Spring 2024 Edition

Kitchen Hours: 8:00am - 2:30pm @ @forchange.cafes f For Change Cafes

Breakfast

\$ 8.50 Sourdough Fruit Toast VGO 2pcs served with house preserves Sourdough Toast VGO \$ 8.50 2pcs served with house preserves (white sourdough/multigrain toast also available) **Overnight Oats** VG \$ 16.00 Served with stewed apple. blueberry compote & house-granola Eggs Your Way GFO \$ 14.50 Served on sourdough toast with relish Check out our add-ons below!

For Change Cafe

Bellfield

Strawberries & VG, GF, N	\$ 22.00
Cream Waffle	

House-made, served with warm strawberry compote, vanilla cream & candied walnuts

Add-ons

Toast (1pc), Aioli, Chilli Oil	\$ 2.00	
Poached Egg, Hashbrown, Blackbeans, Spinach	\$ 3.00	
Cherry Tomatoes, Grilled Mushroom, Avocado	\$ 4.00	
Potato Rosti, Feta, Halloumi	\$ 5.00	
Falafel (2pc)	\$ 8.00	
Check out our cabinet for daily		

Check out our cabinet for daily specials and treats.

Smashed Avo VG, GFO, N Avocado with lime, persian fet dukkah & salsa verde on multig sourdough toast Add-on: cherry tomatoes & poached egg		Add-on: a Chilli S Chilli eg relish & toastec
Our 'Big Brekkie' VG, GF Potato rosti with rosemary salt	\$ 24.00 <u>-</u> ,	Hallou Grilled tomato
grilled mushroom, avocado, slo roasted cherry tomatoes, spina blackbeans Add-on: poached egg & sourdough toast	ach & \$ 5.00	L'Orto Grilled with ma rocket
Spring Tartine VG, GFO, N Medley of spring vegetables, d lemon & macadamia cream on sourdough toast Add-on: poached egg & potato rosti	\$ 22.00 ill, \$ 8.00	Beet R House- Swiss c dressin
Jalapeño Breakfast Hash GF Chilli fried egg, twice-cooked s potatoes & roasted jalapeño cr with feta, grilled corn & coriand salsa	smoky rema	The Sh Grilled pickled toasted
Add-on: avocado	\$ 4.00	Chick'ı
Crispy Sichuan Tofu VG, N Sichuan fried tofu, buckwheat noodle salad, peanuts, with Ko	\$ 21.00 rean-	Chick'n garlic a ciabatt
chilli & sesame dressing	¢ 21.00	KF Cau Garlic a
Falafel Bowl VG, GF, N House-made falafel, almond	\$ 21.00	onion
tarator with quinoa tabbouleh lemon vinaigrette	&	Bowl o Rosem

Easy Eats

Add-on: a side of chips to any of the below Chilli Scramble Roll Chilli egg scramble, hashbrown, relish & aioli with rocket on a toasted bun	\$ 15.50
Halloumi Toastie GFO Grilled halloumi, spicy aioli, avo, tomato & spinach	\$ 15.50
L'Orto VG, GFO, N Grilled eggplant, peppers, giardi with macadamia cream, salsa ve rocket on a toasted ciabatta roll	erde &
Beet Reuben VG, GFO, \$16.50 House-smoked beetroot, sauerkraut, Swiss cheese, dill pickle with Russian dressing on toasted sourdough	
The Shroom VG, GFO Grilled portobellos, harissa aioli, pickled red onion & rocket on a toasted ciabatta roll	\$ 14.50
Chick'n Schnitzel Roll vGO Chick'n schnitzel, cheese, slaw w garlic aioli & rocket on a toasted ciabatta roll	
KF Cauliflower Bites VG, GF,N Garlic aioli, dill, pickles & pickled onion	\$ 12.00
Bowl of Chips VG, GF Rosemary salt, garlic aioli	\$ 8.50



We are a social enterprise. 100% of our profits go towards empowering and supporting young people to take control of their lives. We do this by employing trainees through our Pathways for Change program.

Our menu is 100% vegetarian!

VG = Vegan
GF = Gluten Free
N = Contains Nuts

VGO = Vegan Option GFO = Gluten Free Option

Please let our friendly team know about any allergies, we will do our best to accommodate.

Weekend Surcharge: 10%

We respectfully acknowledge that all For Change Cafes operate on the traditional lands of the Kulin Nation. We pay our respects to their elders past, present and emerging, and acknowledge that sovereignty was never ceded.

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COTTEE Roasted by 5 Senses Coffee		lea Chamellia Tea	
Espresso, Short Mac	\$ 4.50	English Breakfast Earl Grey	\$ 4.50
Flat White Latte	\$ 5.00	Green Peppermint	
Cappuccino Long Black		Lemongrass & Ginger	
Double Espresso Piccolo			
Long Mac Magic Mocha		Iced	

Iced Long Black

Iced Chocolate

Iced Latte

Iced Chai

Iced Mocha

Iced Matcha

Add-Ons

Coffee

Alternative Dairy Co.	\$.50
Oat Soy Almond Milk	
Lactose Free	
Large	\$.50
Extra Shot	\$.50

Did you know we regularly host trainees in our cafe?



Scan to learn more

For every \$50 spent in our cafes, we can provide 1-hour of paid training and employment.

Other Hot Drinks

Prana Chai Latte	\$ 5.00
Dirty Chai Latte	\$ 5.50
Hot Chocolate	\$ 5.00
Kids Hot Chocolate	\$ 4.50
Matcha Latte	\$ 5.00

Want to support us? Heres how:

Share us with your friends & family

Hire Us Catering for Change Crêpes For Change

Donate to Us We're a registered charity

Visit our Cafes Bellfield | Brunswick | Middle Park

> Learn More forchangeco.com.au

Ask us about our kids menu and drinks.

Smoothies

Banana Banana, cacao, oats, honey, & milk	\$ 9.00
Mixed Berry Mixed berries, banana, chai seeds, maple syrup & milk	\$ 9.00
Green Mango Mango, spinach, spirulina, lemon & coconut water	\$ 9.00
Green Mango Peanut butter, vanilla protein powder, honey, oats, banana & milk	\$ 9.00
Add-on: alt milk, espresso peanut butter, protein powder	\$ 0.50 \$ 1.00

Cold Drinks

Juices, soda and sparkling water available. Just ask our friendly team.

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