

# DRINKS

ALL DAY

## HOT DRINKS

Cup \$5.50 Mug \$6.50

### Coffee

Cappuccino

Flat White

Latte

Long Black

Mocha

Espresso \$4.00

Macchiato \$4.50

Piccolo \$5.00

+One Shot \$1

Biscoff Latte \$9

Pistachio Latte \$9

### Chia Delights

Spiced Chai Cup \$5.50

Spiced Chai Mug \$6.50

Dirty Chai Cup \$6

Dirty Chai Mug \$7

### Matcha

Organic Premium Matcha \$9

strawberry topping +\$1

### Hot Chocolate

Cup \$5.50 Mug \$6.50

Chilli - Dark - Orange - Mint

### Alternatives + \$1

Soy, Oat, Almond, Lactose free,

Coconut Milk

### Syrup + \$1

Vanilla, Hazelnut, Caramel

### Tea pots \$6.90

English breakfast / Wild Earl grey

Yoga / Firestorm / Lullaby Sleep

Gingerbread Chai

Blueberry Sencha – Green

Pure Peppermint

## COLD DRINKS

### Fresh Juices - \$9

Fresh Pressed Juices

Orange

Green Apple

Apple, Pineapple & Mint

Watermelon, Pineapple & Mint

### Cool Beets

Pineapple, Ginger, Carrot, Green

Apple, Beetroot

### Sour Burst

Celery, Apple, Lemon, Ginger

### Smoothies - \$10

#### Chocolate Banana Rama

Banana, Chocolate, Milk

#### Make it green

Banana, spinach, apple, pineapple, mint and coconut milk

#### Berry vanilla

Banana, mixed berry, vanilla and coconut milk

#### Tropic

Dragon fruit, mango, passionfruit and coconut milk

#### Merry Mango

Banana, mango and coconut milk

### Milkshakes - \$8

Strawberry, vanilla, chocolate,

Caramel, Lime and Banana

### Iced Drinks - \$10

Iced Coffee

Iced Chocolate

Coffee Frappe

Chocolate Frappe

Iced Latte- \$7

# TOASTIES/CAKES

ALL DAY

Check our display fridge for our full delicious range:

The Reuben

Chicken Schnitzel Focaccia

Ham & cheese croissant

Salami focaccia

Gluten free & dairy free  
cakes options

Ham & cheese sandwich

Roast veg focaccia

Pulled pork focaccia

Ham & cream cheese bagel

Frittata



*Welcome to The Good Pantry and we are honoured to have you in our café. The Good Pantry was born in 2017 from the simple idea that healthy, wholesome food nourishes both body and mind. This building you are currently sitting in has been part of the Gumeracha story for generations and we are currently the fourth family to continue its legacy. We've been on an exciting journey to create a café that is welcoming for locals and people exploring the Adelaide Hills. We are committed to producing the highest quality food and beverages, using local South Australian produce wherever possible. Our menu celebrates the best of the Adelaide Hills and beyond, with ingredients sourced from nearby local producers ensuring every dish tells a story of the region we love.*



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[www.thegoodpantry.com.au](http://www.thegoodpantry.com.au)

Facebook and Instagram

# MENU

Open 7 days  
Mon – Fri 7am to 3pm  
Sat – Sun 8.30am – 3pm

All day menu closes at 2pm but serving drinks/cakes/toasties til 3pm.

Please advise of any allergies  
15% Surcharge on public holidays



# BREAKFAST

## ALL DAY MENU

### The Hills Brekkie Pocket **\$18**

2 fried eggs, 2 bacon rashers, caramelised onion jam or house-made chilli jam, cheddar cheese, served with toasted wrapped tortilla

### Egg & Bacon Roll **\$16**

Lightly toasted brioche roll with bacon, delicious house-made chutney and your choice of a poached or fried egg  
(GF Option +1)

### Sunny-Side Up Eggs on Toast **\$16**

2 Free range eggs, house-made Chilli Jam, fresh rocket  
(Choice of poached, fried, scrambled)  
(Choice of sourdough, parmesan waffle or croissant)  
(GF Option +1)

### The Gum Eggs Benny **\$24**

Two free range poached eggs served on house-made parmesan waffle topped with sautéed baby spinach and smothered in hollandaise sauce  
(Choice of Sourdough or Croissant) (GF Option +\$1)

