PULSE ON GREEN CAFÉ

Fresh Food.
Great Coffee.
Every Day.



COFFEE | BREAKFAST | STREET WRAPS | ZAATAR WRAPS | GRAB N GO

BREAKFAST



OMELETTE

Cheese & Tomato Omelette $11.90
Free range Egg, Cheese & Tomato Omelette

Spinach, Cheese, Mushroom Omelette $11.90
Free range Egg, Spinach, Cheese, Mushroom Omelette

Ham Cheese Tomato Omelette $12.90
Free range Egg, Ham Cheese Tomato Omelette

Sujuk, Mushroom, Spinach & Tomato Omelette $12.90
Free range Egg, Sujuk, Mushroom, Spinach & Tomato Omelette



TOASTIES

Cheese Toastie $7.00
Bread, Margarine, Cheese

Cheese & Tomato Toastie $7.50
Bread, Margarine, Cheese, Tomato

Ham & Cheese Toastie $8.00
Bread, Margarine, Cheese, ham

Ham, Cheese & Tomato Toastie $9.00
Bread, Margarine, Cheese, Tomato, Ham

Cheese & Tomato Croissant $8.00
Croissant, Margarine, Cheese, Tomato

Ham & Cheese Croissant $9.00
Croissant, Margarine, Cheese, ham

Ham, Cheese & Tomato Croissant $10.00
Croissant, Margarine, Cheese, Tomato, Ham

SANDWICHES

Egg & Lettuce	Margarine, Egg, Lettuce	**$7.50**
Curried Egg	Margarine, Curried Egg	**$7.50**
Chicken Guacamole	Guacamole, Cheese, Chicken, Lettuce	**$9.90**
Chicken Salad	Carrot, Tomato, Cucumber, Lettuce, Herb Chicken	**$9.90**
Chicken Schnitzel	Cheese, Chicken Schnitzel, Tomatoes, Lettuce	**$10.90**
Chicken Tandoori	Tzatkziki, Chicken tandoori, Cucumber and Lettuce	**$9.90**
Ham & Salad	Margarine, Carrots, Ham, Tomato, Lettuce, Cucumber	**$9.90**
Ham, Cheese & Tomato	Margarine, Cheese, Tomato, Ham	**$9.00**
Mediterranean	Margarine, Lettuce, Eggplant, Zucchini, Pumpkins, Roasted Capsicum, Cheese	**$9.90**
Ham & Cheese	Margarine, Ham, Cheese	**$8.50**
Cheese & Salad	Margarine, Cheese, Lettuce, Tomato, Cucumber, Carrot	**$8.50**
Salami, Cheese & Tomato	Margarine, Cheese, Tomato, Salami	**$8.50**
Tuna & Salad	Tuna with Red Onion & Lettuce	**$9.90**
Roast Beef	Roast Beef, Tasty Cheese, Chutney, Lettuce	**$9.90**



YOGHURT

Apple Cinnamon Oat Yoghurt	Yoghurt Plain, Cinnamon, Canned Apple Pie Fruit, Oats	**$7.50**
Mango Passionfruit Yoghurt	Yoghurt Plain, Diced Mango, Passionfruit Pulp	**$7.50**
Mixed Berry Yoghurt	Yoghurt Plain, Blueberry Frozen., Raspberry Frozen, Blackberry Frozen, Strawberry Frozen	**$7.50**
Fresh Fruit Salad	Water Melon, Canterlope, Orange, Honeydew, Pineapple, Kiwi Fruit, Strawberry.	**$8.50**



STREET WRAPS

Falafel — $15.90
Falafel, Parsley, Fresh Mint, Tomato, Radish, Chilli, Pickles & Tarator

Garlic Chicken ★ — $15.90
Roasted Chicken, Chips, House Coleslaw, Cucumber Pickles & Toum Garlic Sauce

Kafta — $15.90
Beef & Lamb Kafta, Hummus, Tomato, Pomegranate Molasses, Pickles & Tarator

Cauliflower — $15.90
Grilled Cauliflower, Hummus, Parsley, Chilli, Tomato, Pomegranate Molasses



ZAATAR WRAPS

Sweet Chilli Chicken — $15.90
Chicken Schnitzel, Tomato, Cheese, Lettuce & Sweet Chilli Mayo

Chicken Avocado — $15.90
Grilled Chicken, Tomato, Cheese, Lettuce, Avocado & Mayo

The Mediterranean (V) — $15.90
Eggplant, Zucchini, Pumpkin, Feta, Sundried Tomato & Pesto Aioli

The Cypriot (V) — $15.90
Grilled Halloumi, Tomato, Pickles, Olives & Mint

The Beefster — $15.90
Roast Beef, Cheese, Pickles, Tomato, Lettuce, Onion & Seeded Mustard

The Hawaiian — $15.90
Grilled Chicken, Cheese, Pineapple, Lettuce, Tomato & Chilli



BANH MI



Crispy Pork Banh Mi — $16.90
Crispy Pork, Pickled Carrot, Mayo, Coriander, Cucumber, Chicken Pate, Hoisin Sauce

