



OPENING HOURS
 Monday CLOSED
 Tuesday - Friday 7.30am till 4pm
 Saturday & Sunday 8am till 4pm
 Kitchen closes at 3pm daily

(03) 9421 3262
 www.rowenacornestore.com

SMALL PLATES TO SHARE

A selection of Mediterranean favourites designed to be shared amongst friends or one or two as a delicious meal for one.
 All small plates are served with warm pita bread.

DIPS

HUMMUS (VG) Chickpeas, Tahini, Garlic, Olive Oil & Zhatar Mix	6.50
ADJVAR (VG) Spicy Capsicum	6.50
TZATZIKI (V) Greek Yoghurt, Cucumber, Garlic & Mint	6.50

MEZE

DOLMADES (VG) Hand-rolled Rice Stuffed Vine Leaves	7.00
OLIVES + PICKLES (VG) Kalamata Olives & Pickled Peppers (Medium Heat)	6.00
FALAFEL + TAHINI (VG) Falafel Balls on Homemade Tabouli w a side of Tahini	7.50

BREAKFAST

MIDDLE EASTERN EGGS (V) Poached Eggs w Grilled Haloumi, Roast Tomatoes, Tabouli, Tzaziki, Olives & Warm Pita Bread	20.00
ISRAELI EGGS (V) Poached Eggs w Falafel, Hummus, Israeli Salad, Feta & Warm Pita Bread	20.00
PROSCIUTTO CHILLI SCRAMBLE (GF OPTION) Scrambled Eggs w Sliced Prosciutto, Spice Roasted Broccolini, Red Capsicum, Dukkah Spices & Shaved Parmesan	18.00
HEIRLOOM TOMATOES (V) Poached Eggs on White Sourdough w Smashed Avocado, Dehydrated Olives, Crumbled Goats Cheese & Sun-Dried Tomatoes	17.00
LOADED FRUIT TOAST (V) Fruit Toast topped w Almonds, Marmalade Jam, Ricotta, Cinnamon & a Drizzle of Honey	14.00
RHUBARB & APPLE BIRCHER (VG) Served w Rhubarb Compote, Coconut Yoghurt & Pistachios	15.00
PORRIDGE (V) (VG OPTION) See Specials Board for Flavour of the Day	15.00
HOMEMADE NATURAL MUESLI OR GRANOLA (V) Served w Mixed Berries, Honey & Greek Yoghurt	15.00
CROISSANT	
Plain	4.00
Raspberry Jam/Nutella	6.00
Ham & Cheese	8.00
ARTISAN TOAST Served w Berry King Raspberry Jam, Vegemite or Peanut Butter Abbotsford Convent Sourdough	
Multigrain or White	8.00
5 Seed Gluten Free (GF)	8.00
BACON + EGG FOCACCIA (GF OPTION)	12.00
HAM + CHEESE FOCACCIA (GF OPTION) Add Fresh Tomato	11.00 1.00
FREE RANGE EGGS ON TOAST (GF OPTION) Served on Multigrain Sourdough	10.00
SWAP TO GLUTEN FREE BREAD	1.00

SIDES

CAN BE ADDED TO ANY DISH	
Spinach, Roast Tomatoes, Thyme Roasted Mushroom	4.00
Bacon, Chorizo, Avocado, Haloumi	5.00
Smoked Salmon	5.00

LUNCH

SPANAKOPITA (V) Spinach, Feta, Pine Nut & Ricotta Filo served w a Cherry Tomato, Herb Salad w a side of Tzaziki & Tomato Relish	20.00
GEMISTA (GF OPTION) Roasted Rice & Lamb Mince Stuffed Red Capsicum, served w a Green Garden Salad & a side of Tzaziki	20.00
SARDINES ON TOAST (GF OPTION) 'Porthos' Portuguese Spicy Marinated Sardines on Multigrain Sourdough w Roasted Red Peppers	16.00
KASKI (V) (GF OPTION) A Northern Greek Village Recipe of Oven Roasted Red Capsicum cooked in a Tomato Reduction w Ricotta, Feta & a Hint of Chilli. Served w a Poached Egg & Toasted Focaccia	20.00
ROASTED BEETROOT SALAD (V) (VG OPTION) Warm Roasted Beetroot, Feta, Walnuts, Baby Heirloom Tomatoes, Freekah, Rocket & Fig Jam	16.00

SANDWICHES

Served on Toasted Focaccia Bread w Homemade Aioli	
BLT Bacon, Lettuce, Tomato	13.00
BELT Bacon, Egg, Lettuce, Tomato	15.00
BELTA Bacon, Egg, Lettuce, Tomato, Avocado	17.00
BELTAC Bacon, Egg, Lettuce, Tomato, Avocado, Cheese	18.00
HELTA (V) Haloumi, Egg, Lettuce, Tomato, Avocado	17.00
SELTA Smoked Salmon, Egg, Lettuce, Tomato, Avocado	18.00
ADD SIDE OF CHIPS	5.00
BOWL OF CHIPS	9.00
REUBEN Pastrami, Swiss Cheese, Sauerkraut, Pickles & Dijon Mustard Served on White Sourdough w a Side of Chips	21.00

BEVERAGES

GRINDERS COFFEE	
Espresso	3.20
Latte, Flat White, Cappuccino, Long Black, Macchiato, Mocha	
Regular 8oz	4.00
Large 12oz	4.50
HOT DRINKS	
Hot Chocolate 12oz	4.30
Prana Chai Latte (Leaves) 12oz	4.50
Heal'r Rooted Turmeric Latte	4.00
COLD DRINKS	
Iced Coffee/Iced Mocha, Iced Chocolate	6.00
Iced Latte	4.00
Affogato	6.00
'TEA TONIC' TEA	4.00
English Breakfast, Earl Grey, French Earl Grey, Green, Peppermint, Chamomile, Lemongras & Ginger, Chai	
EXTRAS	
Vitasoy Soy Milk or Nutty Bruce Almond Milk	.50
Strong Shot	.50
Decafe	.30
Taboo Syrup Shot Hazelnut, Vanilla or Caramel	.30
FRESH JUICES Made with Fresh Fruit	
Orange	6.00
Carrot, Orange & Ginger	7.00
Apple, Kale, Celery & Lemon	7.00
SMOOTHIES Made with Fresh Fruit, your Milk of Choice & a Superfood Protein Powder Scoop	
Mixed Berry	10.00
Banana	10.00

OUR FOOD PHILOSOPHY

SEASONAL ~ FRESH ~ SOUL FOOD

Our eggs are sourced from a small farm near Bendigo.
 They are free-range & 700gm.

We source all of our smallgoods from Istra Smallgoods, a family run local business near Daylesford.

We have been getting our fruit & vegetables from Jo & Nancy from The Apple Corner (Queen Vic Market) for more than 10 years.

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(V)Vegetarian (VG)Vegan (GF)Gluten Free

PLEASE SEE SPECIALS BOARD FOR MORE

We try our best to accommodate everyone, but changes to the menu may not be possible during busy times.