

Afternoon Tea at **Kith and Nosh**

served from 2pm onwards.

Two slices of locally made 3 Mills toast w Pepe Saya cultured buttered
white sour dough / 10 seed & grain / fruit bread \$6

Two slices of house made Paleo almond & chia bread (gf) \$8

served w one of the following ...

seasonal fruit jam / raw local honey / fresh peanut butter / vegemite \$1

Toasted smoked leg ham & Swiss cheese sandwich on 3 Mills sour dough \$10.5

Grilled zucchini & carrot bread w butter (gf) \$7

Grilled organic turmeric happiness bread w Rozas' tapenade (gf) \$8.5

Toasted coconut flour banana bread w butter (gf) \$7

K & N gluten free scone w homemade seasonal jam & cream

\$6 or two for \$10

Please ask our lovely staff if you would like more information on our range of
Veneziano coffee & teas / natural homemade milkshakes or
our range of healthy and mindful drinks.