

CAFE DES AMIS

*Gluten free crêpes with buckwheat and chia now available - add \$1



Breakfast Crêpes

Served until 12 noon with organic greens and sour cream

- Ham, organic scrambled eggs, gruyère cheese, tomato \$11.50
- Organic scrambled eggs, tomato, gruyère cheese \$10.95
- Spinach, feta, tomato, Organic scrambled eggs \$10.95
- Breakfast burrito; Bombay potatoes, scrambled eggs, vintage cheddar \$11.50



Sweet Crêpes

- Nutella \$5.50
- Maui cane sugar with lime juice \$4.50
- Banana and chocolate \$6.50
- Cinnamon and cream \$5.50
- Strawberries and cream \$8.50
- Apple cheesecake \$8.50
- Toasted pecans, maple syrup and cream \$6.95
- Banana, toffee sauce and cream \$7.50



Savory Crêpes

All served with organic greens with lemon tahini dressing or balsamic herb vinaigrette and sour cream

- Mozzarella, tomato, pesto \$9.95
- Spinach and feta cheese \$11.50
- Ham and Gruyère cheese \$10.95
- Italian lentil and tomato stew, pesto, mozzarella \$11.50
- Mediterranean vegetables, feta, pesto \$11.95
- Chicken, avocado, mozzarella, tomato, Caesar dressing \$11.95
- Bacon, brie, avocado with apple and black pepper \$11.95



Appetizers

- Vegetarian Mediterranean Platter** (for two) \$14.75
Hummus, olives, cucumber raita, feta, garlic artichoke salad,
roast Mediterranean vegetables, tomatoes, pesto, pita bread
- Mixed Platter for two** \$15.75
Salami, prosciutto, hummus, vintage cheddar, brie, olive tapenade,
sweet onion chutney, bread
- Tahitian Poisson Cru** \$12.95
Fresh Ahi, with coconut milk, lime juice, onion, cucumber and tomato.
Served with rice or bread.
- Hummus and pita bread** \$6.50

*The gluten free crêpes are prepared in our kitchen where we also prepare food that contains gluten.

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness.



Curry Wraps

*All served with mango chutney and cucumber raita
A large flour tortilla with a choice of the following fillings*

- Organic chicken curry & rice \$12.95
- Shrimp and coconut curry & rice \$13.95
- Vegetable curry & rice \$11.95
- Beef short rib, mushroom curry & rice \$13.95
- Butternut squash, garbanzo, coconut curry & rice \$11.95



Mediterranean Seafood Stew

Fresh island fish, king prawns in a seafood tomato broth, baby potatoes.served with saffron aioli, bread \$19.95



Indian Curries

All served with basmati rice (or brown rice - 50c supplement). Please ask if you would like a complimentary chutney.

- Butternut Squash & Garbanzo Bean Curry** \$13.95
Butternut squash,spinach, garbanzo, green beans, Kehrela spices, curry leaves, coconut milk
- Beef Short Rib & Mushroom Curry** \$16.95
Coconut milk, tomatoes, garlic, ginger, onions, cilantro, Goan spices
- Catch of the Day Fish Curry** \$19.95
Fresh island fish in a rich creamy sauce with tomato, yogurt, cilantro, spices
- Shrimp Curry** \$18.95
Shrimp in a coconut sauce with ginger, garlic, cinnamon, cilantro, Bengal spices
- Chicken Curry** \$16.95
Organic chicken slow cooked with tomato, yogurt, garlic, ginger, cinnamon, cilantro, Rajasthan spices
- Vegetable Curry** \$13.95
Spinach, carrots, cauliflower, potatoes, peas in a coconut sauce with tomatoes, cilantro, Tamil spices



Salads

- Kale, Goat's Cheese & Sprout Salad** \$13.95
Organic sunflower sprouts, organic beets, organic carrots, pumpkin seeds, red onion, parsley, olive oil dressing
- Greek Salad** \$11.95
Organic greens, tomato, red onion, cucumber, bell pepper, feta cheese & Kalamata olives, balsamic & olive oil vinaigrette, or lemon tahini dressing
- Mixed Salad** \$6.45
Organic greens, tomato, red onion, cucumber, balsamic & olive oil vinaigrette, or lemon tahini dressing



Add-ons

- Mango chutney \$1.50 - Tomato chutney \$1.50 - Habañero chutney \$1.50
- Pita bread \$1.50 - Cucumber raita \$2.50 - Bombay potatoes \$4.95
- Chicken \$5, Goat's cheese \$5, Bacon \$3, Avocado \$3, Sunflower sprouts \$3