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WTF:
Where's The Food?

139 Oxford Street
Leederville WA 6007

-
08 9444 8602
tomswholesomefood.com.au

TOM'S

Wholesome
Food -
Since 1994

Bakery

QUICHE

- 01 Quiche Lorraine \$5
- 02 Spinach & Cheese [VGT] \$5
- 03 Mushroom [VGT] \$5

SAVOURY PASTRIES

- 04 Open Pumpkin Pie [VGT] \$6
- 05 Spinach Roll [VGT] \$6
- 06 Beef Sausage Roll \$5
- 07 Beef, Bacon & Cheese Roll \$5
- 08 Meat Cornish Pastie \$5.5
- 09 Vegetable Cornish Pastie [VGT] \$5.5

BUREK

- 10 Burek with Ricotta Cheese & Spinach [VGT] \$5

ARTISAN PALEO BREADS

baked by hand

- 11 Pumpkin Bread [GF][DF][P] \$5
- 12 Banana Bread [GF][DF] \$5
- 13 Peanut Butter Cacao Bread [V][GF] \$5
- 14 Coconut Banana Bread [GF][DF][P] \$5

SOME OF OUR FOOD IS:

[VGT] Vegetarian, [V] Vegan, [P] Paleo, [GF] Gluten Free, [DF] Dairy Free

Breakfast

Served all day

FRESH FRUIT

- 01 Fresh Fruit Salad Cup [V][GF] \$6.5

CROISSANT

- 02 Classic Croissant [VGT] \$3.5
- 03 Croissant with Leg Ham & Cheddar Cheese \$6.5

YOGHURT POT WITH CEREALS

- 04 Organic Natural Yoghurt with Handmade Granola [VGT] \$7.5
- 05 Organic Natural Yoghurt with Handmade Granola & Organic Blueberries [VGT] \$7.5
- 06 Organic Natural Yoghurt with Raw Organic Activated Buckinis (Berry & Cacao / Chocolate Clusters / Protein Power Mix) & Organic Blueberries [VGT][GF] \$7.5

BREAKFAST TOASTIES

- 07 Leg Ham, Cheddar Cheese & Tomato \$7
- 08 Leg Ham, Cheddar Cheese & Caramelized Onion Jam \$7
- 09 Grilled Bacon & Fried Egg (Original / Tomato Sauce / Barbeque Sauce) \$7

BREAKFAST MUFFINS

- 10 Beef Rissolle, Grilled Bacon, Cheddar Cheese, Grilled Onion & Tomato Sauce \$7.5
- 11 Roast Chicken, Grilled Bacon, Cheddar Cheese & Mayonnaise \$7.5
- 12 Pulled Beef, Cheddar Cheese, Piccalilli & Aioli \$8.5
- 13 Pulled Pork, Grilled Bacon, Cheddar Cheese, Dill Pickle & Mayonnaise \$8.5
- 14 Grilled Bacon, Fried Egg, Cheddar Cheese & Chilli Tomato Relish \$8.5

Raw x Sweet

Items are [V][GF][DF][P]

ORGANIC RAW BALLS

by Rawlicious \$5.5
 Pick Me Up & Go / Jaffa Choc / Choc-Mint Coconut / Fig & Cacao Bliss / Chia & Walnut Energy / Super Choc Obsession

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Organic raw balls are made with activated nuts and seeds, contain active enzymes, nutrient dense super foods, minerals, good fats and plant based protein.

RAW BOMBS by Rawgasm Tasty Treats \$5.5

Lamington / Super Goji / Espresso / Power Peanut / Peanut Protein / Ginger & Lime / Apricot & Coconut / Cherry Blossom / Super Energy / Super Protein Fudge

RAW BARS by Rawgasm Tasty Treats \$6.5

Chocolate Brownie / Fudgelicious / Caramel / Pick Me Up / Heartbeet / Snicker Delish / Cookie Dough / Raspberry / Banana Peanut / Lemon / Blueberry Bounty / Black Sesame / Chilli Choc / Mint Fudge / Mars Nougat

