## **For Change Cafe** Middle Park

#### Winter 2025 Edition

Kitchen Hours: 8:00am - 2:00pm Ø @forchange.cafes

# **Breakfast**

<b>Sourdough Fruit Toast</b> V, VGO Served with house preserves (white sourdough/multigrain toast also available)	9.50
<b>Warm Croissant</b> V, VGO Served with house preserves	8.50
<b>Rhubarb &amp; Apple Porridge</b> VG Served with apple compote, poached rhubarb, maple syrup & house-granola	17.00
<b>Poached Eggs</b> V Served on sourdough toast with salsa verde Check out our add-ons below!	14.50
<b>Apple &amp; Blueberry Waffles</b> VG, GF, N House-made, served with warm apple, blueberry compote & candied walnuts	22.00
Check out our cabinet for daily rolls, sp & treats.	ecials

### Add-ons

Toast (1pc), Aioli, Chilli Oil	2.00
Poached Egg, Hashbrown, Blackbeans	3.50
Cherry Tomatoes, Spinach	4.00
Potato Rosti, Grilled Mushrooms,	5.00
Avocado	

# Brunch

Smashed Avo VG, GFO, N	19	9.00
Avocado with lime, persian feta, dukkah & salsa verde on multigrain sourdough toast Add-on: poached egg & bacon		8.50
Our 'Big Brekkie' VG, GF	24	1.00
Potato rosti with rosemary salt, grilled mushroom, avocado, slow-roasted cherry tomatoes, spinach & blackbeans		
Add-on: poached egg & sourdough toast		5.50
<b>Grilled Mushroom Tartine</b> VG, GFO, N Seared medley of mushrooms, macadamia cream, pickled shallot & watercress, lemon dressing on sourdough toast	22	2.00
Add-on: poached egg & potato rosti		8.50
<b>Baked Egg Shakshuka</b> V,VGO, GFO, N Baked eggs, red peppers, spiced tomato sugo with fresh herbs, za'atar, labne & sourdough toast (please allow 15 minutes)	24	1.00
Add-on: blackbeans		3.50
Crispy Sichuan Tofu VG, N	2	1.00
Sichuan fried tofu, buckwheat noodle salad,		
peanuts, with Korean-chilli & sesame dressin Add-on: poached egg	ıg	3.50
Miso-Roasted Eggplant VG, GF	23	3.00
Miso eggplant with sumac & pomegranate, chargrilled cauliflower, fried butterbeans, pumpkin hummus & green tahini		
Add-on: poached egg		3.50

#### **Easy Eats** Add-on: a side of chips to any of the rolls Sausage Roll VG 16.50 House-made, served with relish, tomato sauce & rocket Caulibaba VG,GFO, N 14.50 Fried cauliflower, grilled eggplant, almond tarator with salsa verde & rocket on toasted ciabatta roll Chicken & Herb Mayo Roll GFO 16.00 Smoked chicken breast, dill, herb mayo, swiss cheese & cos lettuce on toasted turkish roll Bowl of Chips VG 10.00 Rosemary salt, garlic aioli 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. VG = Vegan VGO = Vegan Option V = Vegetarian

Please let our friendly team know about any allergies or dietary requirements. While we offer gluten-free options, we cannot guarantee a completely gluten-free environment.

GF = Gluten Free GFO = Gluten Free Option N = Contains Nuts

Weekend Surcharge: 10%

We respectfully acknowledge that For Change Cafe, Middle Park, operates on the traditional lands of the Bunurong People 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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## Coffee

Roasted by 5 Senses Coffee

Espresso, Short Mac	5.00
Flat White   Latte   Cappuccino   Long Black   Double Espresso   Piccolo   Long Mac   Magic   Mocha	5.50
Iced	6.00

# Add-Ons

Alternative Dairy Co. Oat   Almond   Lactose Free	.50
Нарру Нарру Ѕоу Воу. Ѕоу	.50
Large	.50
Extra Shot	.50

# Did you know we regularly host trainees in our cafe?



Tea Chamellia Tea	
English Breakfast   Earl Grey   Green   Peppermint   Lemongrass & Ginger   Chamomile	4.50
Other Hot Drinks	
Prana Chai Latte	5.50
Dirty Chai Latte	6.00
Hot Chocolate	5.50
Kids Hot Chocolate	5.00
Matcha Latte	5.50
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 Brunswick | Middle Park

Learn More forchangeco.com.au

<b>Karma Juices</b> Apple   Apple & Guava   Apple & Blackcurrant   Orange, Mango & Apple	Ę
Apple & Blackcurrant	
Kombucha	ĩ
Mango Passion   Raspberry Lemonade Ginger Lemon   Lemon, Lime & Mint   Peach	
Sodaly	Ĺ
Guava   Raspberry   Passionfruit	
<b>Sparkling Water</b> Blackcurrant   Mineral Water	Ę
<b>Something Fizzy</b> Karma Cola   Lemmy Lemonade	Ľ
Gingerella Gingerbeer	

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