



330 Seaview road, Henley Beach

  @swedishtartshenley
www.swedishtarts.com
(08) 8235 1116

SWEDISH TARTS

PLEASE ORDER AT THE
COUNTER WHEN YOU ARE READY.

SOMETHING LITTLE

HOMEMADE SOURDOUGH TOAST (GFO) 8
white or rye with butter and your choice of
vegemite / peanut butter / jam / nutella

HOMEMADE TOASTED MUESLI (V) 11
berries / spiced pear / yogurt / cinnamon /
honey / almonds / mint

RICE PORRIDGE (VG) (GF) 11
coconut milk / cinnamon

SPICED PEAR PORRIDGE (V) (VGO) 11
with cinnamon / walnuts

FRUKTSALLAD (GF) (V) (VGO) 11
seasonal fruit with passionfruit yogurt

HOMEMADE CRUMPETS (V) 8
with maple butter

KAVIAR MACKA (GFO) or (DFO) 12
sourdough rye / poached eggs / smoked
cod roe paste (kalles kaviar) / chives / radish

MEAN BEANS ON TOAST (VG) or (GFO) 12
sourdough rye / homemade spicy beans /
rocket / olive oil / sticky balsamic

GOODIE!! we only provide the best for you
Barossa chorizo & smoked ham / free range
chicken & eggs / homemade bread & pastries

ALL DAY BREAKFAST

EGGS ON TOAST 11.5
sourdough white / eggs your way

add extras 3.5
avocado / fried tomato / garlic mushrooms /
spicy beans / spinach / gf bread

even extra 4.5
spicy chorizo / bacon / smoked salmon /
serrano / haloumi / potato rösti

saucy 1
tomato chutney / garlic aioli / lemon aioli /
horseradish aioli / herb aioli / vegan mayo

EGG & BACON ROLL (GFO) or (DFO) 14
with homemade chutney

GREEN EGGS & HAM (GFO) or (DFO) 17
sourdough white / poached eggs /
ham / herb aioli

CRISPY SERRANO HAM EGGS (GFO) or (DFO) 17
sourdough white / homemade tomato
salsa / Danish feta / rosemary / olive oil

POACHED TURMERIC EGGS (V) (GFO) or (DFO) 17
sourdough rye / Danish feta / spinach /
balsamic / turmeric / parsley

SMOKED SALMON SCRAMBLED EGGS 17
sourdough rye / garlic aioli / chives (GFO)

BONDOMELETT 17
(FARMER'S OMELETTE) (GFO)
sourdough white / ham / potato / carrot /
onion / capsicum / cheddar / parsley

SMASHED AVOCADO (V) (GFO) or (DFO) 18
sourdough rye / guac / poached eggs /
haloumi / rocket / sticky balsamic /
smoked almonds

CHILLI CORIANDER SCRAMBLED EGGS 16
on sourdough white (V) (GFO)

BIG VEGAN BREAKFAST (VG) or (GFO) 17
sourdough rye / olive oil / spicy beans /
garlic mushrooms / tomato salsa / avocado /
sticky balsamic / lemon

SALMON POTATO CAKES (GF) (DF) 18
crispy potato röstis / smoked salmon /
horseradish aioli / dill / avocado

PYTTIPANNA (BACHELORS MIX) (GF) (DFO) 18
pan fried bacon / vienna sausage /
potato / carrot / onion with a fried egg /
baby beetroot

KIDDIES

BEANS WITH SOLDIERS (V) (GFO) or (VGO) 8
with melted cheddar / bread sticks

ULTRA MINI EGG & BACON ROLL 6
with tomato sauce (GFO) or (DFO)

HCT TOASTIE (GFO) 5
homemade white bread / butter /
tomato / ham / melted cheddar

MINI FRUIT SALAD (V) (GFO) or (VGO) 5
with passionfruit yogurt

FRESHLY MADE FLATBREADS

OPEN BREAKFAST FLATBREAD (DFO) 18

bacon / poached eggs / tomato / cheddar / garlic aioli / parsley

MUSHROOM FLATBREAD (V) (DFO) 18

garlic mushrooms / spinach / balsamic / Spanish red onion / Danish feta

SWEDISH FLATBREAD (DFO) 18

mascapone / smoked salmon / spinach / capers / balsamic / Spanish red onion / dill

CRISPY BACON FLATBREAD (DFO) 18

parmesan / bacon / rocket / balsamic / sundried tomato / garlic aioli

TANDOORI FLATBREAD (DFO) 18

tandoori paste / chicken / yogurt / Spanish red onion / coriander / cucumber

VEGAN PIZZA (VG) 18

homemade chutney / Spanish red onion / tomato / garlic mushrooms / rocket / vegan mayo / mixed seeds

PROSCIUTTO PIZZA (DFO) 18

cheddar / tomato / chutney / prosciutto / olives / Spanish red onion / rocket

HCT TOASTIE (DFO) 16

SWEDISH SHARE PLATTER 26

garlic flatbread / smoked salmon / vienna sausage / Swedish meatballs / beetroot salad / capers / pickled cucumber / fresh capsicum & apple / horseradish aioli / radish / dill

