

POINCIANA
FOODBARCAFEMUSIC

55 Station Street Mullumbimby NSW 2482
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PO Box 355 Mullumbimby NSW 2482
www.poincianacafe.com

POINCIANA FOODBARCAFEMUSIC

BREAKFAST

7 days a week from 8am till noon

LUNCH

7 days a week from 12:15pm till 3pm

SNACKS

noon till 5pm

DINNER (bookings recommended) Thursday, Friday, Saturday 6pm till 9.30pm

For courtyard & veranda dining please order & pay at counter

GF denotes Gluten Free

Vegetarian options are available

All produce is local, fresh, free-range & organic whenever possible

10% surcharge on Sunday & 15% on Public Holidays

\$15.00 minimum for EFTPOS & \$20.00 Credit Card minimum

POINCIANA BAR

Open Thursday, Friday, Saturday nights from 5pm till late

We are a fully licensed Bar & Restaurant

Patrons must be over 18 years of age & have valid ID to be served

No one under the age of 18 years of age is allowed in the Poinciana Bar

BYO by prior arrangement for very special cellar dwellers only

CATERING

We cater for weddings, parties, anything - please ask us

Thank you for choosing to dine @ The Poinciana

HOT DRINKS

Vittoria Special Blend 'Oro' Coffee Sold Here

Flat White	Latte	Cappuccino	Long Black	\$3.00
Short Black	Short Machiato			\$2.50
Piccolo				\$2.70
Dandelion	Mocha	Hot Chocolate		\$3.50
LSD				\$3.80
Affogato				\$4.00

MUG or a Double SHOT ADD 50c
please let us know if you want your coffee HOT

TEA

Madura Black Tea	English Breakfast	Earl Grey	
Orange Pekoe	Irish Breakfast	Madura Green Tea	\$3.00
Poinciana Blend Chai			\$3.50

ORGANIC SOY instead of milk ADD 30c

HERBAL TEAS

Rosehip	Chamomile	Peppermint	Lemon Myrtle	Jasmine	\$3.30
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BOTTLED DRINKS

SAN PELLEGRINO - Italian sparkling mineral water	500 ml	\$3.50
	1 Litre	\$6.00
COOL RIDGE - still water	600 ml	\$2.50
SPRING VALLEY - lemon ICED TEA, Peach GREEN TEA	600 ml	\$3.50
WORT ORGANIC - 'Wild Potion' or 'Lemon Ginger'	330 ml	\$3.00
BUNDABERG Ginger Beer	375 ml	\$3.00
SCHWEPES - Lemonade, Soda, Soda w lemon, Agrum (Citrus), Ciata (Blood Orange) Sueno (tropical) mineral water	300 ml	\$2.50
COCA COLA - regular or diet	375 ml	\$3.00
POPPERS - Apple, Apple & Blackcurrant, Tropical or Mango &	250 ml	\$2.00
SPRING VALLEY JUICES - Apple, Pineapple, Orange & Mango, Orange & Passionfruit, Apple & Blackcurrant, Mango & Banana.	375 ml	\$3.00

COLD DRINKS

FRUIT SMOOTHIES - YOUR CHOICE OF..... Mango, Banana, Strawberry, Raspberry, Blueberry, Cinnamon, Nutmeg or Honey		\$6.00
MILKSHAKES - Chocolate, Vanilla, Strawberry, Caramel	Kids	\$4.00
	Large	\$5.00
THICKSHAKE w lots of ice cream		\$5.50
ICED MOCHA w ice cream		\$5.00
ICED COFFEE w ice cream		\$4.50
ICED CHOCOLATE w ice cream		\$4.50

For MALT add 30c & To replace Milk w ORGANIC SOY add \$1.00
For TAKEAWAY DRINKS add 50c for the extra volume

DRINKS w NO DAIRY

FRESH SQUEEZED & BLENDED JUICE - YOUR CHOICE OF..... Orange, Lemon, Apple, Carrot, Celery, Beetroot, Ginger or Garlic Seasonally Pineapple & Watermelon	small	\$4.50
	Large	\$5.50
GINGER NECTAR - local made served in a glass w ice & lemon		\$3.00
LEMON, LIME & BITTERS w ice		\$3.50
THE VIRGIN MARY Tomato juice, lemon, Tabasco, Worcestershire, ground pepper topped w celery stalk		\$5.00