Lemongrass Chicken Banh Mi — $16.90
Lemongrass Chicken, Pickled Carrot, Mayo, Coriander, Cucumber, Chicken Pate, Hoisin Sauce

Spicy Tofu Banh Mi — $16.90
Spicy Marinated Tofu, Pickled Carrot, Hoisin Sauce, Coriander, Cucumber

HEALTHY BOWLS



Sujuk & Lamb Bowl — $18.90
Grilled Sujuk, Lamb Kofta, Pomegraante, Tomato & Capsicum, Fattoush, Hummus, Tzatziki, Pickles, Onion Mix, Corn, Green Pea

Balance Bowl — $18.90
Grilled Chicken, Lebanese Salad, Olive Oil, Garlic & Lemon, Fattoush, Hummus, Tzatziki, Baba Ghanoush, Pickles, Onion Mix, Corn, Green Pea

Halloumi Feast — $18.90
Grilled Halloumi, Pomegranate Molasses, Lemon & Olive Oil, Fattoush, Hummus, Tzatziki, Baba Ghanoush, Pickles, Onion Mix, Corn, Green Pea

Falafel Bowl — $18.90
Signature Falafel & Halloumi Dressed with Chilli Coriander Sauce & Tarator, Fattoush, Hummus, Baba Ghanoush, Pickles, Onion Mix, Corn, Green Pea

GRAB N GO



TURKISH ROLLS

Chicken Avocado & Cheese Turkish Roll — $14.90
Chicken Breast with Avocado Dip, Cheese and Spinach

Salami & Pesto Turkish Roll — $14.90
Salami, Baby Spinach, Fresh Tomatoes, Onion and Basil Pesto

Chicken Parmigiana Turkish Roll — $14.90
Chicken Parmigiana, Cheese, Spinach, Chilli Jam

Tandoori Chicken & Minted Yoghurt Turkish Roll — $14.90
Chicken Tandoori with Spinach & Minted Yoghurt

Grilled Vegetable & Fetta Turkish Roll (V) — $14.90
(Veg) Grilled Vegetables, Fetta Cheese, Spinach & Relish

Egg, Bacon & BBQ Turkish Roll — $14.90
Egg, Pepper Mayo Mix, Eye Bacon and BBQ Sauce

TORTILLA WRAPS

Chicken, Avocado Wrap — $14.90
Chicken Breast, Avocado Dip, Red Peppers, Mayo & Lettuce Wrap

Peri Peri Chicken Wrap — $14.90
Peri Peri Chicken, Cheese, Lettuce, Tomato, Peri Peri Sauce

Chicken Schnitzel & Coleslaw Wrap — $14.90
Chicken Schnitzel, Cheese, Coleslaw and Relish Wrap

Ham, Cheese & Salad Wrap — $14.90
Ham, Cheese & Salad with Dijonnaise Wrap

Roast Beef & Salad Wrap — $14.90
Roast Beef, Salad & Dijonnaise Wrap



BAGUETTES

Tandoori Chicken Baguette — $14.90
Tandoori Chicken, Yoghurt, Lettuce

Chicken & Avocado Baguette — $14.90
Chicken with Avocado Dip, Tomato and Lettuce

Chicken Caesar Baguette — $14.90
Chicken Caesar

Ham, Cheese & Salad Baguette — $14.90
Ham, Cheese, Garden Salad and Dijonnaise

Roast Beef & Cheese Baguette — $14.90
Roast Beef, Cheese, Tomato, Mustard and Lettuce

COFFEE

Cappuccino	**$4.90**
Chai	**$4.90**
Espresso	**$4.90**
Flat White	**$4.90**
Hot Chocolate	**$4.90**
Latte	**$4.90**
Long Black	**$4.90**
Macchiato Long	**$4.90**
Macchiato Short	**$4.90**
Mocha	**$4.90**
Piccolo	**$4.90**



EXTRAS (Coffee)

Milk Options

Oat Milk	60c
Soy Milk	60c
Lactose Free Milk	60c
Almond Milk	70c
Organic Milk	50c

Syrup

Caramel	60c
Hazelnut	50c
Vanilla	50c

TEA

Tea **$4.00**

Variety

- English Breakfast
- Earl Grey
- Chamomile
- Lemon
- Peppermint
- Green

Extras (Tea)

Soy Milk	50c
Lactose Free Milk	50c
Almond Milk	50c



BEVERAGES

375ml Glass Spring Valley Juice Orange	$5.50
375ml Glass Spring Valley Juice Apple	$5.50
375ml Can Pepsi Max	$4.00
375ml Can Solo Zero Sugar	$4.00
375ml Can Sunkist Zero Sugar	$4.00
600ml GAT Berry No Sugar	$5.50
600ml GAT Glacfreeze No Sugar	$5.50
600ml Pet GAT Orange No Sugar	$5.50
600ml Cool Ridge Springwater	$5.50
600ml Pepsi Max	$5.70
600ml Lemonade Zero Sugar	$5.70
600ml Solo Zero Sugar	$5.70
600ml Sunkist Zero Sugar	$5.70
750ml Cool Ridge Spring Water	$5.50

