzled with organic honey or palm treacle.
- the hearty one**10
crepe with scrambled egg filling, sauteed mushrooms and cheddar cheese. served with beef sausage and oven roasted herbed potato wedges.
- omelette OMG!**9
three egg omelette with caramelized onions, fresh spinach, tomato and goat cheese served with oven roasted herbed potato wedges.
- french toast a la crepe style**7
french toast served with seasonal fruit, a la crepes signature creme and maple syrup.
- smoked turkey and egg crepe**8
smoked turkey, cheddar cheese and eggs cooked in our savoury crepe batter.
- the burrito scrambler**8
2 scrambled eggs with cheddar cheese and natural salsa in a tortilla wrap.
- smoked salmon scrambler**10
creamy scrambled eggs and smoked salmon in a crepe.
- eggs benedict**12
2 delicately poached eggs with a rich hollandaise sauce served on 2 slices of toast with 2 slices of beef bacon

Sides

- two slices of toast with butter4
- bowl of fruit4
- grilled mushrooms4
- oven roasted herbed potato wedges4
- onion rings4

Sides

- two fried eggs sunny side up4
- smoked turkey (2 slices)4
- smoked salmon-3ozs.4
- beef or chicken bacon (2 strips)4
- one sausage4