

DRINKS

COFFEES

Cafe Latte	3.9
Flat White	3.9
Cappucino	3.9
Chai Latte	4.2
Long Black	3.6
Short Black	3.5
Piccolo	3.6
Macchiato Short	3.6
Macchiato Long	3.9
Hot Mocha	4.6
Vienna	4.6
Hot Chocolate	4.2
Affogato	4.6
Extra Shot	0.6
Decaf	0.6
Mug	0.6
Soy Milk	0.6
Almond Milk	0.6
Lactose Free Milk	0.6
Coconut Milk	0.6
Flavour Shot	0.6

Vanilla, Caramel, Hazelnut, Chai, White Chocolate, Peppermint.

TEAS

Pot of loose leaf tea (for one) 3.9

Inc. milk or honey
English breakfast, Earl grey, Green, Chamomile, Peppermint, Lemongrass & Ginger, Orange & Cinnamon & much more...

Milk Infused Chai Tea 4.6

ICED DRINKS & SPIDERS

Iced Chocolate, Iced Coffee, Iced Mocha, Iced Strawberry, Lime Spider, Strawberry Spider, Ginger Beer Spider, Coke Spider

Iced Latte, Iced Long Black, Iced Chai Latte

SMOOTHIES

Acai Chocolate Berry 9.0

Acai Smoothie pack, raw cacao powder, banana, berries, almond milk

Acai Smoothie Original 8.5

Acai Smoothie pack, banana, apple juice

Banana Bender 7.5

Banana, milk, natural yogurt, honey, cinnamon

Iron Booster (wheat & gluten free) 7.5

Apple juice, prune juice, banana, spirulina, crushed ice

Wild Berry Boost 7.5

Berries, banana, milk, honey, natural yogurt

Tropic Thunder 7.5

Mango, Pineapple, Coconut water, natural yogurt

Health Nut 7.5

Banana, peanut butter, honey, milk, natural yogurt

Citrus Rush (dairy free) 7.5

Orange fiber, orange juice, lemon juice, crushed ice

Mango Madness 7.5

Mango, coulis, ice cream, milk

MILKSHAKES

Vanilla, Chocolate, Caramel, Coffee, Strawberry, Banana, Lime, Blue Heaven, Coconut Dream

Extra Malt 0.5

Extra Ice Cream 1.0

FRESHLY SQUEEZED JUICES

Morning Start 7.0

Green apple, carrot, lemon, ginger

Energy Lift 7.0

Beetroot, green apple, carrot, celery, ginger

Summer Time 7.0

Watermelon, green apple, mint

The Refresher 7.0

Pineapple, coconut water, lime, mint

Lean & Green 7.0

Green apple, cucumber, celery, lemon

MYO 7.0

Make your own fresh juice using the following:

Green apple, watermelon, orange, lemon, lime, pineapple, beetroot, celery, cucumber, carrot, ginger, mint, baby spinach

COLD DRINKS

Coke, Coke No Sugar, Diet Coke, Sprite, Fanta, bottle of water

Ginger beer, Lemon Lime Bitters, Sarsaparilla, Iced Tea, Sparkling mineral water

Kid's Popper Drink

FRESH
FOOD NOT
FAST FOOD

LOCATION

Shop 31, The Pines Shopping Centre
Cnr Guineas Creek Rd & K.P McGrath
Dr Elanora Qld 4221

EMAIL

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PHONE

0447 COFFEE (263333)

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TAKE HOME PACKS AND CATERING

We can happily offer you a range of catering solutions for your next birthday, event or get together. Ranging from sandwiches to cakes, to sweets, to salads, savouries and platters, ask a staff member for your options. All food items are available as takeaway.

THE SHELF
DELI
CAFE

CUSTOMER FEEDBACK

Here at The Shelf, our endeavour is to provide you with an enjoyable, satisfying and relaxed experience. If your experience has fallen short of this, whether from the food, coffee or service, we encourage you to approach us in store and let us know or leave a phone message on **0447 263 333** after 6pm. We always strive to improve and want you to be happy. **Thank you.**

THE SHELF
DELI
CAFE

MENU

MORNING MENU

Toasted White, Grain or Whole Meal V	4.5
2 slices served with butter & your choice of Raspberry jam, Nutella, Peanut butter or Vegemite	
+ on Turkish, Sourdough or Gluten Free Bread	1.0
Raisin(1) or Cinnamon Toast(2) V	3.5
Muesli V	9.9
Toasted or natural, served with Greek yogurt, apple & honey	
Croissant V	
Toasted with butter & raspberry jam	
Toasted with ham & cheese	
Omelette	13.9
Chorizo sausage, cheese, red onion, capsicum & baby spinach	
Avocado Smash V	11.9
with feta on toasted sourdough, served with rocket and lemon	
+ add poached egg	2.5
Bacon & Egg Toasted Sandwich	10.5
on Turkish with BBQ sauce	
Lite Start	11.9
1 egg, 1 rasher of bacon with grilled tomato on Turkish toast	
Bacon & Eggs	12.9
2 eggs any style, 2 rasher bacon served on Toasted Turkish Bread	
Classic Big Breakfast	19.9
2 eggs any style on Turkish toast, bacon, chorizo sausage, grilled tomato, sautéed mushrooms with spinach & hash brown	
Eggs on Toast V	10.9
2 eggs any style served with toasted Turkish bread	
Eggs Benedict	
2 poached eggs on Turkish toast, fresh baby spinach, Spanish onion & hollandaise sauce:	
with fresh avocado and sautéed mushrooms V	15.9
with ham or bacon	15.9
with smoked salmon	17.9
Mediterranean Eggs V	14.9
2 eggs scrambled mixed with fresh baby spinach & feta served on Turkish toast	
Berry Delicious Pancakes V	13.9
Buttermilk pancakes served with mixed berries, fresh cream, coulis & maple syrup	
+ add banana	1.5
+ add ice cream	1.5
Extras	
Smoked salmon	4.0
Baked beans, chorizo, mushroom, bacon(2), ham, avocado	3.0
Egg(1), hash brown(1), baby spinach, tomato(1)	2.5

