

# Dolce Terra® BREAKFAST

Please order and pay at the cashier.... thank you!

Available Monday to Saturday 6:30 a.m. to 12 p.m.  
Sunday 7 a.m. to 12 p.m.

## Kick Start Your Day Suggestions

<b>Immunity Shot</b> : Ginger, Turmeric and Orange Juice	\$3.00
<b>Detox Shot</b> : Ginger, Turmeric and Kale	\$3.00
<b>Antioxidant Shot</b> : Mixed Berries and Red Pepper	\$3.00
Freshly Squeezed Orange Juice	\$6.00
Dolce Terra® Green Detox Juice	\$9.50
Dolce Terra® Post Workout Smoothie	\$10.50
<b>SEASONAL FRUIT SALAD</b>	\$12.00
<b>DOLCE TERRA HOME MADE GRANOLA</b> Topped with Natural Greek Yoghurt, Fresh Berries Raw Honey and Organic Chia Seeds.	\$12.00
<b>DOLCE TERRA HOME MADE BIRCHER</b> Rolled Oats Soaked in Fresh Apple Juice, Coconut Water and Natural Greek Yogurt, Served with Seasonal Fruits, Raw Honey and Organic Chia Seeds.	\$12.00
<b>ORGANIC RED AND WHITE QUINOA PORRIDGE</b> Rolled Oats with Raw Honey, Organic Chia Seeds Topped with Fresh Berries and our Selection of Crushed Nuts. (Dairy Free)	\$12.00
<b>DOLCE TERRA ACAI BOWL</b> Fresh Apple Juice, Banana, Home Made Granola Topped with Fresh Fruits, Coconut Flakes and Organic Chia Seeds.	\$15.90
<b>FRESHLY BAKED MUFFINS (GF)</b>	\$5.50
<b>BANANA BREAD</b>	\$5.50
<b>PLAIN CROISSANT (Vegan Friendly)</b>	\$5.50
<b>TOASTED SOURDOUGH OR FRUIT LOAF</b> Served with your choice of preserves.	\$7.50
<b>AVOCADO AND FETA ON SOURDOUGH</b>	\$12.00
<b>SMOKED TASMANIAN SALMON &amp; AVOCADO</b> Served with Spanish onion, Dill on Sourdough	\$14.00

## All Hot Food Served on Sourdough

<b>YOUR CHOICE OF FREE RANGE EGGS</b> <i>Poached, Sunny-Side Up OR Scrambled</i> All served with Bacon, Grilled Tomato and Baby Spinach	\$15.00
<b>SCRAMBLED EGGS</b> With Smoked Tasmanian Salmon and Dill	\$17.00
<b>OMELETTES-</b> Served with Baby Spinach & Grilled Tomato	
Vegetarian: Mushroom, Tomato and Spinach	\$16.00
Moroccan Spiced Chicken, Mushroom, Baby Spinach	\$16.00
Egg White served with Fresh Herbs	\$15.00
Smoked Tasmanian Salmon, Tomato, Baby Spinach and Feta	\$17.00
<b>DOLCE POST WORK OUT BREAKFAST</b> 2 Poached Eggs, Moroccan Spiced Chicken, Avocado, Baby Spinach, Home Made Hummus, Tzatziki	\$18.90
<b>BREAKFAST FOR CHAMPIONS</b> 3 Poached Eggs, Smoked Tasmanian Salmon, Bacon, Baby Spinach Avocado, Mushrooms	\$23.00
<b>WRAPS</b>	\$ 12.00
• Scrambled Egg, Bacon, Avocado, Hummus, Baby Spinach	
• Moroccan Chicken, Spinach, Tomato, Avocado, Hummus	
• Tuna, Spinach, Tomato, Avocado, Hummus	
• Pumpkin, Mushroom, Raw Slaw, Tomato, Avocado, Hummus	
<b>ADDED GOODNESS</b>	
Avocado	\$4.00
Extra Egg	\$3.00
Grilled Tomato	\$3.00
Home Made Baked Beans	\$3.00
Wilted Spinach	\$3.00
Moroccan Chicken	\$4.00
Smoked Tasmanian Salmon	\$4.00
Bacon	\$4.00
Gluten Free Bread Option	\$2.00

Check us out on Instagram: @dolceterramanly

On Facebook: Dolce Terra

Or on our website: www.dolcetera.com.au

Dolce Terra Your nutritional partner®

## FRESH HOME MADE SALADS \$17.90

Available from 8 a.m.  
It's your time to rise & shine!

