*Prices and availability are subject to change

the Happy Frog

we ♡ local

MENU

MAKING IT EASY TO EAT WELL

OUR FOOD PREP IS BASED ON ORGANIC AND LOCALLY PRODUCED INGREDIENTS WHEREVER POSSIBLE.

FOOD THAT IS JAM PACKED WITH REASONS TO SMILE!

WWW.THEHAPPYFROG.COM

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DRINKS

*** EXTRAS $1 ***
Plant milks, lactose free, mocha, dirty chai, decaf, extra shot, syrups.

HOT DRINKS

SML (8oz): 5 **MED** (12oz): 6 **LGE** (16oz): 7

Choose from:

- Coffees
- Chai Latte
- Infused Chai
- Infused Dandelion
- Spiced Cacao
- Turmeric Chai
- Hot Chocolate
- Matcha

TEAS 5

Loose-leaf traditional & herbal blends.

COLD DRINKS 8

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

Spiders
Soft drink or sparkling juice with ice cream or frozen yoghurt

Affogato
2 shots of coffee with ice cream

Check the fridge for our range of bottled organic soft drinks

JUICES

SML : 8 **MED** : 10 **LGE** : 12

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 : 8 **MED** : 10 **LGE** : 12

Cool Bananas
Bananas, frozen yoghurt, milk

Berry Bliss
Blueberries, frozen yoghurt, milk

Mango Magic
Mango, frozen yoghurt, milk

Metabolizer (sugar & dairy free)
Banana, spinach, coconut water, cinnamon

Mudslide (sugar & dairy free)
Cocoa, banana, blueberries, spinach, coconut water

Whole Earth (sugar & dairy free)
Banana, pumpkin seeds, vanilla, coconut water, cinnamon

BYO RE-USEABLE TAKEAWAY CUP OR CONTAINER & GET 50c OFF!

V = Vegan GF = Gluten Free DF = Dairy Free O = Option

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ALL DAY BREAKFAST

Toast (VO, GFO) Choose turkish, sourdough or gluten free
with jam, honey, vegemite or peanut butter 10

Fruit & Nut Toast with butter & cinnamon sugar 10

Berry Bircher with layers of bircher, berries & yoghurt 15

Fruit Salad with nuts & yoghurt. 15

Frittata (GFO) with toast & tomato 15

Honey Toasted Muesli with fruit, yoghurt, nuts, honey & milk 16

House Made Mexican Beans on Toast (VO, GFO, DFO)
with cheese & sour cream 20

Avocado with the lot on toast (VO, GFO, DFO)
with pesto, fetta, tomato & lemon wedge. 20

LUNCH

Tex Mex Spud (GF)
House made mexican beans, cheese, sour cream & greek salad 20

Open Veggie Burgers (VO, GFO, DFO)
Choice of pattie, red salad, lettuce, cheese, dukkah & sauce 20

Nachos (GF, VO, DFO)
House made tex mex beans and corn chips 20

Soft Corn Tortilla (VO, GF, DFO)
Mexican beans, crunchy salad, avocado, cheese with a dill dressing . . . 20

Sushi Bowl (V)
Marinated tofu with rice, green salad, avocado, veggies, ginger,
pickles and sesame seeds. 20

Frog's Tasty Plate (VO, GFO, DFO)
A surprise selection of Frog favourites (serves 2) 30

Seasonal Specials, Soups & Curries . . . . . see our blackboard

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FROM THE DISPLAY

Lentil Pattie (Vegan, GF, DF) ~ Mild curry flavour 7.5
Add a side of salad - your choice 16

Risotto Pattie (GF)
Arborio rice with herbs, onions, cheese & butter 7.5
Add a side of salad - your choice 16

Falafels (Vegan, GF, DF) ~ 4 per serve 7.5
Add a side of salad - your choice 16

Frittata (GF) 9.5
Add a side of salad - your choice 18

Lasagne 9.5
Add a side of salad - your choice 18

House Made Pies 9.5
Add a side of salad - your choice 18

House Made Falafel & Hummus Wraps (Vegan)
Whole 16
Half 8

Super Salad Bar ~ See descriptions last page.

