

At the Merri Table we pride ourselves on using the best local, fresh, free-range and organic produce.

Sourdough or fruit toast w/ butter and choice of homemade jam, peanut butter, honey or vegemite 7

Vanilla Chia Seeds w/ coconut cream, CERES muesli, sour cherry cream and candied lady fingers 14

Dr Marty's crumpets w/ crispy pancetta, baba ganoush, watercress, red radish and poached eggs. 16.5

Burmese Golden Eggs w/ curry boiled eggs, shallots, turmeric and spiced tomato sauce 17

Black Rice w/ cashews, broccoli, green beans, chives, coriander and fried eggs 16.5

Cretan Village w/ roma tomatoes, capers, feta, lebanese cucumber, spanish onion, green leaves and garlic croutons 16.5

Eggs your way w/ toast scrambled/fried/poached. 11

Kids Egg on Toast - Poached or Fried 7

Sides

King brown mushrooms, bacon slab, broccoli 4.5 ea

Avocado, goat's cheese, wilted silverbeet, raw greens 4 ea

Gluten free bread 1 extra

Green salad w/ asparagus, broccoli, green beans, chives, pistachios, miso pumpkin dressing. 16.5

Spiced Kangaroo w/ quinoa tabbouleh, caper, radish and fennel salad. 18.5

Veggie Delight w/ zucchini and tofu burger with crispy kale, sriracha mayo, and potato crisps. 16.5 (vegan option)

Korean fried chicken burger w/ slaw, coriander, sriracha mayo and potato crisps. 17

The Merri fried potatoes w/ cajun salt 7

Organic tomato ketchup 1

House Sauces 1.5

Sriracha - house hot sauce

Mustard mayo

Cashew mayo (vegan)

Kids

Toastie w/ cheese, ham & cheese, tomato & cheese or vegemite & cheese 6.5

Soft boiled egg w/ vegemite toast soldiers 5

Lunch box w/ toastie, fruit & cookie 9



Please inform staff of any food allergies that you may have.

Whilst we strive to cater to all dietary requirements, we cannot guarantee that there is zero risk of cross contamination in all dishes in particular nuts/gluten.

*Please be aware that **we do not split bills**. No menu alterations on the weekends. Thank you for your understanding.*

All profits generated go towards supporting our education and community programs.

Coffee

Short 3.6 / long 3.9

Mocha, hot chocolate 4

(Decaf add .20c)

Golden latte

(turmeric, almond milk, coconut oil, pepper) 5

Babycino 1.1

Tea

English breakfast, earl grey, green, lemon myrtle, chamomile, peppermint, lemongrass 4.50

Organic roasted dandelion 5

Organic CERES chai served w/ honey 5

Coffee by Coffee Supreme
'Origin' fairtrade Organic Blend

Schultz organic cow's milks - full or low fat
Pureharvest Organic (GF) soy milk (0.30c)
Pureharvest Organic (GF) almond milk (0.50c)

Juice

Daily freshly cold pressed juice 7

Demeter biodynamic apple & pear 6

Soda

Daylesford & Hepburn lemonade, ginger beer, cola, lemon lime & bitters 4.5

Daylesford & Hepburn sparkling mineral water
sml 4 med 6.5 lge 8

Beer & Cider

Mountain Goat Steam Ale 8

Mountain Goat High Tail Ale 8

Mock Red Hill Apple Cider 8

Trumpeter's Organic Iced Tea 9

Brunswick Bitter Can 6

Biodynamic Wine

Robinvale organic shiraz

glass 9 bottle 40

Biodynamic dry red

glass 8 bottle 35

Organic semillon sauvignon blanc

glass 8 bottle 35

Organic One chardonnay

glass 9 bottle 40

Organic One Sparkling Blanc de Blanc
bottle 40

Iced

Coffee or chocolate 4.5

Cold brew single origin 6

Home brewed kombucha 4.5

About the Merri Table

Sustainable food choices are very important to us here at CERES and they link to all of the food enterprises we operate from what we stock in the Grocery to what features on the menu at The Merri Table. We take pride in the relationships that we have established with local farmers and trust in their products and processes. Our partnerships with farmers and producers support a localised food system that gives back to those who care for the earth, their produce and animals. All of the meat and dairy products on our menu are organic, free range and cruelty free.

CERES Farms

Honey Lane Market Garden is set on half an acre of land and contains a beautiful mix of fruit trees and raised garden beds, chooks, an aquaponics system, worm farms, a propagation area and an outdoor classroom. CERES Joe's Market Garden is a 2 acre market garden located in Coburg, 2 km's north of CERES. We plant organic seedlings propagated by our Propagation team. The organic produce grown on at our market gardens is available for purchase at the CERES Grocery and appears on our Specials board at the Merri.

CERES Chooks

CERES Farm is home to over 200 Isa Browns which are split in two flocks called either the Hazels or the LouLous. Our lovely chooks provide us with hundreds of delicious organic eggs each week and they are available to purchase at the CERES Grocery.

Does the food come from CERES?

The Merri Table cooks up a lot of produce each week for our hungry customers and our Honey Lane Market Garden and Chooks simply do not produce enough to meet up with the demand, instead we support our local farmers and producers.

For more information about our suppliers or to view our purchasing policy please visit <http://ceres.org.au/social-enterprises/cafe/>