Add a free range poached egg  
(only for breakfast) \$3.00

We cover all dietary requirements, ask  
our friendly staff for recommendations  
and/or further explanations.

### Coffee Menu

Coffee	Regular	Large
Espresso	\$ 3.00	
Macchiato	\$ 3.20	
Piccolo	\$ 3.70	
Mocha	\$ 4.20	\$ 5.20
Capuccino, Latte		
FW, Long Black	\$ 3.70	\$ 4.70
Nitro Coffee	\$ 5.50	
Chai Latte	\$ 4.20	\$ 5.20
Turmeric Latte	\$ 5.50	\$ 6.50
<b>Tea</b>	\$ 3.50	

Earl Grey, English Breakfast

Ask our Staff about our range of Herbal Teas

**Extras 50¢**

Extra shot, Decaf, Vanilla or Caramel Syrup

BonSoy, Almond, Oat, Coconut

Macadamia and Lactose Free Milk

### Kid's Menu

Porridge with Banana	\$6.00
Scrambled Eggs on Toast	\$10.00
Toast and Choice of Preserves	\$5.00
Fruit Plate	\$6.00

## We Do Your Catering!

Whatever the Occasion, Small or large groups

We are Your Nutritional Partner®

Enquire online: www.dolcetera.com.au

OR Speak to one our friendly staff

Please Note on Sundays & Public Holidays there will be a 10% Surcharge on All items

Juices & Smoothies Menu See over...

## VEGETABLES & FRUITS JUICES

### Green Detox

Baby spinach, kale, cucumber, orange, fresh mint, ginger.

### Green Lemonade

Baby spinach, kale, cucumber, celery, apple, lemon, ginger.

### Anti-inflammatory

Fennel, celery, pear, lemon.

### Energy Boost

Beetroot, carrot, spinach, apple.

### Digestivo

Apple, carrot, lemon, fresh mint, ginger.

### Immunity Protector

Orange, carrot, strawberries, ginger, turmeric.

### Apple Skin Cleanser

Apple, cucumber, fresh mint, lime.

### Providores Choice

Beetroot, carrot, celery, cucumber, lemon, ginger.

## ONLY FRUITS

### Summer Twist

Pineapple, orange, mango, strawberry, fresh mint.

### Ruby Red

Watermelon, orange, apple.

### Lory Wellness

Kiwi, apple, strawberry.

### Arancione

Mango, passion fruit, orange.

## \$9.50 DOLCE TERRA SIGNATURE

### Preworkout

Avocado, banana, milk of choice, chia seeds, maca powder, raw honey.

### Dolce Terra post-workout

Raspberries, blueberries, banana, natural low fat yogurt, peanut butter, milk of choice, organic pea protein, raw honey.

### Metabolism Booster

Organic dried plums, strawberry, kiwi, apple, cinnamon.

### Sweet Dreams

Organic dates, banana, milk of choice, coconut flakes, brazilian nuts.

### Dolce Terra Acai Smoothie

Fresh apple juice, banana, Acai Smoothie.

## EXTRA GOODNESS:

**\$1.00** (each serve)

Chia seeds	Tumeric
Brazilian nuts	Avocado
Walnuts	Bonsoy milk
Peanut butter	Flaxseed
Ginger	Macadamia Milk

**\$9.50**

**\$2.50** (each serve)

Organic pea protein  
Vital greens  
Maca  
Aloe Vera  
Chlorophyll  
Spirulina

## \$10.50 SMOOTHIES

**\$9.50**

### Classic Breakfast Banana

Banana, natural yogurt, cinnamon, raw honey, chia seeds, milk of choice.

### Alkalisig

Kale, baby spinach, banana, pineapple, organic coconut water.

### Antioxidant Berry

Blueberries, raspberries, orange, banana, baby spinach.

### Nutty Cocoa

Banana, walnuts, cocoa, spinach, raw honey, chia seeds, cinnamon, almond milk.

### Kiwi Kick

Kiwi, orange, banana, kale, lemon.

### Tropical Paradise

Mango, pineapple, organic coconut milk, basil.

Almond Milk  
Lactose Free  
Oat Milk  
Coconut Milk

### Mint Conditioning

Apple, banana, baby spinach, lemon, fresh mint.

### Sole Mio

Pineapple, passion fruit, orange, banana, lime, fresh mint.

### Strawberry & Cream

Strawberry, banana, natural low fat yogurt, milk of choice, pure vanilla bean paste.

### Ciocolatino

Chocolate, banana, milk of choice.

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