SIDE : Choose 1 salad (250 ml) 8.5

SML : Choose 2 salads (500 ml) 13.5

MED : Choose 3 salads (750 ml) 16.5

LGE : Choose 4 salads (1.3 ltr). 23

EXTRA LARGE* : (4.5 ltr) *: See our catering menu* 85
**Conditions apply. Pre-order required*

CHOOSE A SAUCE: House made, add to meals & salads.
Green Goodness *herby pesto sauce* (Vegan, DF) , **Hummus** (Vegan, GF, DF),
Mint Yoghurt (GF), **Chilli Jam** (Vegan, GF, DF), **Tomato Relish** (Vegan, GF, DF), **Satay** (Vegan, GF, DF)

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HAPPY CATERING

The Happy Frog catering service is everything you love about our cafe delivered straight to your door. A variety of sandwiches, wraps, snacks and treat platters available.

Party Salad Trays (4.5 ltr) $80

Also see BULK BUY DEALS below

Check our website for our full catering menu and how to order.

BULK BUY & TAKEAWAY DEALS

At The Happy Frog we make it easy to eat well.

Whether you need a quick meal for yourself or for the whole family! Budget friendly, filling and nutritious options are always available.

Veg Frittata . . . . . 4 for $34
Veg Lasagne . . . . . 4 for $34
Housemade Pies . . . . . 4 for $34
Risotto & Lentil Patties . . . . . 6 for $39
Falafels (4 per serve) . . . . . 6 serves for $39
Housemade Mexican Beans . . 1 Ltr $19
Seasonal Soups or Curries . . 1 Ltr Available

JAR MEALS

YOU CAN COOK A HAPPY FROG MEAL AT HOME!

Varieties available: Coconut Curry, Minestrone, Quinoa Pilaf, Mexican Beans, Rissotto, Jambalaya. Find them on our grocery shelves

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SUPER SALAD BAR

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MED : Choose 3 salads (750 ml) 16.5

LGE : Choose 4 salads (1.3 ltr). 23

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**Conditions apply. Pre-order required*

Red (V, GF, DF)
Carrot, beetroot, red kidney beans, sultanas and sesame soy dressing with a sprinkle of dukkah.

Vegan Pasta (V, DF)
Penne pasta, semi dried tomatoes, onion, spinach and mushrooms with mustard soy aioli.

Asian (V, GFO, DF)
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, DF)
An Indonesian salad of green beans, eggs, peanuts, tofu & satay dressing.

Soba Noodle (V, DF)
Japanese noodles, spicy radish, rocket, sesame seeds with ginger sesame dressing.

Thai (V, GF, DF)
Rice vermicelli noodles, pea shoots, spring onions, carrot, celery, capsicum, red onion and coriander.

Quinoa Tabouleh (V, GF, DF)
Quinoa, parsley, mint, celery, cucumber, capsicum with olive oil vinaigrette.

Rocket & Pear (GF)
Rocket, pear, shaved parmesan with a lemon juice dressing.

Brown Rice (V, GF, DF)
Brown rice, peas, corn, capsicum and onion with a soy sesame oil dressing.

Green Power (V, GF, DF)
Broccoli, rocket, peas, spring onion, beans, baby spinach & celery with a vegan dill dressing & dukkah.

Rainbow (V, GF, DF)
Carrot, corn, beetroot, spinach, strawberries, blueberries, nuts & a dill dressing.

Moroccan Chickpea (V, GF, DF)
Roasted beetroot & pumpkin, chickpeas, sultanas, spinach & sunflower seeds with a Middle Eastern dressing.

Buddha Bowl (V, GF, DF)
Curried chickpeas, mushrooms, dried tomatoes, broccoli, avocado, tamari coated almonds & rocket.

Vegan Potato Salad (V, GF, DF)
Potatoes, onion, mint, soy aioli and vinegar.

Waldorf Salad (V, GF, DF)
Apple, celery, lemon juice, sultanas, walnuts & vegan aioli.

Caesar Salad (GF)
Cos lettuce, tempeh, eggs, GF free croutons, eggs, parmesan cheese, capers, soy aioli & lemon dressing.

Fruit Salad (GF, VO)
Seasonal fruit Served with yoghurt and nuts.

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