BRUNCH COCKTAILS

BLOODY MARY take a Virgin Mary & add a shot of Vodka	\$8.50
MIMOSA - Champers and fresh squeezed OJ	\$7.50
JAMAICAN SKY JUICE - Champers and Mango Nectar	\$7.50
BAMBUDDHA - Champers and Guava Nectar	\$7.50
BEROCCA - for the morning after	\$2.50

ID will be required to purchase or consume Alcohol
For other alcoholic drink choices please ask for our wine & liquor list

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BREAKFAST

POINCIANA BREAKFAST

Served seven days a week from 8.00am until Noon.

SOMETHING LIGHT?

The Poinciana's own toasted Muesli with seasonal fruit, yoghurt & milk.	\$8.50
Sliced seasonal Fruit plate served with Vanilla Yoghurt	\$8.50
Avocado with slow roasted Tomato & Lemon Oil on your choice of toast.	\$8.00
Bread - choose from Sourdough, Turkish, Vienna, and Multigrain	
For Spelt & Gluten Free Multigrain ADD	.50
Jamaican Banana and Coconut Bread	\$5.00
Toasted Fruit Bread with Butter	\$4.50
TOAST with butter	\$3.00
CROISSANT	\$4.00
add Jam, Peanut Butter, Vegemite or Honey	.50
add Cheese & Tomato	\$2.00
add Cheese, Tomato & Avocado	\$3.00
add Ham, Cheese	\$3.00
add Ham, Cheese & Tomato	\$3.50
SWEET Muffin baked fresh daily (ask what Chef baked today)	\$3.50

B.L.A.T. - Bacon, Lettuce, Avocado, Tomato & Mayo on your choice of toast.	\$9.50
B.L.E.A.T - BLAT with an Egg!	\$10.50
S.L.A.T. - Smoked Salmon, Lettuce, Avocado & Mayo on Turkish toast	\$11.00
S.L.E.A.T. - SLAT with an Egg!	\$12.00

YA' GOTTA BE YOLKIN'! - TWO FREE RANGE EGGS ANY STYLE	\$8.00
Two Eggs any way you'd like them with Smokey Tomato Relish & your choice of Toast	
Sourdough, Turkish, Vienna, Multigrain, FOR Spelt or Gluten Free Multigrain ADD	.50

ADDED EXTRAS

Bacon, Sausage or Ham	\$3.00
Smoked Salmon	\$3.50
Potato Rosti	\$2.50
Slow Oven Roasted Thyme Tomatoes	\$2.00
Avocado	\$2.00
Mushrooms	\$2.00
Wilted English Baby Spinach	\$2.00
Parmesan or Fetta	\$2.20
Haloumi Cheese	\$3.00
Blackened Tomato & Pepper Relish	\$1.00
Gluten Free or Spelt toasted Bread add	.50

BREAKFAST HOUSE SPECIALS

- THE MULLUM' BIG COUNTRY BREAKFAST!** \$15.00
Eggs fried or poached with Bacon, Sausage, Potato Rosti, Roasted Tomato, Mushrooms, wilted Spinach, Caramelised Onion & choice of toast.
- THE MULLUM' BIG VEGO COUNTRY BREAKFAST!** \$12.50
Vegetarian version minus the meat.
- MY BIG GREEK BREAKFAST!** \$12.00
As Scrambled Eggs or an Omelette with Olives, Feta Cheese, Red Onion, Capsicum & Shallots on toasted Turkish Bread.
- THE BAYOU** \$12.50
Eggs Scrambled or as an Omelette with spicy Chorizo sausage, Capsicum, Onions, Tomato, Cheese & Spicy Cajun Ketchup served on your choice of toast.
- POINCIANA EGGS FLORENTINE** \$10.00
Poached Eggs on an English Muffin with wilted Spinach & Hollandaise Sauce.
- POINCIANA EGGS BENEDICT** \$12.50
Poached Eggs on English Muffin choice of Bacon OR Ham w wilted Spinach & Hollandaise
Substitute Smoked Salmon for Bacon or Ham. \$13.50
- CORN & ZUCCHINI FRITTER BREAKFAST** \$12.50
Homemade Corn & Zucchini Fritter served with grilled Haloumi, Roasted Tomato, Bacon & Rocket topped with Tomato Relish.
- THE BAREFOOT BREAKFAST** \$11.00
Scrambled & marinated Tofu, sautéed with Caramelised Onion, Capsicum, Mushrooms, Spinach & Karma Ketchup on your choice of toast.
- THE NORTHERN EXPOSURE BREAKFAST** \$13.50
Pancake stack served with two Fried Eggs, Bacon, Melon & Maple Syrup.
- THE BLUESBERRY** \$10.00
A stack of Pancakes w/ Blueberries & Maple Syrup definitely hits the right note.
Add Bacon \$13.00
- EGG & BACON BAGUETTE** \$9.00
Bacon, Fried Egg, Caramelised Onion & Tomato Relish on a French Baguette.
- THE McMULLUM** \$9.00
English Muffin w Free-Range Egg, Avocado, Caramelised Onions, Cheese, Lettuce & Aioli
Add Bacon @ \$1.50 extra

