



The Midge
TALLONG

SEASONAL MENU

Here at The Midge we embrace sustainable practices in all of our decision making. Because of this our menu is based upon seasonal and LOCAL produce wherever possible and our menu will be subject to change.
We are pleased to include Australian native foods to our menu.

Cold Drinks

Milkshake

Chocolate, caramel, lime, strawberry or vanilla
malt +75c
7.00

Old fashioned lemonade

Midge made with local lemonade fruit. Served still.
7.50 *gf*

Iced latte or long black

Double shot of coffee on ice with cold milk/water
5.80

Midge Made Cordial

Midge made cordial with real local fruit and low in sugar.
Always refreshing. Ask what variety we have available
6.50 *gf*

Iced coffee or iced chocolate

Espresso or chocolate syrup, milk, ice cream,
ice topped with whipped cream.
8.30

Wholesome banana, peanut butter, chia seeds & Roogenic honey smoothie

9.90 *gf*

Hot Drinks

Short black, long black, flat white, latte, cappuccino, macchiato, hot chocolate.

Piccolo/regular - 5.00 Mug - 5.50

Mocha, extra shot, flavours or alternative milks (soy, almond) + 50c

Pot of English breakfast tea

Ask about our herbal tea assortment
1 person - 5.50 2 people - 10.00

Pot of Roogenic Australian native tea

(Caffeine free)
Ask about our Roogenic teas available
1 person - 6 2 people - 10.50

There is a wide selection of pre-bottled drinks available from the fridge. Please advise staff of your

Vegan = vgn Vegan option available= Vgna Vegetarian = v Vegetarian option available= va
1. Gluten free option available = *gfa* (may be different ingredients as well as extra care taken with the preparation & cooking of your order to prevent cross contamination with gluten)

PLEASE ORDER & PAY AT COUNTER

Please note that due to higher staffing costs, a 10% loading applies to Sunday's and public holidays

PLEASE NOTE....

Our kitchen prepares foods that contains peanuts, tree nuts, eggs, milk, fish, crustaceans, sesame, soy, wheat and lupin. Care is taken with food and equipment handling; however, transfer of allergens may occur. We cannot guarantee an intolerance free or allergy free meal.

Please discuss your allergies or intolerances with our staff BEFORE ordering.

All Day Options

Waffles with yoghurt and ice cream and your choice of native sauce

Lemon Myrtle OR Strawberry Gum OR Kakadu Plum

16.50

Bacon & egg Roll

Grilled bacon & egg with sauce

13.50

Bene Roll

Bacon, egg, rocket, onion and benedict sauce

13.50

Big Brekkie ROLL

Bacon, egg, lean beef pattie, hash brown, sauce)

15.50

Grilled bacon on sour dough toast

\$10.50

Loaded fries

Chips with sweet chilli, aioli and bacon bits

\$11.00

Hot Nuts

Cajun cashews

Moroccan Peanuts

6.80 gf vgn

Please see our cake fridge for sweet treats

cream or ice cream +\$1

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Breakfast ('til 11)

The Big Breaky

Eggs (fried or scrambled), bacon, sausages, grilled tomato and caramelised ed balsamic onion, mushrooms, wilted baby spinach, hash brown and sourdough toast
22.00

The Veggie Big Breaky

Eggs (fried or scrambled), baked beans, haloumi, grilled tomato and caramelised balsamic onion, mushrooms, wilted baby spinach, hash brown and sourdough toast **v**
22.00

Bacon & Eggs

Eggs (fried or scrambled) and bacon with sourdough toast
16.00

Vegan Baked beans on toast

Midge made baked beans on sourdough toast with wilted baby spinach **v vgn, gfa**
15.50

Grilled mushrooms on sour dough toast

with wilted baby spinach **v vgn, gfa**
15.50

Gluten free toast add \$2

Midge made nutty Granola with quandongs and berries and topped with vanilla yoghurt and drizzled with native Roogenic Kakadu plum & lemon myrtle honey

OR ask for almond milk instead of yoghurt for vegan
18.00

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Lunch (from 11am)

Fish, chips & salad

A hearty lunch of lightly battered fillets, tartare, house made chips and salad
21.50

Lot Burger with chips

Lean beef pattie, cheese, onion, bacon, pineapple, egg, tomato or bbq sauce, lettuce, tomato, beetroot in a bun *gfa* +\$2
\$18.00

Chicken Caesar wrap with chips

Lean beef pattie, cheese, onion, bacon, pineapple, egg, tomato or bbq sauce, lettuce, tomato, beetroot in a bun *gfa* +\$2
\$18.00

Open grilled rye bread toast with up to 3 toppings

Ham, cheese, tomato, avocado, haloumi, pineapple, spinach, peanut butter, Spanish onion *va vgn*
14.50 extra toppings +\$2each

Vegetable & feta fritters with salad *gf v* \$21.50

Artisan Lunch platter for 2

. A selection of midge made and local artisan marinated and pickled vegetables, relishes/dips, vintage cheddar cheese
marinated feta, and artisan bread
\$40.00 *v*

For kids (under 12) 6 Nuggets n chips with tomato sauce \$10.50

Please see our specials board for more options

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