

BREAKFAST- ALL DAY!

Berry Bircher Bliss ~ Layers of bircher, berries & yoghurt	9.50
House Made Honey Toasted Muesli With fruit, yoghurt, nuts & honey	12.50
Fruit Salad	8
With nuts & yoghurt.	9.50
Frittata (GF)	7.50
With toast & tomato	10
House Made Mexican Beans on Toast	10
With cheese & sour cream. Choose turkish, sourdough or gluten free bread	
Toast ~ Choose turkish, sourdough or gluten free With jam, honey or vegemite	6.50
With avocado or hummus & tomato	10
Traditional Fruit Toast ~ With cinnamon sugar (1 slice)	3.50

SEASONAL LUNCHES FRESH TO ORDER

Tex Mex Spud (GF) ~ House made mexican beans cheese, sour cream & greek salad	10
Open Veggie Burgers (V option, GF option) ~ Choice of pattie from display with salad, cheese & sauce	12.50
Nachos (GF, V option) ~ House made tex mex beans and Corn Chips	12.50
Frog's Tasty Plate (V option, GF option) ~ A surprise selection of Frog favourites.	17.50
Spring Rolls* ~ House made with a spicy plum dipping sauce & crunchy asian salad (*only available weekdays 12 to 2pm)	10
Soup of the Day (in cooler months only) ...	10
Curry of the Day (in cooler months only) ...	12.50

FROM THE DISPLAY

Rice Paper Roll (V, GF)	5
Chickpea Pattie (GF) ~ Sweet & tasty middle east flavours	5.50
Lentil Pattie (V, GF) ~ Mild curry flavour	5.50
Risotto Pattie (GF) ~ Arborio rice with herbs, onions, cheese & butter	5.50
Falafels (V, GF) ~ 4 per serve	5.50
Croquettes (GF) ~ 4 per serve. Quinoa with lemon zest, herbs & onion.	5.50
Frittata (GF)	7.50
Lasagne	7.50
House Made Pies	7.50
House Made Falafel & Hummus Wraps (V) Whole	9.50
Half	5
House Made Cakes, Slices & Cookies (see display) Gluten free, sugar free & dairy free options	
Super Salad Bar ~ See descriptions.	
sml : Choose 2 salads	8
med : Choose 3 salads	10
lge : Choose 4 salads	14

SAUCES ARE FREE!

House made, add to meals & salads. You choose!

Green Goddess (GF) ~ Yoghurt, herb & lemon aioli
Hummus (V, GF) ~ Chickpea delight!
Mint Yoghurt (GF) ~ Greek style
Chilli Jam (V, GF) ~ Sweet & spicy
Tomato Relish (V, GF) ~ Old style
Satay (V, GF) ~ Made with pure ground peanuts

SUPER SALAD BAR

House made using fresh & locally sourced produce
(see pricing in "From The Display")

Red (V, GF) ~ Carrot, beetroot, red kidney beans, sultanas and sesame soy dressing with a sprinkle of dukkah.
Vegan Pasta (V) ~ Penne pasta, semi dried tomatoes, onion, spinach and mushrooms with mustard soy aioli.
Asian (V, GF option) ~ Fresh coleslaw with sesame soy dressing, nuts and crunchy noodles.
Greek (GF) ~ Feta, marinated olives, tomatoes, cucumber, onion and capsicum with olive oil vinaigrette.
Gado Gado (GF) ~ An Indonesian salad of green beans, eggs, peanuts and tofu with satay dressing.
Soba Noodle (V) ~ Japanese noodles, spicy radish, rocket, sesame seeds with ginger sesame dressing.
Thai (V, GF) ~ Rice vermicelli noodles, pea shoots, spring onions, carrot, celery, capsicum, red onion and coriander.
Quinoa Tabouleh (V option, GF) ~ Quinoa, fresh parsley, mint, celery, cucumber, capsicum with a citrus, honey dressing.
Broccoli & Cauliflower (V, GF) ~ Steamed broccoli and cauliflower, onion, capsicum with a lemon, pepper and olive oil dressing.
Local Brown Rice (V, GF) ~ Chemical-free Yamba grown brown rice, peas, corn, capsicum and onion with a soy and sesame oil dressing.
Rocket & Pear (GF) ~ Rocket, pear, shaved parmesan with a lemon juice dressing.
Green Power (V, GF) ~ Broccoli, rocket, peas, spring onion, beans, baby spinach & celery with a vegan cashew dressing & a sprinkle of Dukkah.
Rainbow (V, GF) ~ Carrot, corn, beetroot, spinach, strawberries & blueberries with nuts & a ginger tahini dressing.
Moroccan Chickpea (V, GF) ~ Roasted beetroot & pumpkin, chickpeas, sultanas, spinach & sunflower seeds with a Middle Eastern dressing.
Sunshine Salad (GF) ~ Potato, sweet potato, baby spinach, corn, sun dried tomatoes, macadamia nuts, basil, parmesan cheese with olive oil and lemon zest.
Vegan Potato Salad (V, GF) ~ Potatoes, onion, mint, soy aioli and vinegar,