SOMETHING SWEET

Served seven days a week from 8am until close

Poinciana Sweet or Savoury Muffins & Friands \$3.50

All of our CAKES are made locally \$6.00

PASSIONFRUIT & WHITE CHOCOLATE MUD CAKE **Gluten & Wheat Free**

Whole almonds, butter, brown sugar, milk, eggs, white chocolate, rice & tapioca flour, cream, passionfruit, lemon juice, flaked almonds

CHOCOLATE & WALNUT CAKE **Gluten & Dairy Free**

Dark couverture chocolate, walnuts, butter, black sugar, eggs, Dutch cocoa, rice flour, coffee & Gluten Free baking powder

FIG & WALNUT TORTE W VANILLA RICOTTA CREAM **Gluten Free**

Walnuts, figs, egg whites, brown & castor sugar, dark chocolate, rice flour, fresh ricotta, fresh cream, vanilla, lemon juice & icing sugar

ORANGE & ALMOND CAKE **Gluten & Dairy Free**

Organic oranges (where possible) Almonds, Pistachios, raw sugar, eggs, coconut, GF baking powder, pure almond & orange essences

LEMON RICOTTA CHEESECAKE **fresh & zesty**

Ricotta cheese, cream cheese, eggs, raw sugar, cream, fresh lemon juice, flaked almonds, butter, cinnamon, ginger nut & nice biscuits

CHOCOLATE WALNUT BROWNIES **Half \$3** **Whole \$5**

Dark Coverture chocolate, butter, black sugar, eggs, walnuts, Dutch cocoa, unbleached flour & coffee. Served slightly heated so the chunks of chocolate start to melt yum

All cakes can be served w cream or ice cream for a little extra

PONCIANA
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LUNCH

LUNCH

Lunch Menu is served seven days a week from 12.15pm until 3.00pm.

LUNCH COCKTAIL SUGGESTIONS

MIMOSA – Sparkling White Wine & freshly squeezed Orange Juice	\$7.50
BAMBUDDHA – Sparkling White Wine & Guava Nectar	\$7.50
JAMAICAN SKY JUICE – Sparkling White Wine & Mango Nectar	\$7.50
BLOODY MARY – Ferdinand Petiot's original Vodka based recipe.	\$8.50

POINCIANA BEEF BURGER **\$12.00**

Char broiled seasoned Beef patty served w/ Tomato, Rocket, Smoked Cheese, & Caramelised Onion w/ homemade relish on a toasted bun or Gluten Free Bread.

CUBAN MARINATED & GRILLED FISH BURGER **\$11.50**

Grilled fish fillet marinated in Mojo Criollo (Citrus & Garlic Sauce) served w/ Tomato, Cucumber, and Salad Leaves on toasted Turkish Bread.

JAMAICAN GRILLED JERK CHICKEN SANDWICH **\$11.50**

Jamaican Jerk seasoned & Lime marinated Chicken garnished with Tomato, Lettuce, Avocado, Spanish onion & served with Pineapple Mango Salsa on toasted Turkish.

