


40 Semaphore Road, Semaphore

www.swedishtarts.com

 @semaphoreswedishtarts

 @swedish.tarts

(08) 7225 0205

SWEDISH TARTS

PLEASE ORDER AT THE
COUNTER WHEN YOU ARE READY.

SOMETHING LITTLE

HOMEMADE SOURDOUGH TOAST (GFO) **6**
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

CLASSIC BACON & EGGS **14.5**
sourdough white / eggs your way

EGGS ON TOAST **10.5**
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 /
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 **17**
(V) (GFO) *or* (DFO)
sourdough rye / Danish feta / spinach /
balsamic / turmeric / parsley

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

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

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

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) (DF) **18**
pan fried bacon / vienna sausage / potato /
carrot / onion / fried egg / baby beetroot

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

KIDDIES

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

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

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

FRESHLY MADE FLATBREADS

OPEN BREAKFAST FLATBREAD (DFO)	18
bacon / poached eggs / tomato / cheddar / garlic aioli / parsley	
MUSHROOM FLATBREAD (V) (DFO)	17
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)	14
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 / cheddar / lettuce / balsamic / tomato / Spanish red onion / chutney	
SAM'S HALOUMI BURGER (GFO) (V)	17
cucumber / rocket / sticky balsamic / homemade chilli jam / beetroot / chutney	
VEGAN CHICKPEA BURGER (VG) or (GFO)	18
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	
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

TEA

POT OF HOMEMADE CHAI

with ginger / honey / milk of your choice

HOT SPICED APPLE

chai tea / apple juice / ginger / cinnamon stick

GLOGG

hot spiced blackcurrant tea / ginger

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 TEAS

lemon & ginger / peppermint & lemon /
valhalla rhubarb

ICED DRINKS

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

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

THE VIKING (VG)

protein powder / cocoa / banana /
almond milk

DATE ME SMOOTHIE (VG)

dates / peanut butter / maple syrup /
almond milk

5.5

SLUSHIES

minty watermelon / lingonberry / lime /
pineapple / raspberry & apple

5.5

FRESH JUICES

make your own with:

4.5

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

or choose from our favourite blends:

8.5

REFRESHER

cucumber / lemon / mint / ginger /
apple / celery

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.

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