### Smashed Avo **\$24**

Toasted Rye with fresh avocado, house-made beetroot dip, fresh cherry tomato, rocket with dukkah  
(GF Option +\$1)

### Green Chilli Chimichurri Eggs **\$23**

House-made chimichurri with scrambled eggs, avocado and rocket on Sourdough

### Farmers Garden Big Breakfast **\$33**

Two poached eggs served with Mt Pleasant bacon, grilled haloumi, avocado, pork and fennel sausage, roasted tomato, garlic roasted mushrooms, house-made chilli jam, dukkah on sourdough (GF Option +1)

### Rob's Omelette **\$24**

A hearty three-egg omelette filled with crispy bacon, cheddar cheese and fresh spring onion, served with toasted sourdough.

### Good Pantry Waffles **\$20**

House-made buttery waffles layered with mixed berries, banana, fluffy whipped cream, pure maple syrup (GF Option +1)

### Sweet Sunrise French Toast **\$20**

Adelaide Hills roasted apples with cinnamon, house-made vanilla custard and Biscoff crumb

# BREAKFAST

## ALL DAY MENU

### Toasted Joy Sourdough **\$8**

With your choice of butter, jam, peanut butter or vegemite  
(GF Available)

### Rustic baked Fruit Toast with butter **\$11**

# LUNCH

## ALL DAY MENU (SHARE ME)

### Wedges **\$15**

Seasoned golden wedges with sweet chilli sauce & sour cream

### Good Pantry Bruschetta **\$18**

Toasted sourdough topped with fresh tomatoes, bocconcini, basil, and a drizzle of olive oil & Balsamic.

### Good Pantry Tacos **\$32**

4 tacos filled with Slow-cooked pulled pork with house-made slaw, pineapple jam, cherry tomatoes, avocado & red onion

## ADD ONS

Smoked salmon - \$8

Local Smoked Bacon - \$6

Pork & Fennel Sausage - \$6

Hash browns - \$6

Garlic mushrooms - \$5

Haloumi - \$5

Roasted tomato - \$5

Avocado - \$5

Sauteed spinach - \$4

Hollandaise - \$4

# KIDS

## ALL DAY

**\$10 each**

### Waffles

House-made buttery waffles layered with banana, fluffy whipped cream, pure maple syrup (GF Available)

### 6 Nuggets

served with small serve of air fried wedges

### Ham & Cheese toasted Tortilla

### Egg on toast

1 Free range SA egg poached or fried on sourdough

# LUNCH

## ALL DAY MENU

### The Good Pantry BLT **\$19**

Lightly toasted herb focaccia with Mount Pleasant bacon rashers, lettuce, tomato, garlic aioli

### The Gum Classic Cheeseburger **\$18**

A juicy beef patty topped with melted cheese and our house-made chutney, served on a toasted brioche roll.

### Haloumi Swiss Burger **\$23**

Swiss mushroom, house slaw, grilled haloumi, rocket with balsamic glaze and house-made chutney on a brioche roll served with wedges

### The Locals Gourmet Beef Burger **\$26**

Mount Pleasant beef patty and crispy rashers of bacon, cheese, gherkins, tomato, fresh lettuce, house-made chutney, onion jam, aioli on a toasted brioche roll served with wedges

### The Cluck 'n' Crisp Burger **\$26**

Crumbed chicken tenders, crispy Mount Pleasant bacon, fresh grilled pineapple, cheese, house slaw, chipotle mayo, fresh lettuce on a brioche roll served with wedges

### Hillside Caesar Salad **\$20**

Freshly chopped cos lettuce, bacon, Caesar dressing, parmesan cheese  
Add chicken or pork +\$6

### Bagel & the Hills **\$24**

Dill Cheese Sauce, Sourdough Bagel, Rocket and Salmon

### Gardeners Nourish Bowl **\$30**

A colourful harvest of falafel, golden corn & bean mix, avocado, house slaw, juicy tomato, crisp red onion, feta, and brown rice, all tossed with a drizzle of honey mustard – pure garden goodness in every bite!

### Nachos **\$26**

Crispy nachos topped with pulled pork, melted cheese, avocado, tomato, and red onion. Finished with chives, sour cream, sweet chilli, and smoky chipotle mayo.

### House-made Soup **\$18**

Cauliflower or Spicy Thai Pumpkin, Served with golden toasted bread with bacon crumb