VEGETABLE CHILLI BURGER (Mild) **\$10.50**

Vegetable patty, Cucumber, Tomato, Rocket, & Avocado on a Roll w/ Minted Yoghurt & Sweet Chilli Sauce.

VOODOO CHICKEN SALAD with Sesame Ginger Vinaigrette **\$13.50**

Marinated & grilled Chicken strips over a tossed Salad of Red Onion, Tomato, Feta Cheese, Sesame Seeds, mixed salad leaves & toasted Tortilla strips.

TERIYAKI TOFU WRAP **\$10.00**

Teriyaki marinated Tofu w/ Rocket, Pickled Ginger, Wasabi Mayo & Bean Shoots wrapped together in a Tortilla.

GRIS GRIS (Gree Gree) CHICKEN SKEWERS w Zombie Dipping Sauce **\$12.50**

New Orleans style grilled Chicken skewers w/ a Zombie dipping sauce of Southern Comfort, Limejuice, Honey, Cilantro & Sweet Chilli. Served w/ Cajun Rice.

GADO GADO **\$11.50**

A combination of fried Tempeh, Bean Sprouts, Cucumber, Broccoli, Tomato, Cauliflower & Homemade Peanut Sauce.

LUNCH

Lunch Menu is served seven days a week from 12.15pm until 3.00pm.

GRILLED FISH & SALAD	\$11.50
Grilled fish fillet marinated in Mojo Criollo (Citrus & Garlic Sauce) served w/ Garden Salad & Pineapple & Mango Salsa	
BAJA BEEF or CHICKEN with Arroz Verde (GreenRice)	\$12.50
Marinated & grilled Beef or Chicken strips served over Mexican Arroz Verde (Green Rice) of Garlic, Onion, Capsicum, Green Chillies, Cilantro.	
ROAST PUMPKIN & FETA QUESADILLA	\$12.50
Roasted Pumpkin, Capsicum, Feta & Mozzarella Cheese, folded in a Tortilla & served w/Sour Cream, Salsa, Avocado Mash & Salad Leaves.	
GRILLED CHICKEN FAJITA & RICE	\$14.00
Grilled Chicken marinated in Mexican spices & served w/ Capsicum, Onion, Avocado, Cheese, Salsa, Sour Cream & Spanish rice w/ two warm Tortillas.	
Substitute grilled Tofu	\$12.00
CAESAR SALAD	
Traditional w/ Cos, Anchovies, Garlic Croutons, Egg, Bacon & Parmesan.	\$12.50
As above with grilled spicy Chicken.	\$14.50
CHILDREN'S MENU for the little un's – Available from 12.15pm to 3.00pm	
Smaller portions of some main meals above are suitable for older children.	
Bangers & Potato Wedges w/sauce	\$6.50
Grilled Fish & Potato Wedges	\$6.50
Ham & Pineapple Mini Pizza	\$5.00

POINCIANA AFTERNOONS

available from the kitchen from 12:15 until 4.00pm

SPINACH & FETA WEDGE	\$ 6.00
SPINACH & FETA WEDGE with GREEK SALAD	\$10.50
Spinach & Feta Cheese wrap in Filo pastry & served w a simple Greek Salad of Olives, Feta, Red Onion & Lettuce.	
HUNZA PIE & GARDEN SALAD	Large \$10.50 Small \$7.50
Spinach, Feta, Onion, Garlic, Free range Eggs & brown rice loaf topped w Cheese, Tomato & Sesame seeds & served w/ Relish & Garden Salad.	

Thank you for dining @ The Poinciana

POINCIANA SPARKLING WINES

SPARKLING WINE

Poinciana House Bubbles – <i>ask wait person for description</i>	\$4	\$16
NV Leconfield 'SYN' Cuvee Blanc McLaren Vale SA <i>Gently carbonated, delicate flavour</i>		\$25
NV Grant Burge Pinot Noir Chardonnay Brut – Barossa Valley SA <i>Stylish burge bubbles</i>		\$40

CHAMPAGNE

NV Pol Gessner Brut Champagne Espernay, France <i>Life is short, drink CHAMPAGNE!</i>		\$60
NV Moet & Chandon Brut Imperial – Champagne Espernay, France <i>Weddings, parties, anything!</i>		\$110