ALL DAY LUNCH

SWEDISH MEATBALLS 19

served with creamy mash / mushroom gravy / side of lingon berry jam & pickled cucumber

OPEN MEATBALL SANDWICH 16

sourdough rye / mixed lettuce / balsamic / Swedish beetroot salad / meatballs / olive oil / parsley

MEATBALL ROLL 16

with melted cheddar / chutney / parsley

BURGERS

BIFF LINDSTRÖM (BEEF BURGER) 19

beetroot, gherkin & caper filled beef patty / lettuce / balsamic / tomato / caramelised onion / fried shallots / mayo / seeded mustard / chutney

CHICKEN BURGER (GFO) or (DFO) 18

chicken breast / creamy blue cheese / lettuce / balsamic / tomato / Spanish red onion / chutney

HALOUMI BURGER (V) (GFO) 17

cucumber / rocket / sticky balsamic / homemade chilli jam / beetroot / chutney

VEGAN CHICKPEA BURGER (VG) or (GFO) 18

tandoori / cucumber / Spanish red onion / coriander / spinach / sticky balsamic / vegan mayo / chutney

MIXED GARDEN SALADS (GF)

FRIED HALOUMI SALAD (V) 17

WARM CHICKEN SALAD (DF) 18

with garlic aioli

ATLANTIC SALMON SALAD (DF) 19

with herb aioli & dill

SUMMER SALAD (DF) 17

with poached eggs / smoked salmon / mixed herbs / herb aioli

THIN SWEDISH CREPES (GFO)

SWEDISH CREPES 18

spinach / balsamic / smoked salmon / Spanish red onion / capers / garlic aioli / dill

JAMON CREPES 17

rocket / balsamic / jamon / parmesan / sundried tomato / olive oil / parsley

BANANA BACON CREPES 16

with maple syrup

SWEET TOOTH

LEMON SUGAR CREPES (V) 11

BLUEBERRY JAM CREPES (V) 12

served with whipped cream

CLASSIC MAPLE SYRUP CREPES (V) 14

served with ice cream

HOT DRINKS

small 3.8 / medium 4.9 / large 5.2 / bowl 6.4

ORGANIC & FAIR TRADE COFFEE

long black / latte / cappuccino / flat white /
piccolo / mocha / dirty chai / iced latte

add syrups vanilla / caramel / hazelnut 1

DUTCH HOT CHOCOLATE

MILKS

small	1
full cream / skim <i>or add</i>	med 1.2
zymil / soy / coconut / almond	large 1.4
	bowl 1.6

SPICED DRINKS

chai latte

add turmeric / beetroot / vegan chai .20

KAFFEKASK

Strong black coffee with vodka

TEA

POT OF HOMEMADE CHAI

with ginger / honey / milk of your choice

HOT SPICED APPLE

chai tea / apple juice / ginger / cinnamon sick

GLOGG

hot spiced blackcurrant tea / ginger
add a vodka shot

ORGANIC LOOSELEAF

pot for One 4.9 / pot for two 6.5

english breakfast / earl grey / chamomile /
green / peppermint / valhalla / nordic fresh
berries / stockholm / erik the red

ICED DRINKS

iced coffee / iced chai / iced chocolate /
iced mocha / coffee frappe

ICED TEAS

lemon & ginger / peppermint & lemon /
valhalla rhubarb

MILK SHAKES

chocolate / vanilla / chai / banana /
berry / caramel

SODAS

elderflower / lingonberry / blueberry /
ginger / lemon & barley / rhubarb

SMOOTHIES

BREAKFAST (VGO)

berries / yogurt / apple juice / LSA / banana

BANANARAMA (VG)

banana / honey / cinnamon / soy

VERY BERRY (VGO)

berries / yogurt / apple juice

TROPICAL SLURP (VG)

mango / coconut milk / passionfruit /
pinapple juice

GREENIE (VG)

banana / spinach / cucumber / spirulina /
apple / lemon / coconut milk

DATE ME SMOOTHIE (VG)

dates / peanut butter / maple syrup /
almond milk

5.5

SLUSHIES

minty watermelon / lingonberry
add a vodka shot

5.5

FRESH JUICES

make your own with:

5.5

orange / apple / watermelon / carrot /
spinach / cucumber / celery / lemon /
ginger / mint

4.5

or choose from our favourite blends:

REFRESHER

cucumber / lemon / mint / ginger /
apple / celery

8.5

MORNING BURST

orange / lemon / ginger

BO BLEND

apple / orange / carrot / watermelon

WE'VE GOT YOUR BACK

(GF) GLUTEN FREE *GLUTEN FREE
BREAD CONTAINS EGG & BUTTER*
(GFO) GLUTEN FREE OPTION
(V) VEGETARIAN (VG) VEGAN
(VGO) VEGAN OPTION (DF) DAIRY FREE
(DFO) DAIRY FREE OPTION

KEEP IN MIND

Kitchen Closes by 3pm / 10% Surcharge
on public holidays / Food and Drink may
contain traces of Nuts, Seeds, Gluten, Fish,
Meat and Dairy. Please let our friendly staff
know of any dietary requirements and we
will try our best to satisfy your cravings.