ALL DAY MENU

Open Grill Served on Turkish Toast	10.9
Ham, cheese & fresh pineapple	
OR Chicken breast, basil pesto, avocado & tasty cheese	
OR Bacon, banana & tasty cheese	
Pumpkin Soup V	11.9
Creamy pumpkin soup served with sour cream, cracked pepper and toasted turkish bread	
Chicken Caesar Salad	14.9
Tender chicken breast, baby cos lettuce, crispy bacon, parmesan cheese finished with a soft poached egg & traditional Caesar dressing	
Chicken Parmigiana	16.9
Tender chicken breast crumbed with a house relish, ham, grilled cheese & served with a side of garden salad & beer battered fries	
Roast of the Day	14.9
Roast meat & gravy with a variety of vegetables & cheesy cauliflower bake	
Mexican Beef Nachos	14.9
Corn chips layered with chilli beef mince, tasty cheese, salsa & served with guacamole, sour cream & jalapenos	
Beer Battered Chips V	8.9
Chips served with a choice of tomato sauce, BBQ sauce or garlic aioli	
Potato Wedges V	9.9
Crispy potato wedges served with a side of sour cream & sweet chili sauce	

GOURMET DELI SELECTIONS

Salad Plate	Sml 9.9	Lge 14.9
Choose one or a combination of salad from our gourmet range located in our display cabinet: Raw Vegie / Curried Rice / Caesar / Coleslaw / Sweet Potato & Green Bean / Pumpkin, Feta & Rocket / Basil Pesto / Garden Salad and more		

FRITTATAS, QUICHES, PIES, MORE

Try one of The Shelf's delicious house made cabinet items	from 6.5
Lean Beef Lasagne / Vegetable Lasagne / Roast Vegetable Stack / Chicken & Asparagus Quiche / Roast Pumpkin & Feta Quiche / Chicken & Roast Vegetable Frittata / Roast Vegetable Frittata / Bacon & Zucchini Slice / Salmon Patty / Lean Beef Roll / Spinach & Ricotta Filo / Gourmet Pies ...just to name a few	
+ add a side of Gourmet salad or Beer battered fries	6.0
Vegetarian Specialty V GF	11.5
Zucchini patty served with a side of garden salad and hummus	

SANDWICHES

The Shelf Club Sandwich	14.5
Bacon, tomato, camembert, with chicken breast, fancy lettuce & whole egg mayonnaise layered between 3 slices of fresh white bread	
+ toasted	0.5
New York New York	12.9
Smoked salmon, cream cheese, snow pea sprouts, Spanish onion & capers on a toasted New York bagel	
Healthy Gobbler	11.9
Sliced turkey breast, cranberry sauce, camembert cheese & fancy lettuce on fresh white bread	
BLT	11.9
Bacon, lettuce & tomato with garlic aioli on toasted Turkish bread	
+ add avocado	3.0
Lean Beef Burger	16.9
Lean beef patty, lettuce, tomato, BBQ sauce, garlic aioli with caramelised onions on toasted Turkish bread	
Steak Sandwich	17.9
Fillet of steak, lettuce, tomato, BBQ sauce, garlic aioli with caramelised onions on toasted Turkish bread	
OR	Make your own healthy fresh or toasted sandwiches
	on White, whole meal, grain 0.5
	on Turkish Bread, gluten free bread, sourdough bread or bagel 1.0
+ Protein or Base	Ham, chicken breast, tandoori chicken, turkey breast, bacon, tuna, smoked salmon, egg or cheese 6.0
+ Cheeses	Camembert, tasty, cream cheese or feta 1.0
	Avocado, egg, bacon, semi-dried tomatoes, roasted capsicum, grilled eggplant, fresh pineapple, asparagus or capers 2.0
+ Extras	Pesto, hummus, sweet chili sauce, cranberry sauce, fruit chutney, tomato relish, sweet mustard pickles, whole egg mayonnaise, garlic aioli, whole grain or Dijon mustard, horse radish cream 1.0
+ Salad	Full salad sandwich or tomato, cucumber, carrot, beetroot, Spanish onion, lettuce or baby spinach 5.0
	0.5
+ Toasted	0.5
THE SHELF KIDS MENU	
Babycino with Marshmallow	1.5
Warm Hot Chocolate with Marshmallow	4.2
Kids Pop Top Drink	2.5
Kids Milkshake	4.9
Seasonal Fruit Salad with greek yogurt and muesli	6.5
Cheesy Soldiers melted tasty cheese served on white or wholemeal toast	4.5
Monkey's Surprise smashed banana and avocado sandwich served with white or wholemeal bread	6.5
Humpty Dumpty on Toast 1 scrambled egg served on white or wholemeal toast	6.5
Spaghetti on Toast classic spaghetti in cheesy tomato sauce served on white or wholemeal toast	6.0
Fairy Bread a slice of fresh bread topped with hundreds and thousands	2.0

Not all meals available after 3 pm weekdays and 2pm weekends

PLEASE ORDER & PAY AT COUNTER

V Vegetarian

GF Gluten Free