POINCIANA BEVERAGES

LOCAL BEER

Cascade Lite		\$3.50
VB, Tooheys Xtra Dry		\$4.50
James Boag Premium, Crown Lager, Coopers Red, Coopers Green		\$5.50

IMPORTED BEER

Corona or Sol – Mexico		\$6.50
Becks, Heineken, Stella Artois – Europe		\$6.50
Red Stripe - Jamaica		\$6.50

SPIRITS

Basic Spirit		\$6.00
Mid Shelf, Top Shelf & liqueurs	\$7.00 to	\$10.00
Exotic – <i>ask the doctor</i>		P.O.A

All our House pour spirits are certified ORGANIC

We also carry many popular brands of top shelf spirits & Liqueurs please ask our staff
Alcohol consumption is restricted to persons 18 years & over - please drink responsibly

POINCIANA WINE LIST

WHITE WINE

Poinciana House White – <i>ask wait person for description</i>	\$4	\$16
2006 'Monkey Bay' – Sauvignon Blanc – Marlborough NZ <i>Classic Marlborough Sav. Ladies doing lunch.</i>	\$5.50	\$25
2006 'Monkey Bay' – Chardonnay – Marlborough NZ <i>Well rounded kiwi chardie</i>	\$5.50	\$25
2001 Mt Pleasant 'Elizabeth' Cellar release – Hunter Valley NSW <i>Iconic aged Hunter Semillon</i>		\$26
2006 'The White Hat' Chardonnay Vigonier Sauv Blanc - Yarra Valley VIC <i>Aperitif style. Exciting blend, quite a ride for the palate.</i>	\$6	\$27
2005 'Alkoomi' Frankland River Riesling WA <i>Crisp, clean and dry. Great with flavours of Asia.</i>		\$30

RED WINE

Poinciana House Red – <i>ask wait person for description</i>	\$4	\$16
2005 Hardey's 'Oomoo' - Shiraz – McLaren Vale SA <i>Soft and youthful</i>		\$26
2004 'Metala' - Shiraz Cabernet – Langhorne Creek SA <i>Big night out on the town</i>		\$26
2004 'The Red Hat' - Shiraz Cab Sav Merlot - Yarra Valley VIC <i>Mmmm. Fruity!</i>	\$6	\$27
2004 Richard Hamilton Lot 148 - Merlot – McLaren Vale SA <i>A class act</i>		\$28
2005 'Devils Corner' – Pinot Noir – Tamar Valley TAS <i>Light and lovely chilled or at room temperature</i>		\$30
2004 'Brothers In Arms' No. 6 – Shiraz Cabernet – Langhorne Creek SA <i>Producers for 'Metala'. Chunky! Great with a charred steak</i>		\$34
2005 'Nanny Goat' – Pinot Noir – Central Otago NZ <i>Big, sophisticated drop from the best pinot region in the world</i>		\$51

All wine is served as 110ml pour - We ask that you please drink responsibly.

POINCIANA STUFF

SMOKING - Please observe no smoking signs.

New Smoking Laws prohibit smoking within 4mtrs of doors & windows

NO SMOKING on the Bar deck or the table in front of the open café blinds

Don't be a TOSSER - Please use ashtrays - nicotine kills frogs!

WIRELESS - We are not an internet café, we ask for some consideration.

Wireless access is available for customers dining with us

Please limit your time & your downloads - stow your bags & leads safely.

We expect mobile & skype courtesy at all times.

GARDEN - please don't enter or pick anything from our gardens

Resident wildlife must NOT be annoyed this is their home please respect that

CHILDREN - We are a child friendly café

The Sand pit, colouring packs, a baby change table & bags are for your convenience

Please consider other customers & monitor your children activity

Small children should be accompanied to the toilets to avoid mishaps

DOGS - We are a dog friendly café so long as your dog is friendly

All dogs must be on a lead to enter & at all times whilst visiting

By law dogs not NOT allowed at the table near the sandpit

Dogs must be tethered on a short lead either at your table (outside only)

or the dog bar, water bowls are available please ask one of our staff

Dog owners must be responsible for their canine friend at all times

Thank you