



Phone Orders:
7123 2756

FOOD MENU

TOASTIES

- Waffle Bites** with cinnamon sugar **5.00**
- Ham & cheese sandwich** Gluten Free or Rye +\$1.00 **4.50**
- Ham & tomato sandwich** GF or Rye +\$1.00 **4.50**
- Ham, Cheese & tomato sandwich** GF or Rye +\$1.00 **5.00**
- Bacon & Egg Damper roll** Add Cheese +0.50 **5.50**
- Ham & cheese croissant** **6.00**
- Pork Pocket** Pulled pork, onion, rocket & chipotle aioli **5.50**
- BCT Pocket** bacon, cheese & tomato **5.50**
- Casamiento Pocket** mix of beans & rice with cheese **5.50**
- Vegan Casamiento Pocket** beans& rice mix with biocheese **6.00**
- Rye toastie** fetta cheese, tomato, rocket on rye **7.00**
Add Ham \$1.00
- Chicken Baguette** cheese, tomato, rocket & spinach **8.00**
Drizzled with Caesar sauce
- Halloumi Baguette** tomato, rocket, spinach & relish **8.00**

SWEETS

- Muffins** **All 4.50**
Raspberry & White Choc, Chocolate, Banana & Walnut, Apple &
Blueberry GF
- Custart Tart** **4.50**
- Caramel Tart** **4.50**
- Pecan & White Choc Tart** **4.50**
- Banana Toffee Tart** **4.50**
- Citrus Tart** Gluten Free **6.00**

We also stock raw desserts which are vegan friendly & gluten free.

TORTILLAS

All 10.00

All our tortillas are toasted

CHORIZO

Spanish Chorizo with caramelised onion and capsicum.
Served with salsa and garlic aioli

CASAMIENTO (VEGETARIAN)

A mix of beans and rice cooked with salsa, topped with cheese.
Served with salsa and garlic aioli

CASAMIENTO VEGAN

A mix of beans and rice cooked with salsa, topped with bio cheese.
Served with salsa and vegan mayo.

CHICKEN

Pulled chicken topped with cheese, onion and capsicum.
Served with salsa and chipotle aioli

LAMB

Slow cooked lamb with cheese, onion and red cabbage.
Served with salsa and garlic aioli

MIXTA

A mix of chicken, Spanish chorizo and rice with cheese, spinach and a hint of chilli.
Served with salsa, garlic aioli & chimichurri

CATERING PLATTERS AVAILABLE

Follow us 😊



@tengoau

127 Haydown Road
Elizabeth Vale SA 5112

www.tengo.com.au