

EARL Sandwiches

Pork Belly

Crisp skin free-range pork belly, apple, cabbage & fennel coleslaw, wilted silverbeet

\$13.5

Duck Confit

Confit duck, caramelised fig, walnuts, onion jam, radicchio, watercress

\$16

Zucchini & Avocado

Grilled zucchini, avocado, edamame, orange, Japanese ponzu dressing

\$10.5

Ocean Trout

Poached ocean trout, artichoke, saffron braised fennel, baby spinach, dill vinaigrette

\$15

Corned Wagyu

Corned wagyu beef, horseradish bearnaise, glazed carrots, dill pickle

\$12.5

Chicken & Chips

Roast free-range chicken, crushed peas, bacon marmalade, potato crisps

\$13

Harissa Lamb

Slow cooked harissa rubbed lamb, quince, hung yoghurt, green beans, almonds

\$15

Lime Poached Chicken

Lime & palm sugar poached free-range chicken, crunchy salad, coriander, chilli, nuoc nam

\$12

Mushroom & Goats' Curd

Roast field mushrooms, goats' curd, pesto, chestnuts, rocket

\$11.5

Gluten Free?

Need gluten free? All sandwiches are available on our gluten free wraps

EARL Lunch Box

Choose your sandwich, we add a house salad & something sweet

Just an extra \$4

Salads

Turn this menu over for today's selections

Regular EARL'ers may notice a change... Our bakers have been working hard to customise the perfect bread for an EARL sandwich
We're sure you will love the result, as much as we do

500 Bourke Street
(enter via Little Bourke)
Melbourne

Breakfast & Lunch
Monday - Friday, from 7am
www.earlcanteen.com.au

Ask us for our wi-fi password

Real Food Fast
Sandwiches, Salads, Sweets
Using the best ingredients we can find

Tweet, tweet!

Follow us to be tempted by our latest sandwich & salad news
www.twitter.com/earlcanteen

Need to feed some friends?

Give us a call to place larger orders and we can have your lunch ready to go

**Soft
Drinks**

Hepburn Springs Mineral Waters
Sparkling \$3.5 / \$7

Flavoured \$4
Organic lemonade
Organic cola
Pink grapefruit
Blood orange

Fresh Juice

Squeezed Daily, 100% Juice

Orange
Apple
\$4

Beetroot, apple & ginger
Rockmelon
\$4.5

**Wine &
Beer**

Lucky Cat
pinot grigio, 2011 \$8 / \$40
King Valley, Vic

Luke Lambert 'Crudo'
shiraz, 2010 \$8 / \$40
Yarra Valley, Vic

Koinda American Pale Ale \$8.5

Cricketers Arms Lager \$7.5

Salads

Raw Salad - beans, carrot, zucchini,
broccoli, sprouts, tomato & chia seeds
\$8.5

Hot Smoked Salmon - free-range
egg, beans, tomato, sprouts, rocket
\$12

Big Green - zucchini, sugar snaps,
beans, peas, herbs, mixed leaves
\$9.5

Free-Range Chicken - brown rice,
corn, omelette, sugar snaps, coriander
\$12

Super Food Salad - broccoli, quinoa,
cranberries, giant couscous, herbs
\$9.5

**From the
Display**

Buffalo mozzarella, tomato, basil,
extra virgin olive oil, crusty baguette
\$9.5

Free-range chicken, truffle aioli,
roast mushroom, rocket, pita wrap
\$9

Istra prosciutto, spiced pear relish, gruyere cheese,
crusty baguette
\$9.5

Slow cooked beef brisket, horseradish, rocket &
parmesan salad, bagel
\$9.5

Vegetable & salad pita wrap - avocado, tomato,
zucchini, carrot, beans, spinach, cos
\$8.5

All made fresh daily at EARL,
using the best ingredients we can find

Upgrade your sandwich to a lunch box,
with a house salad & something sweet
Just an extra \$4

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Melbourne 3000

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