

Breakfast

From 7am to 11.30am

CROISSANT	4
Add French jam & salted butter	+2
Add Nutella	+1
BANANA BREAD Toasted with butter	5
TOASTED SOURDOUGH BAGUETTE	7
with French salted butter and "Bonne Maman" jam	
FRUIT SALAD / GRANOLA (DF)	16
House made granola with seasonal fruits and coconut yoghurt	
FRENCH OMELETTE (GF, DF AVAIL)	16
Choice of 3 ingredients: spinach, bacon, smoked salmon, mushroom, onion, tomato, cheese, chicken, ham, potato	
SIDE OF FRESH BAGUETTE	+2
OEUF COCOTTE (GF AVAIL)	14
Soft baked egg, cauliflower velvet, button mushroom, baby spinach, French ham, toasted sourdough baguette	
HAM & CHEESE CROISSANT	10
Smoked cured ham, emmental cheese, bechamel sauce, salad	
BUCKWHEAT CREPE "GALETTE SAVOYARDE" (GF)	17
Filled with sautéed potato, bacon, cream, raclette cheese served with a green salad	
TOMATO AND GOAT CHEESE TART	21
Roasted cherry tomato, caramelised red onion, French goat cheese puff pastry, fresh basil, bresaola, mesclun salad	
CHEESE LOVER	22
French raclette cheese melted on top of kipfler potato, served with ham, bresaola, wagyu beef and a tomato salad	
SUMMER FRESH SALAD (GF)	21
Green beans, avocado, tomato, mesclun salad, Tasmanian smoked salmon, poached egg, beetroot dressing, freeze dried mandarin	
LE CAFE GOURMAND'S TARTINE (GF AVAIL)	16
Goat cheese, avocado, sautéed button mushroom poached egg on sourdough toasts	
BACON, HAM OR SALMON	+5
TOMATO & AVOCADO BRUSCHETTA (GF AVAIL)	18
Cherry tomato, fresh basil, avocado, balsamic reduction Persian feta, poached egg served on toasted sourdough	
EGGS YOUR WAY ON SOURDOUGH TOASTS (GF AVAIL)	11
Scrambled, poached or fried	

Refreshing Drinks

ORANGE JUICE	GLASS	JUG 1L
Freshly squeezed oranges	7	16
HAWAII: KAWAII ICED TEA	GLASS	JUG
Fruity notes that joyfully blend hibiscus flowers and scents of pineapple and red fruits evoking carefree holidays in the sun	7	16
TOKYO MOJITO	GLASS	JUG
A super festive cocktail made from 100% organic tea with yuzu from Japan, accented with mint and lime	7	16
MILKSHAKES 600ML		7.5
Caramel		
Chocolate		
Coffee		
NOAH'S BOTTLE JUICE 260ML		5.5
GREEN: Kiwi, apple, peach, mango, lime		
RED: Apple, guava, blackcurrant, strawberry, blueberry		
APPLE: Fresh crushed apple juice		
VEGIE: Beetroot, apple, orange, carrot, ginger		
ORANGINA 330ML		4.5
Lightly carbonated citrus juice. This is our French Coca cola		
COCA COLA, COKE NO SUGAR, GINGER BEER, LEMON LIME BITTER		4
ICED COFFEE		6.5
Freshly extracted espresso & milk poured over ice with vanilla syrup and vanilla ice cream		
ICED LATTE		5.5
Espresso served over ice & milk		
ICED LONG BLACK		4
Long black served over ice		
ICED CHOCOLATE		6.5
Chocolate sauce & milk poured over ice and vanilla ice cream		
ICED MOCHA		6.5
Espresso, chocolate sauce & milk poured over ice and vanilla ice cream		



Tea Mariage frères

Established in 1854, France's Mariage Frères is responsible for elevating tea to an art form in the west and is considered by many to be the best tea in the world. The teas are masterfully blended, created with tea sourced from the finest estates and are naturally flavoured. **4.5**

CASABLANCA: A marriage of green tea with mint and bergamot-flavoured tea

EARL GREY FRENCH BLUE: Black tea, bergamot & royal blue flowers

ENGLISH BREAKFAST: Strong & malty notorious black tea

FUJIYAMA: Green tea

Coffee

LONG BLACK / ESPRESSO	3.5
MACCHIATO / PICCOLO	3.5
FLAT WHITE / LATTE / CAPPUCCINO	4
MOCHA	4.5
HOT CHOCOLATE	4.5
CHAI LATTE	4.5
DIRTY CHAI	5
MUG +1	
EXTRAS +0.5	
Soy milk, almond milk, lactose free milk, syrup, extra shot	

ADD EXTRA: MUSHROOM \$4 | TOMATO \$4 | GOAT CHEESE \$4 | AVOCADO \$4 | BACON \$5 | HAM \$5 | SMOKED SALMON \$5 | SOURDOUGH TOAST \$2 | GLUTEN FREE BREAD +1 | EGG \$2.5

Not all ingredients are listed, please ask staff if you have an allergy or intolerance. No substitutions on the menu.

