



Ben Roberts Café

Good food making a difference

Welcome to Ben Roberts Café.

At Ben Roberts Café, we believe that good food can bring a community together. A nourishing meal, a warm beverage, and an inviting atmosphere are at the heart of so many significant moments in life.

We aim to provide an inclusive space where all members of the community can gather and create those moments, while young people with disabilities are given opportunities to work and connect.

When you visit Ben Roberts, you're more than a customer - you're part of a social enterprise that supports our community.

We all have unique stories to tell. At Ben Roberts Café our story is your story.

At Ben Roberts Café we support an environment for learning, skill development and opportunity, and where your food is prepared with love & homemade ingredients.

We hope you enjoy the experience you receive today & look forward to welcoming you back.

All proceeds from the Ben Roberts Cafe support the vital services that Blue Mountains Food Services provides to young people with disability across the Mountains. Blue Mountains Food Services is a registered charity and has been in operation for over 20 years.

We are a proud member of the NSW Meals on Wheels association and a registered NDIS Provider.

Opening Hours: **Tuesday - Friday** **8-00 am – 2-00 pm**
 Saturday **8-30 am – 1-30 pm**
 or by special arrangement

****** Bookings Welcome - Contact us on 0434 314 254 ******

www.benrobertscafe.org.au



Ben Roberts Café

Good food making a difference

To help us keep our community COVID safe please check in to Ben Roberts Café using our QR Code.



- TOASTED SOURDOUGH / TURKISH** \$5.5
your choice of peanut butter, jam, honey, or vegemite
- SOURDOUGH FRUIT LOAF**
 - butter \$7.0
 - ricotta & honey \$9.5
- HOUSEMADE BANANA BREAD**
 - butter \$6.5
 - ricotta & honey \$9.0
- SCONES**
 - vanilla cream & house made jam
 - one scone \$4.5
 - two scones \$8.0
- COOKIES / SLICES / MUFFINS / CAKES**
 - Cookies: oatmeal and walnut / muesli / coconut and fruit \$3.0
 - Chocolate Brownie GF \$4.5
 - Muffin \$5.5
 - Cake *(Check in our cabinet for daily sweet treats)* from \$6.5
- CINNAMON FRENCH TOAST** \$14.0
banana, candied walnuts, yoghurt, & honey **V ***



Ben Roberts Café

Good food making a difference

BACON & EGG SARNIE	\$15.0
scrambled or fried, bacon, cheese, tomato relish in a toasted turkish *	
BEN'S BREKKY	\$18.5
eggs your way (2), bacon, roast tomato, hash brown on toasted sourdough *	
EGGS ON TOAST	\$10.0
eggs your way (2) with toasted sourdough *	
<i>add hash brown \$3.0 / extra egg \$3.0 / roast tomatoes \$4.0 / mushrooms \$4.0 / bacon \$4.0 / avocado (½) \$4.0 / halloumi \$4.0</i>	
MIDDLE EASTERN	\$19.0
poached eggs (2), sweet potato hummus, quinoa, pepitas, dukkah, nigella seeds, minted squashed peas, & grilled halloumi with toasted sourdough V *	
AVOCADO SMASH	\$17.5
avocado, lime, coriander, cherry tomatoes, marinated fetta, dukkah, leafy greens, poached egg (1) with toasted sourdough V *	
SALT & PEPPER SQUID	\$18.0
chips, salad & house made tartare sauce	
ROAST PUMPKIN SOUP	\$14.5
served with toasted sourdough V *	
HOUSE MADE PIE	\$18.5
chips, side salad & tomato relish <i>(Sweet potato fries \$2.0 extra),</i>	
CAESAR SALAD	\$14.0
cos, bacon, croutons, parmesan, egg, caesar dressing V GF <i>add chicken \$4.0</i>	



Ben Roberts Café

Good food making a difference

ZUCCHINI FRITTERS	\$15.5
tomato avocado salsa, sour cream & side salad V GF	
BEN'S BURGER & CHIPS	\$18.0
<i>(Sweet potato fries \$2.0 extra)</i>	
➤ BEEF	with caramelised onion, burger cheese, beetroot, tomato, pickles, mixed leaves & bbq sauce in a toasted milk bun <i>add gluten free bun \$3.0</i>
➤ CHICKEN	marinated tenderloins, bacon, burger cheese, mixed leaves & honey mustard mayonnaise in a toasted milk bun <i>add gluten free bun \$3.0</i>
TOASTED TURKISH *	\$12.0
➤ BLT	bacon, lettuce, tomato with aioli <i>add avocado \$4.0</i>
➤ HCT	imperial ham, cheese, tomato with dijon mustard

SIDES/EXTRAS

BEER BATTERED CHIPS	with aioli	\$6.5
	1/2 serve	\$4.0
SWEET POTATO FRIES	with aioli	\$8.5
	1/2 serve	\$6.0
GARDEN SALAD		\$5.5
mixed leaves, cucumber, onion, cherry tomatoes & lemon vinaigrette <i>add chicken \$4.0</i>		

- * **GLUTEN FREE BREAD AVAILABLE** *\$2.5 extra*
- GF GLUTEN FREE**
- V VEGETARIAN**

We only use the freshest of ingredients including free range Carbeen Pasteurised Produce eggs



Ben Roberts Café

Good food making a difference

BEVERAGES

LITTLE HOUSE COFFEE CO.

- Espresso / Ristretto \$3.1
- Macchiato / Piccolo \$3.4
- Flat White / Cappuccino / Long Black S \$3.9 / M \$4.9 / L \$5.9
- Hot Chocolate / Mocha / Latte M \$4.9 / L \$5.9
- Turmeric Latte / Chai Latte / Dirty Chai + \$0.5 M \$4.9 / L \$5.9
- Iced Chocolate / Iced Coffee/ Iced Mocha \$6.5
- Iced Latte / Iced Long Black \$5.0
- Baby Chino \$1.0

BLUE MOUNTAINS TEA COMPANY (Leaf Tea)

- English Breakfast / Earl Grey \$4.0
- Chamomile / Peppermint / Lemongrass & Ginger \$4.5
- China Sencha Green Tea \$4.5
- Punjabi Chai brewed on milk with honey (contains almonds) \$6.0

EXTRAS \$0.5

Extra Shot/ Decaf

Alternative Milks \$0.5

Almond / Soy / Oat

Syrups \$0.5

Vanilla / Caramel



Ben Roberts Café

Good food making a difference

DAYLESFORD & HEPBURN MINERAL CO. 300ml

- Organic Ginger Beer / Organic Cola / Organic Lemonade \$5.5
- Sparkling Mineral Water / Still Mineral Water \$3.5
- Sparkling Pink Grapefruit / Orange & Passionfruit/ Apple \$4.5
- Orange Juice \$5.5

BILPIN

- Apple Juice \$4.5

HERBS OF LIFE KOMBUCHA 300ml \$6.5

Peach & Apricot / Hibiscus Flower / Ginger & Lime /
Ginger & Turmeric

HOUSEMADE

Lemon, Lime & Bitters \$5.0

MILKSHAKES \$7.0

proper ol' school shakes: thick, rich & frothy

Chocolate / Strawberry / Caramel / Vanilla

add Malt \$0.5 / Alternative milks \$1.0

SMOOTHIES \$7.5

- **Banana** banana, milk, honey & yoghurt
- **Berry** frozen mixed berries, milk, honey & yoghurt
add alternative milks \$1.0