Eat

*All menu items in **orange** are made by us, here at Wildings Pantry Essentials & can be purchase in store or online.*

GRANOLA
v | gf option — 14

*Our **Cinnamon & Honey** or **Coconut & Cranberry Granola (gf)**, rhubarb & berry compote & Schulz Organic Natural Yogurt*

SOURDOUGH CRUMPETS
ve & gf option +2 — 12

*With butter & **Local Cold Filtered Honey***

SPICED FRUIT ENGLISH MUFFINS
ve option | gf +2 — 12

*With butter & **Raspberry Jam** or **Marmalade***

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 & **Barbeque Sauce***

TASTE OF WILDINGS
ve option | gf +2 — 26

*A selection of our favourites - **Lemon & Thyme Infused Olives,** Salt Kitchen ham, **Spiced Cornichons,** vintage cheddar, **Fig & Balsamic Paste,** grilled sourdough dusted with **Sesame & Coriander Dukkah** drizzled with local **Extra Virgin Olive Oil***

SOUL BOWL
gf | ve option — 22

***Lemon, Shallot & Parsley Infused Quinoa**, **Classic Kraut**, cucumber, fried egg, **Vietnamese Jungle Salt**, crispy shallots & crunchy cos*
***ADD** Extra Fried Egg +4 | Poached Free Range Chicken +5 | Our Tuna Blend +5*

Find all our other savoury & sweet treats in our deli

v Vegetarian | ve Vegan | gf Gluten Free Option

Our kitchen contains ALLERGENS (soy, wheat. dairy, seafood, 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

ORGANIC MATCHA

Spiral Foods, Japanese Origin, Ceremonial Grade

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**

Alternate Milk | Almond | Soy | Oat | Lactose Free + 50c *Extra shot + 50c*

TEAPOT FOR 1 black or white **6**

Love Tea, Geelong

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

Alternate Milk | Almond | Soy | Oat | Lactose Free + 50c *Extra tea + 50c*

BUBBACHINO marshmallows, chocolate dust & sprinkles **4**

ICED coffee | chocolate | chai | matcha | earl grey tea **8**

COOL DRINKS see our drinks fridge for our excellent selection

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 cafe 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. We hope you enjoy. x

Geelong Coffee Roasters

Award winning roasters right in Geelong, produced in small batches using traditional drum roasting methods

Schulz Organic Dairy

Non-homogenised real dairy from Timboon. Our milk is available to purchase in refillable glass, yogurt & real cream

Love Tea

Made in Geelong, by a clever naturopath. Thoughtfully blended to create the perfect tea

Grounded Pleasures

Based in Ballarat, exquisite, decadent, ethically sourced gluten-free drinking chocolates

Honest Eggs

Our free range, regenerative farm eggs come from happy chickens that live in Daylesford

Salt Kitchen Charcuterie

Producers of our cured ham & bacon as well as delicious sauages made from free range pork

Zeally Bay Sourdough

For our organic sourdough bread, pizzas & rolls, made just down the road in Torquay

Ket Baker Sourdough

Based in Wallington, the best baker of french sourdough pastries & sourdough loaves

Noisette Bakery

Delicious portuguese tarts & our fabulous sourdough pumpkin loaf from Melbourne daily

Golden Plains Pork

Outdoor bred & raised on straw pork products near Ballarat at Mount Mercer

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