Sandwiches

Choice of breads: Pumpkin Seed Rye / Wholemeal Vienna / Italian Pagnotta

CLASSIC SANDWICHES

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| <p><u>01</u> Roast Chicken & Salad on Wholemeal Vienna \$8</p> <p><u>02</u> Cheddar Cheese & Salad on Wholemeal Vienna [VGT] \$8</p> <p><u>03</u> Leg Ham, Cheddar Cheese & Tomato on Italian Pagnotta \$8.5</p> <p><u>04</u> Leg Ham, Cheddar Cheese & Salad on Italian Pagnotta \$9</p> <p><u>05</u> Roast Chicken, Cream Cheese & Avocado on Wholemeal Vienna \$9</p> <p><u>06</u> Roast Turkey, Swiss Cheese, Cranberry & Mixed Greens on Italian Pagnotta \$9</p> <p><u>07</u> Roast Turkey, Cream Cheese & Avocado on Pumpkin Seed Rye \$9</p> | <p><u>08</u> Leg Ham, Cream Cheese & Avocado on Wholemeal Vienna \$9</p> <p><u>09</u> Leg Ham, Brie Cheese, Tomato, Mixed Greens & Aioli on Pumpkin Seed Rye \$9.5</p> <p><u>10</u> Smoked Salmon, Cream Cheese, Avocado & Tomato on Pumpkin Seed Rye \$9.5</p> <p><u>11</u> Roast Chicken, Camembert Cheese, Semi Dried Tomato & Avocado on Pumpkin Seed Rye \$9.5</p> <p><u>12</u> Leg Ham, Swiss Cheese, Semi Dried Tomato, Avocado & Spinach on Pumpkin Seed Rye \$9.5</p> <p><u>13</u> Roast Turkey, Camembert Cheese, Cranberry & Cos Lettuce on Pumpkin Seed Rye \$9.5</p> |
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DELI STYLE SANDWICHES

- 01 Silverside, Sauerkraut, Swiss Cheese & Dijon Mustard on Handcut Pumpkin Seed Rye **\$10**
- 02 Chicken Schnitzel, Cheddar Cheese & Coleslaw on Handcut Pumpkin Seed Rye **\$10**
- 03 Veal Schnitzel, Cheddar Cheese, Tomato, Mixed Greens & Aioli on Handcut Pumpkin Seed Rye **\$10**
- 04 Grilled Halloumi, Grilled Vegetables, Mixed Greens & Aioli on Handcut Pumpkin Seed Rye [VGT] **\$10**
- 05 Pulled Pork, Cheddar Cheese, Mixed Greens, Aioli & Jalapeno Relish on Handcut Pumpkin Seed Rye **\$10**

Rolls

Choice of rolls: Bap / Baguette (Rye, Mixed Grain or White) / Flute / Flatini

- 01 Continental Baguette **\$9.5**
- 02 Roast Chicken, Mixed Greens, Avocado & Mayonnaise Mixed Grain Baguette **\$9.5**
- 03 Roast Chicken, Camembert Cheese, Semi Dried Tomato & Avocado Rye Baguette **\$9.5**
- 04 Piri Piri Chicken, Aioli, Spinach & Red Onion Baguette **\$9.5**
- 05 Leg Ham, Swiss Cheese & Avocado Flute **\$9.5**
- 06 Leg Ham, Swiss Cheese & Tomato Flute **\$9.5**
- 07 Chicken Schnitzel, Swiss Cheese, Honey Mustard, Cos Lettuce & Tomato Flatini **\$10**
- 08 Pulled Beef, Cheddar Cheese, Mixed Greens, Caramelized Onion Jam & Aioli Bap **\$10**

Wraps

Choice of wraps: White / Spinach

- 01 Roast Chicken, Grilled Bacon, Egg, Grated Cheddar Cheese, Mixed Greens & Mayonnaise **\$9.5**
- 02 Chicken Schnitzel, Grated Cheddar Cheese, Mixed Greens & Chilli Jam **\$9.5**
- 03 Piri Piri Chicken Breast, Grated Cheddar Cheese, Mixed Greens, Honey Mustard & Chilli Jam **\$9.5**
- 04 Falafel, Hummus, Tabouli, Cos Lettuce, Tomato & Cucumber [V] **\$9.5**

