



At the Food Smith Chef Simon Bartel prides himself on the quality of the food the kitchen team produces.

Sourcing, where possible, local produce such as Schulz organic yoghurt, Willow Zen free-range eggs, Dench Bakers, 5 & Dime Bagels, Rooftop Honey, Meredith Valley butter, Mt Zero oils & pulses, Dr Marty's crumpets, Red Hill Muesli, Mörk chocolate and Drury Lane English muffins.

All of our lunch and take-home food offerings are on display in the fridges at the front of the shop. As well as the numerous fresh salads, hearty pies & tarts, wholesome sandwiches and patties you see on offer, we also offer fresh soup and breakfast until 2pm daily.

The kitchen can produce any food item you desire for catering. We can make our delicious lasagne in your own dish, put our tasty salads in bowls, make platters of sandwiches and cater for any function, big or small and solve all your culinary problems.

We aim to cater for all tastes and food intolerances from gluten free to dairy free, fructose free and dietary requests such as vegetarian, vegan and paleo.

Our talented pastry team will delight you with biscuits and slices and we cater for special birthdays, be it large celebration cakes or individual cup cakes.

Try our ever-popular gluten-free cakes: Persian love cake, flourless orange & almond and our moist rich brownie. More healthy options exist with our protein balls, muesli slice and raw caramel slice or be tempted by traditional carrot cakes, lime slice and raspberry almond slice.



@THE_FOODSMITH



THEFOODSMITHMELBOURNE

486 HAMPTON STREET HAMPTON VIC 3188

PH: 03 9533 4441

EMAIL: SERVICE@THEFOODSMITH.COM.AU

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Breakfast

Dench sourdough or grain toast	6.50
GF Precinct gluten-free toast	7.50
<i>served with Meredith Valley butter & house made preserves</i>	
Dr Marty's crumpets – toasted with Rooftop honey	7.50
– baked beans & fetta	10.50
Red Hill almond muesli	10.00
Food Smith gluten-free muesli	10.00
Foodsmith granola	10.00
<i>With poached or fresh fruit & Schulz yoghurt</i>	
Bircher muesli with crisp apple, berries and organic yoghurt	13.50
Toasted banana bread with banana & honey	10.00
Avocado & Meredith goat's cheese on grain toast	13.50
Smithy breakfast rolls; crisp bacon, free-range egg & tomato relish	12.50
Smashed avocado on corn fritter with 2 poached eggs	14.50
Willow Zen free-range eggs;	
<i>poached, scrambled or fried with sourdough toast</i>	
Extras; bacon, roast tomato, spinach, fetta, baked beans,	10.00
<i>mushrooms, avocado, wasabi avocado</i>	each 4.00
<i>Smoked salmon, baby chorizo</i>	each 5.00



Dukes Coffee

House blend, made with Jonesy's milk 3.90
 Decaf available

Latte, cappuccino, flat white, short or long black, macchiato or piccolo 3.90
 Large, Double shot or Soy milk + .50c
 Almond milk + 1.00

Baby cino 1.00

Prana chai – Hand made tea & spices from quality ingredients

Chai latte with soy milk & honey 5.00

Matcha

Pure Stone ground green tea 5.00
 Chai latte with soy milk & honey 5.00

Loose leaf tea served in a teapot

Organic English breakfast 4.00
 French Earl grey 4.00
 Lemongrass & ginger 4.00
 Green Sencha 4.00
 Camomile 4.00
 Fresh mint tea 4.00

Mörk Chocolate – crafted with 100% cocoa and sweetened with coconut sugar

Hot chocolate 5.00
 Children's hot chocolate 3.50
 Mocha 5.00

Ground Pleasures Real White Chocolate

Iced Mörk chocolate 7.00
 Iced Dukes coffee 7.00
 Iced Prana chai 7.00
 Iced mocha 7.00



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Milkshakes – made with Jonesy's milk small 4.00
 Mörk chocolate, vanilla or berry regular 6.50
 Flavour of the week
 soy milk *add \$1.00* *almond milk* *add \$2.00*

Smoothies

Banana: banana, milk, honey, ice-cream & cinnamon 6.50
 Green Power: Coconut water, spinach, banana & mango 6.50
 Berry: Coconut water & milk, blueberries, raspberries & chia 6.50

Juice

House Juice blend, cold-pressed – please ask for today's special 6.50
 Organic Sunzest orange juice 4.00
 Emma & Toms Juices: green power, karmarama, extreme C,
 radical action, cloudy apple juice 3.75

Emma & Toms

Coconut water 3.50
 Lemon or raspberry quencher 3.75
 Green tea with apple & mint 3.75
 Rooibos tea with cranberry & lime 3.75

Soft Drinks

Capi sparkling mineral water, lemonade, lemon, cranberry,
 pink grapefruit or ginger beer 3.50
 Karma cola, gingerella, sparkling blackcurrant 3.75

Soda republic

Organic lemon squash or lemon, lime & bitters 3.75

Kombucha: ginger & lemon, hibiscus kiss 5.00