Open for Dinner 2nd & 4th Friday Every Month | [f](#) [@](#) [i](#) Follow & tag @lecafegourmandgc
(07) 5572 7793 | info@lecafegourmand.com.au | www.lecafegourmand.com.au
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Lunch

From 11.30am to 2pm

- CHEF'S CHOICE** **DUCK LEG CONFIT (GF)** 24
House made confit duck leg, pepper sauce, green beans and sauteed kipfler potatoes
- FRENCH PIE "VOL AU VENT"** 19
Bacon, chicken and mushroom cooked in a creamy sauce served in a flakey golden puff pastry case with green salad
- CHEESE LOVER** 22
French raclette cheese melted on top of kipfler potato, served with ham, bresaola, wagyu beef and a tomato salad
- FRENCH CLASSIC** **BUCKWHEAT CREPE "GALETTE SAVOYARDE" (GF)** 17
Filled with sauteed potato, bacon, cream, raclette cheese served with a green salad
- BE FRENCH, HAVE IT WITH A GLASS OF FRENCH CIDER** +4.5
- SUMMER FRESH SALAD** 21
Green beans, avocado, tomato, mesclun salad, Tasmanian smoked salmon, poached egg, beetroot dressing, freeze dried mandarin
- TOMATO AND GOAT CHEESE TART** 21
Roasted cherry tomato, caramelised red onion, French goat cheese puff pastry, fresh basil, bresaola, mesclun salad
- NEW** **ROASTED CAMEMBERT** 19
Oven baked camembert, EVOO, rosemary, French baguette tomato & green salad
- CHICKEN SALAD** 21
Green beans, sun dried tomato, freeze dried kalamatta olive, lettuce, boiled egg, basil, crispy bacon, pan fried chicken
- OMELETTE OF THE WEEK** 16
Check the board or ask our friendly staff
- SIDE OF FRESH BAGUETTE** +2
- NEW** **OUR FRENCH BOARD TO SHARE** 48
Roasted goat cheese, oven baked camembert, country slyle paté, French saucisson & ham, sobrasada, bresaola, 1/2 baguette, gherkins

Sandwiches / Take away

All day

Our baguettes are freshly baked every day and filled with the best fresh produce.

- CHEF'S CHOICE** **CHICKEN** 11
Chicken, tomato, egg, mesclun salad, aioli dressing
- TUNA** 10
Tuna mayo, avocado, tomato, red onion, baby herbs
- FRENCH CLASSIC** **CLASSIC** 9
French ham, emmental cheese, salted butter
- VEG** **VEGETARIAN** 11
Goat cheese, avocado, apple, tomato, mesclun salad
- BEEF** 13
Cold wagyu beef, beetroot, carrot, tomato, emmental cheese, rocket salad, Dijon mustard
- NEW** **SPANISH** 12
Sobrasada, manchego, honey, rocket, red onion, tomato
- "CROQUE MONSIEUR"** 12
French version of the toasted sandwich, double smoked cured ham, emmental cheese, béchamel sauce
- ADD A FRIED EGG ON TOP "CROQUE MADAME"** +2



BOOK THE ENTIRE RESTAURANT FOR YOU

Enjoy a 4 courses set menu with a French influence.
Min 12 people.

www.lecafegourmand.com.au

Get tipsy

- FRENCH CLASSIC** **BEERS**
- | | BOTTLE | BUCKET |
|---|--------|--------|
| CORONA (Lager) Mexico | 7 | 24 |
| 1664 (Lager) France | 7 | 24 |
| JAMES SQUIRE 150 LASHES Australia | 8.5 | 30 |
| GREAT NOTHERN Mid strenght Australia | 6 | |
- CIDER** **GLASS BOTTLE**
- | | GLASS | BOTTLE |
|------------------------------|-------|--------|
| "BRUT" CIDER (France) | 4.5 | 17 |
- WHITE**
- | | | |
|---|---|----|
| DOMAINE DE L'ARJOLLE Sauvignon / Viognier (France) | 9 | 45 |
|---|---|----|
- EQUILIBRE** Chardonnay (France) 9.5 48
- ROSÉ**
- | | | |
|---|----|----|
| DOMAINE DE L'ARJOLLE Syrah / Grenache (France) | 10 | 50 |
|---|----|----|
- RED**
- | | | |
|--|----|----|
| CHATEAU SAINT MAURICE LES PARCELLAIRES Côtes du Rhone Grenache/Syrah (France) | 10 | 50 |
| BRINI SEBASTIAN Mc Laren Vale Shiraz (Australia) | 11 | 55 |
- CHEF'S CHOICE** **SPARKLING**
- | | | |
|---|----|----|
| CHAMPAGNE DUPERREY 1ER CRU NV | - | 82 |
| LOUIS BOUILLOT Cremant de Bourgogne (France) | 10 | 50 |
- COCKTAILS**
- | | | |
|---|----|---|
| MIMOSA Freshly squeezed orange juice, sparkling wine | 10 | - |
| KIR ROYAL Blackcurrant and sparkling wine | 12 | - |
- SPIRITS**
- | | | |
|--|----|---|
| JIM BEAM, SAILOR JERRY, RICARD | 8 | - |
| VODKA GREY GOOSE, GIN HENDRICKS | 10 | |
- DIGESTIFS**
- | | | |
|-------------------------|----|--|
| COGNAC, ARMAGNAC | 15 | |
|-------------------------|----|--|