Salads

XS \$6.5 | S \$8.5 | M \$11.5 | L \$13.5

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| <u>01</u> Buckwheat, Beetroot, Rocket & Feta [VGT][GF] | <u>13</u> Beetroot, Pear & Sunflower Seed [V][GF] | <u>25</u> Brown Rice, Vegetables & Cheddar [VGT][GF] |
| <u>02</u> Chickpea, Pumpkin & Feta [VGT][GF] | <u>14</u> Carrot, Cashew & Sultana [V][GF] | <u>26</u> Curried Red Lentil, Capers & Raisin [V][GF] |
| <u>03</u> Chickpea, Green Lentil & Summer Vegetables [V][GF] | <u>15</u> Rocket, Parmesan & Walnut [VGT][GF] | <u>27</u> Black Rice, Avocado & Spring Onion [V][GF] |
| <u>04</u> Freekah, Broccoli & Feta [VGT] | <u>16</u> Broccoli & Artichoke Pesto Pasta [VGT] | <u>28</u> Chermoula Chicken & Chickpea [GF] |
| <u>05</u> Tuna Pasta [DF] | <u>17</u> Continental Pasta [DF] | <u>29</u> Chicken Caesar |
| <u>06</u> Broccoli, Edamame & French Bean (Super Green) [V][GF] | <u>18</u> Sweet Potato, Spinach & Walnut [V][GF] | <u>30</u> Organic Quinoa, Tomato, Cucumber & Corn [V][GF] |
| <u>07</u> Mexican Bean, Avocado & Lime [V][GF] | <u>19</u> Roasted Vegetable, Spinach & Pinenuts [V][GF] | <u>31</u> Buckwheat Noodle, Edamame & Broccoli [V] |
| <u>08</u> Haloumi, Mixed Greens, Asparagus & Cherry Tomato [VGT][GF] | <u>20</u> Spiced Quinoa, Sweet Potato, Broccoli & Cranberry [V][GF] | <u>32</u> Chargrilled Broccoli, Spinach, Red Capsicum & Almond Flakes [V][GF] |
| <u>09</u> Puy Lentil, Chargrilled Cauliflower & Cranberry [V][GF] | <u>21</u> Grilled Salmon, Spinach, Tomato, Cucumber & Avocado [GF][DF] | <u>33</u> Israeli Couscous, Red & Green Capsicum & Coriander [V] |
| <u>10</u> Grilled Honey Lemon Chicken, Quinoa, Broccoli, Peas & Mixed Greens (Chicken Superfood) [GF][DF] | <u>22</u> Grilled Beef with Carrot, Cucumber, Coriander & Tomato Wedges (Beef Vietnamese) [DF] | <u>34</u> Moroccan Couscous, Grilled Honey Lemon Chicken, Asparagus & Cherry Tomato [DF] |
| <u>11</u> Kale, Parmesan, Red Capsicum & Croutons [VGT] | <u>23</u> Red Rice, Spinach & Tofu [V][GF] | <u>35</u> Kale, Avocado & Seaweed [V][GF] |
| <u>12</u> Beet & Red Cabbage [V][GF] | <u>24</u> Creamy Potato & Bacon [DF] | <u>36</u> Tabouli [V] |

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Salads
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MIX IT UP Available in medium (M) or large (L) sizes only

Grilled Chicken Breast [GF][DF] + \$3

Beef Rissole + \$3

Grilled Salmon [GF][DF] + \$4

Veal Schnitzel [DF] + \$4

Chickpea & Corn Pattie [VGT] + \$2.5

Chicken Schnitzel + \$4

Tuna Pattie [DF] + \$2.5

Falafel [V][GF] + \$3

Chicken & Vegetable Pattie + \$3

Homestyle Meals

SOUPS

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| <p><u>01</u> Carrot & Pumpkin [V][GF] \$8</p> <p><u>02</u> Tomato & Chunky Vegetable [V][GF] \$8</p> <p><u>03</u> Pea & Ham [GF][DF] \$8</p> <p><u>04</u> Yellow Lentil [V][GF] \$8</p> <p><u>05</u> Chicken & Corn [GF] \$8.5</p> | <p><u>06</u> Creamy Cauliflower [VGT][GF] \$8.5</p> <p><u>07</u> Creamy Mushroom [VGT][GF] \$8.5</p> <p><u>08</u> Gazpacho [V][GF] \$8</p> <p>extra: Any soup served with grilled bread + \$1</p> |
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FROM THE OVEN

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| <p><u>01</u> Chickpea & Eggplant Ragout [V][GF] from \$6.5</p> <p><u>02</u> Old-Style Meat Lasagna with Beef Bolognese & Béchamel Sauce \$11.5</p> <p><u>03</u> Vegetable Lasagna with Grilled Vegetables, Ricotta Cheese & Tomato [VGT] \$11.5</p> | <p><u>04</u> Spinach & Ricotta Cannelloni [VGT] \$6</p> <p><u>05</u> Stuffed Bell Peppers with Ground Beef, Vegetables & Sauce [GF][DF] \$7</p> <p><u>06</u> Stuffed Cabbage Leaves with Rice, Vegetables & Sauce [V][DF] \$6</p> |
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PASTA

- 01 Spinach & Ricotta Ravioli with Napoletana Sauce & Olives [VGT] **\$12 | \$14**
- 02 Tortellini with Napoletana Sauce & a Dash of Cream **\$12 | \$14**
- 03 Tortellini with Creamy Mushroom & Bacon Sauce **\$12 | \$14**
- 04 Fettuccini Carbonara **\$12 | \$14**
- 05 Ravioli Bolognese **\$12 | \$14**
- 06 Spaghetti Bolognese **\$12 | \$14**

CURRY

- 01 Slow Cooked Beef Rogan Josh with Rice [GF][DF] **\$12 | \$14**
- 02 Chicken Makhani in Mildly Spiced Curry Sauce with Rice [GF] **\$12 | \$14**
- 03 Takar Dahl Curry with Rice [V][GF] **\$12 | \$14**