HOT DRINKS


- Cappuccino
- Flat White
- Latte
- Mocha
- Hot Chocolate
- Chai Latte
- Espresso
- Spiced Dandelion
- Tumeric Chai
- Spiced Cacao

All of the above Sml 4 Med 5 Lge 6

Extras ~ Soy, rice or almond milk, decaf,
extra shot, syrups 50c

Teas ~ Local "Red Sparrow" & "Rainbow" loose
leaf & "Planet Organic" traditional & herbal
blends 4

- French Earl Grey
- Darjeeling
- Peppermint
- Forest Berries
- Ceylon Decaf
- English Breakfast
- Green Sencha
- Chamomile
- Lemongrass & Ginger

 BYO RE-USEABLE CUP OR
CONTAINER AND GET: **50c** DISCOUNT

COLD DRINKS

Iced Drinks & Milkshakes ~ Coffee (real shots),
chocolate, caramel, vanilla or strawberry . . . 6

Spiders ~ Organic soft drink or sparkling juice
with ice cream or frozen yoghurt 5

Affogato ~ 2 shots of coffee with ice cream . . 5

**Check the fridge for our range of bottled
organic soft drinks & juices**

JUICES

sml 7 med 8 lge 9

Happy Healer ~ Carrot, apple, orange, lemon, ginger

Fruit Mix ~ Watermelon, pineapple, apple, orange, pear

Veg Out ~ Carrot, celery, beetroot, apple, ginger

Peacemaker ~ Pear, cucumber, mint, lemon

SMOOTHIES

sml 7 med 8 lge 9

Cool Bananas ~ Bananas, frozen yoghurt, milk

Berry Bliss ~ Mixed berries, frozen yoghurt, milk

Mango Magic ~ Mango, frozen yoghurt, milk

* **Soy, rice or almond milk** 50c

FROG SPECIAL BLENDS SUGAR & DAIRY FREE

sml 8 med 9 lge 10

Metabolizer ~ Banana, spinach, coconut water,
cinnamon

Mudslide ~ 100% cocoa, banana, blueberries,
spinach, coconut water

Whole Earth ~ Banana, pumpkin seeds, vanilla,
coconut water, cinnamon

WE'RE WORKIN' ON SUNSHINE
& DON'T IT FEEL GOOD!

OUR ROOF IS COVERED WITH SOLAR PANELS
GIVING US FREE ENERGY FROM THE SUN!



OUR MENU



Our food prep is based on organic
and locally produced ingredients
wherever possible. Food that is jam
packed with reasons to smile!

TAKE HOME DINNERS

- Patties** \$5.50 or 6 serves \$27.50
- Vegetable Frittata** \$7.50 or 4 serves \$26
- Vegetable Lasagne** \$7.50 or 4 serves \$26
- House Made Pies** \$7.50 or 4 serves \$26
- Soup or Curry of the Day** 1 Litre \$14
(available in cooler months only)
- House Made Mexican Beans** 1 Litre \$14

HAPPY CATERING AVAILABLE

16 Park Avenue, Coffs Harbour NSW
Phone 66 516 518

WWW.THEHAPPYFROG.COM

Please note - prices are subject to change