

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), Incl. milk or honey	3.9
English Breakfast, Earl Grey, Green, Chamomile, Peppermint, Lemongrass & Ginger, Orange & Cinnamon & much more...	

ICED DRINKS & SPIDERS

Iced Chocolate, Iced Coffee, Iced Mocha, Iced Strawberry, Ginger Beer Spider, Coke Spider, Lime Spider, Strawberry Spider	6.5
Iced Latte, Iced Long Black	4.8

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 0.5

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, baby spinach, ginger, mint

COLD DRINKS

Coke, Coke Zero, Diet Coke, Sprite, Fanta, bottle of water

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

Kids Pop Top drink 2.5

FRESH
FOOD NOT
FAST FOOD

LOCATION

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

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PHONE

0447 COFFEE (263333)

www.theshelfdelicafe.com.au

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 2 slices served with butter & your choice of Raspberry jam, Nutella, Peanut butter or Vegemite + on Turkish or Gluten Free Bread	4.0 1.0
Raisin or Cinnamon Toast	3.5
Muesli Toasted or natural, served with Greek yogurt, apple & honey	9.9
Croissant Toasted with butter & raspberry jam Toasted with ham & cheese	5.0 6.5
Omelette Chorizo sausage, cheese, red onion, capsicum & baby spinach	13.9
Avocado Smash with feta on toasted sourdough, served with rocket and lemon + add poached egg	10.9 2.5
Bacon & Egg Toasted Sandwich on Turkish with BBQ sauce	10.5
Lite Start 1 egg, 1 rasher of bacon with grilled tomato on Turkish toast	10.9
Classic Big Breakfast 2 eggs on Turkish toast, bacon, chorizo sausage, grilled tomato, sautéed mushrooms with spinach & hash brown	18.5
Eggs on Toast 2 eggs any style served with toasted turkish bread	10.9
Eggs Benedict 2 poached eggs on Turkish toast, fresh baby spinach, Spanish onion & hollandaise sauce: with fresh avocado and sautéed mushrooms with ham or bacon with smoked salmon	15.9 15.9 17.9
Mediterranean Eggs 2 eggs scrambled mixed with fresh baby spinach & feta served on Turkish toast	14.9
Berry Delicious Pancakes Buttermilk pancakes served with mixed berries, fresh cream, coulis & maple syrup	13.9
Extras Baked beans, chorizo, mushroom, bacon(2), ham, smoked salmon Egg(1), hash brown(1), baby spinach, tomato(1)	3.0 2.5



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.

ALL DAY MENU

Open Grill Served on Turkish Toast Ham, cheese & fresh pineapple OR Chicken breast, basil pesto, avocado & tasty cheese OR Bacon, banana & tasty cheese	10.9
Pumpkin Soup Creamy pumpkin soup served with sour cream, fresh chives and toasted turkish bread	9.2
Chicken Caesar Salad Tender chicken breast, baby cos lettuce, crispy bacon, parmesan cheese finished with a soft poached egg & traditional Caesar dressing	14.9
Chicken Parmigiana Tender chicken breast crumbed with a house relish, ham, grilled cheese & served with a side of garden salad & beer battered fries	16.9
Mediterranean Salad Mesculin lettuce, roasted butternut pumpkin & red peppers, grilled eggplant, Spanish onion, whole olives, semi dried tomatoes, feta cheese, avocado with a sprinkle of pepitas, sunflower seeds & balsamic dressing	15.9
Roast of the Day Roast meat & gravy with a variety of vegetables & cheesy cauliflower bake	13.9
Mexican Beef Nachos Corn chips layered with chilli beef mince, tasty cheese, salsa & served with guacamole, sour cream & jalapenos	14.9
Beer Battered Chips Chips served with a choice of tomato ketchup, BBQ sauce or garlic aioli	8.9
Potato Wedges Crispy potato wedges served with a side of sour cream & sweet chili sauce	9.9

GOURMET DELI SELECTIONS

Salad Plate 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	Sml 6.0	Lge 9.0
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FRITTATAS, QUICHES, PIES, MORE

Try one of The Shelf's delicious house made cabinet items 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 ...just to name a few + add a side of Gourmet salad or Beer battered fries	from 8.9 5.0
Gourmet Pies Chicken & Leek, Thai Chicken, Chunky Steak, Beef Burgundy, Pepper Steak & Curry Vegie, served with your choice of tomato sauce, BBQ sauce or house gravy	8.5
Gluten Free Specialty 2 falafels with side of hummus	5.0
Vegetarian Specialty Zucchini patty served with a side of garden salad and hummus	9.5
Trio of Dips Gourmet deli dips served with toasted Turkish bread	11.9

SANDWICHES

The Shelf Club Sandwich Bacon, tomato, camembert, with chicken breast, fancy lettuce & whole egg mayonnaise layered between 3 slices of fresh white bread + toasted	14.5 0.5
New York New York Smoked salmon, cream cheese, snow pea sprouts, Spanish onion & capers on a toasted New York bagel	12.9
Healthy Gobbler Sliced turkey breast, cranberry sauce, camembert cheese & fancy lettuce on fresh white bread	11.9
BLT Bacon, lettuce & tomato with garlic aioli on toasted Turkish bread + add avocado	11.9 1.5
Slow Cooked Pulled Pork Roll Slow cooked pork served on a fresh roll with house slaw	11.9
Lean Beef Burger with Beer Battered Chips Lean beef patty, lettuce, tomato, beetroot, cheese, BBQ sauce, garlic aioli with caramelised onions on toasted Turkish roll	16.9
Steak Sandwich with Beer Battered Chips Fillet of steak, lettuce, tomato, BBQ sauce, garlic aioli with caramelised onions on toasted Turkish bread	17.9
OR Make your own healthy fresh or toasted sandwiches on White, whole meal, grain on Turkish Bread, gluten free bread, specialty roll or bagel	0.5 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
+ Extras Avocado, egg, bacon, semi-dried tomatoes, roasted capsicum, grilled eggplant, fresh pineapple, asparagus or capers	2.0
+ Condiments 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 3pm | PLEASE ORDER & PAY AT COUNTER