

All menu items in **orange** are made by us, here at Wildings Pantry Essentials & can be purchased instore and online.

Granola v   gf option	9
Our Cinnamon & Honey or Coconut & Cranberry Granola & yogurt	
Sourdough Crumpets v   ve option On sourdough bread with butter & Local Cold Filtered Honey Crunchy Peanut Butter/Roasted Almond Butter	10
Spiced Fruit English Muffin v   ve option   gf +2 With butter & Raspberry Jam/Citrus & Vanilla Marmalade	9
Egg & Bacon Roll gf +2	16
Pan-fried egg, maple smoked bacon, toasted bun & Tomato Sauce	
Breakfast Roll v   gf +2	16
Pan-fried egg, baby spinach, Sesame & Coriander Dukkah, vintage cheddar, toasted bun & BBQ Sauce	
Baked Eggs v   gf +2	24
Free-range eggs (2), Spanish Style, tomato, fetta & toasted sourdough	
Soul Bowl gf   v   ve option	18
Miso brown rice, kraut, cucumber, fried egg, Vietnamese Jungle Salt, crispy shallots & crunchy cos	
ADD Poached chicken +5   Miso pork +5   Our tuna mix +5	_ ,
Wild Salad gf   v   ve option	16
Seasonal ingredients, featuring our products  ADD Fried egg +4   Poached chicken +5   Miso pork +5   Our tuna mix +5	
Wild Soup gf +2	16

#### Find all our other savoury & sweet treats in our deli v VEGETARIAN | ve VEGAN | gf GLUTEN FREE OPTION

Made with our products served with toasted sourdough & lashings of butter

Our kitchen contains ALLERGENS (soy, wheat, dairy, seafood, nuts, seeds, eggs).

Please advise our staff if you have specific dietary requirements.

# Drink

Coffee any way you like it
Five-O Blend by Geelong Coffee Roasters

Hot Chocolate with marshmallow or not

Original | Noir | White by Grounded Pleasures, Soldiers Hill

#### Seven Spice Chai

Grounded Pleasures, Soldiers Hill

Tea black or white

Love Tea, Geelong

English Breakfast | Earl Grey | Peppermint | Green | Lemongrass & Ginger

#### We use Schulz Organic Dairy full cream milk on tap

Non-homogenised real dairy from Timboon

little | 8 oz | 5.5 or BIG | 12 oz | 6

Extra shot + 50c

Almond | Soy | Oat | Lactose Free + 50c

Bubbachino marshmallows, chocolate dust & sprinkles

CCC coffee | chocolate | chai | vanilla caramel | tea 8

Cool Drinks see our drinks fridge

### Visit us online

wildings.com.au INSTA @wildings\_pantry

Stay connected via our newsletter.



#### Scan our QR

Shop Wildings online, find our favourite recipes & our stockists near you.

# Be wild

Our delicious Café menu celebrates the best ingredients & we champion our great suppliers. Many of the ingredients we use in our menu can be purchased from our shelves, fridge & freezer.

#### Schulz Organic Dairy Timboon

Our dairy milk (find in our fridge & refill glass bottles at counter), yogurt & cheeses

#### Honest Eggs Daylesford

Our free range, regenerative farm eggs from happy chickens

#### Ket Baker Sourdough Wallington

Our sourdough loaves & French pastries

#### Zeally Bay Sourdough Torquay

Our sourdough bread, pizzas & focaccias

### Noisette Bakery Port Melbourne Our Portuguese tarts & rolls

Salt Kitchen Charcuterie Delacombe, near Ballarat All our free-range pork products including our sausages, ham & bacon

## Hazeldene's Chicken Lockwood, Central Victoria All our free range chicken certified

## Golden Plains Pork Mount Mercer, near Ballarat Outdoor bred & raised on straw

At Wildings Pantry Essentials, our commitment to sustainability is at the heart of everything we do, striving to protect our planet.