HEARTY STEWS

- 01 Slow Cooked Beef Stew with Orzo **\$12 | \$14**

Deli Bites

- 01 Traditional Middle Eastern Falafel [V][GF] **\$3.5**
- 02 Corn Fritter [GF][DF] **\$5**
- 03 Curried Vegetable Samosa [V] **\$5**
- 04 Veal Schnitzel [DF] **\$8**
- 05 Cheddar Crumbed Chicken Schnitzel (Mt Barker) **\$8**
- 06 Grilled Chicken Breast (Piri Piri / Honey Lemon) [GF][DF] **\$5.5**
- 07 Grilled Tasmanian Atlantic Salmon [GF][DF] **\$8**
- 08 Classic Arancini Balls stuffed with Bolognese Sauce, Mozzarella Cheese, Peas & Coated in Bread Crumbs **\$7**
- 09 Tuna Pattie [DF] **\$6.5**
- 10 Chickpea & Corn Pattie [VGT] **\$6.5**
- 11 Chicken & Vegetable Pattie [DF] **\$7**
- 12 Beef Rissolle **\$7**
- 13 Boiled Egg **\$1**

CONDIMENTS

Artisan condiments **\$1.5**

Chilli Tomato Relish / Jalapeno Relish / Spicy Mango Chutney / Piccallili / Caramelised Onion Jam

Tom's does catering

For all catering enquiries please send an email to: orders@tomswholesomefood.com.au

Juices

All juices \$7.5

FRUITS

- 01 Orange, Pineapple, Watermelon
- 02 Watermelon, Strawberry, Lime
- 03 Apple, Pineapple, Strawberry
- 04 Watermelon, Apple, Mint
- 05 Watermelon, Mint
- 06 Watermelon Straight Up

CITRUS

- 07 Carrot, Orange, Pineapple, Ginger
- 08 Orange, Watermelon, Lemon
- 09 Apple, Orange, Watermelon, Lemon
- 10 Orange Straight Up

GREENS

- 11 Apple, Celery, Cucumber, Kale, Lemon, Ginger
- 12 Broccoli, Kale, Spinach, Orange, Apple
- 13 Kale, Spinach, Apple, Cucumber, Lemon, Celery, Parsley
- 14 Pineapple, Apple, Kale, Lemon, Ginger

ROOTS

- 15 Carrot, Celery, Beetroot, Apple
- 16 Apple, Beetroot, Kale, Lemon, Ginger
- 17 Carrot, Beetroot, Apple, Lemon, Ginger
- 18 Beetroot, Kale, Celery, Pear, Spinach, Ginger

Coffee

COFFEE

Espresso / Long Black / Flat White / Latte / Cappuccino / Macchiato
\$3.5 | \$4 | \$5

Mocha **\$4 | \$4.5 | \$5.5**

Babyccino **\$2**

extra: Coffee Shot / Organic Soy Milk / Organic Activated Almond Milk / Syrup (Vanilla, Hazelnut, Caramel or Chocolate) + **\$0.5**

TEA

English Breakfast / Earl Grey / Peppermint / Orange Pekoe / Ginger & Honey / Pure Green / Chamomile
\$3.5 | \$4 | \$5

HOT DRINKS

Hot Chocolate
\$3.5 | \$4 | \$5

Chai Latte / Macha Latte / Tumeric Latte
\$4 | \$4.5 | \$5.5

ICED DRINKS

Iced Black Coffee / Iced Latte / Iced Tea / Iced Chocolate / Iced Mocha **\$5.5**

extra: Scoop of vanilla ice cream + **\$1**

Smoothies

All smoothies \$11

01 **Banana, Walnut & Honey** [GF][DF]

Banana, Walnut, Honey, Organic Camu Camu, Nutmeg, Chia Seeds, Bee Pollen, Organic Activated Almond Milk

02 **Blueberry, Oats & Medjool Dates** [V][DF]

Organic Blueberries, Banana, Chia Seeds, Flax Seeds, Oats, Almond Butter, Medjool Dates, Organic Activated Almond Milk

03 **Beetroot & Coyo Yoghurt** [V][GF]

Beetroot, Dragon Fruit, Banana, Coyo Organic Coconut Yoghurt, Chia Seeds, Cashew Butter, Maple Syrup, Organic Activated Almond Milk

04 **Peanut Butter & Cacao** [V][GF]

Natural Peanut Butter, Banana, Avocado, Raw Cacao Powder, Medjool Dates, Raw Cacao Nibs, Organic Activated Almond Milk

05 **Kale, Blueberry & Acai** [V][GF]

Kale, Organic Blueberries, Banana, Raw Organic Acai Powder, Chia Seeds, Flax Seeds, Cinnamon, Maple Syrup, Organic Activated Almond Milk

06 **Spirulina, Avocado & Almond Butter** [V][GF]

Organic Spirulina, Banana, Avocado, Cucumber, Celery, Ginger, Almond Butter



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food
is our
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