

## DRINKS

#### **ESPRESSO**

Cappuccino, Flat White, Long Black, Latte, Hot Chocolate, Chai Latte
Sml \$5 / Lrg \$6

Espresso \$4

Piccolo Latte \$4.50

Macchiato \$4

Nutella Latte \$6.50

Mocha Sml **\$5.50** / Lrg **\$6.50** 

Dirty Chai Sml **\$5.50** / Lrg **\$6.50** 

Iced Latte \$6

Ice Cream Iced Chocolate \$7

Ice Cream Iced Coffee \$7

Almond, Soy, Oat, Lactose Free and Macadamia milk **\$0.80** 

Extra shot **\$0.50** 

Keep Cup Discount - \$0.50

#### **TEA \$5**

The Tea Collective Specialty Tea

English Breakfast, Wild Earl Grey, Sencha Green, Pure Peppermint, Ginger Lemongrass

#### **CHAITEA**

Sml **\$5** / Lrg **\$6** 

Chai Me. Steeped on your choice of milk

#### **SMOOTHIES**

PB & J \$10

Peanut butter, strawberry jam, vanilla ice cream, milk + freeze dried berries

#### Classic Banana Smoothie \$9

Banana, ice cream, milk, cinnamon + honey

### Berry Hemp Blast \$10 GF DF VE

Mixed berries, banana, hemp seeds, dates + coconut water

Green Machine \$10 GF DF VE

Banana, mango, spinach, cucumber, coconut water, coconut yogurt, chia seeds + spirulina

#### **SHAKES**

Kids \$5 Large \$8

Chocolate, Vanilla, Strawberry, Caramel, Lime, Coffee, Malt

#### HARVEST ST. COLD PRESSED JUICES

Super Greens \$8

Carrot + Ginger \$8

Beetroot + Apple \$8

#### **COLD DRINKS**

Kombucha **\$6.50** 

Sodas **\$6** 

Soft Drinks \$4

Bottled Water **\$4** 

Orange Juice \$5

Apple Juice \$5

Coconut Water **\$6** 

# ALL DAY

#### **TOASTIES**

#### **HCT \$14** *GFO*

Served on sourdough w/double smoked ham, tasty cheese, tomato + aioli

#### Pumpkin Pesto \$14 GFO V

Served on sourdough w/roasted pumpkin, pesto, halloumi, sun dried tomato + greens

#### **TOASTED**

#### **Banana Bread \$8**

Served w/ butter

#### Fruit Toast \$8

Served w/ butter

#### Sourdough Toast \$8 GFO

Served w/ butter, strawberry jam, peanut butter, nutella, vegemite or honey

#### Plain Croissant \$8

Served w/ butter + strawberry jam

#### Ham & Cheese Croissant \$9.50

Double smoked ham + tasty cheese

### Smashed Avo \$14 GFO VEO

On sourdough toast w/ lemon + greens

### Bacon + Egg Roll \$12

Bacon, fried egg, tasty cheese + bbq sauce

#### Wrap Special \$13

(Ask staff for this weeks special!)

## LOLA BOWLS

Maqui is a soft berry mix similar to Acai, grown in Chili and made in Aus by local legends @mapuchemaqui.

It's rich in anti-oxidants and super delicious.

All bowls are Dairy Free.

Gluten Free / Vegan Option \$3

Add Peanut Butter / Nutella / Honey \$2

#### Mima Bowl \$16 DF GFO

Maqui berry topped with Uprising granola, seasonal fruit + toasted coconut

#### Park Road Bowl \$16 DF GFO

Maqui berry topped with Uprising granola, seasonal fruit, chia seeds, goji berries + toasted coconut

#### Cha Cha Bowl \$16 DF GFO

Maqui berry topped with Uprising granola, banana, berries, peanut butter, cocoa nibs + toasted coconut

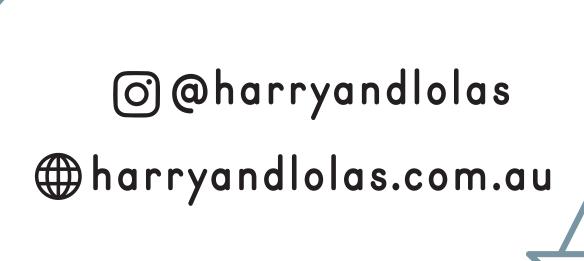
#### Coyo Bowl \$16 DF GFO

Coconut yogurt topped with Uprising granola, seasonal fruit + toasted coconut

#### **SWEETS**

#### See Daily Display

Tarts, cakes, muffins, cookies, donuts, croissants + gluten free cakes



info@harryandlolas.com.au Speers Point Park 96 Creek Reserve Road Speers Point 2284