



MENU



@speakerscornercafe

(08) 8946 1439

Trading hours: 7.30am - 4.00pm, Monday to Friday
Parliament House, Mitchell St, Darwin City, Northern Territory

www.karensheldoncatering.com.au

SUNRISE SELECTIONS

AVAILABLE ALL DAY

VERY TERRITORY FRUIT LOAF **V** 10

Freshly baked on premises and packed with Territory bushfoods and fruits including Alice Springs Dates, Figs, Mangoes, Quandong, Paw Paw, Pepperberry & Wattleseed. Served with butter and our homemade Mango and Kakadu Plum Jam.

EGG'S YOUR STYLE **V** 13

Free-range and cooked to your liking. Choose from poached, scrambled or butter fried served on our dark rye vienna toast.

- + Crispy bacon | 6
- + Avocado | 3.5
- + Sautéed mushrooms | 3
- + Grilled tomato's | 3

B.E.L.T 12

A multi-grain toastie layered with bacon, egg, lettuce, fresh tomato and whole egg mayo. Simple and fresh.

SMASHED AVO **V** 15.5

2 slices of dark rye vienna toast, smashed with fetta. Dusted with our homemade Dukkah spice and lemon wedge.

SMOOTHIE BOWL **VG** 16

A creamy smoothie base of banana, dragon fruit, mango and coconut milk topped with fresh seasonal fruit, coconut and our homemade toasted granola.

AUSSIE CROISSANTS 8.5

Filled with your choice of:

- Leg ham, fresh cut tomato and tasty cheese.
- Leg ham and tasty cheese.
- Smoked salmon, mayonnaise, mixed lettuce and capers.
- Cinnamon sugar served with ice cream or custard cream.

LUNCHTIME FAVOURITES

AVAILABLE FROM 10AM

CLUB SANDWICH 19

An oldie but a goodie! A double decker sandwich. One layer of traditional roasted chicken, tomato, whole egg mayo, and lettuce. Followed by a layer of crispy bacon, cheese, homemade tomato relish. Toasted and served with seasoned fries.

STEAK AND ONION SANGIA 18

With locally sourced ingredients. Garlic-infused toasted bread, tender scotch fillet steak, native bush tomato chutney, caramelised onion, with melted cheese, fresh mesclun lettuce and sliced tomato served with seasoned fries and Lemon Myrtle mayo.

CHICKEN SCHNITZEL SANGIA 15

An old Dolly Pot favourite. Free range chicken breast wrapped in fresh breadcrumbs and pan fried. Served in a freshly baked ciabatta roll with salad, whole egg mayo and cheese.

SPEAKERS CORNER LAKSA 16

One of Madam Speakers favourites and an iconic dish of Darwin. Made with our wonderful healing chicken broth. Coconut milk, fresh Asian herbs and steamed chicken. Served with rice noodles, homemade wontons and fresh chilli.

SUPERFOOD BOWL **V** 16

On a bed of quinoa, topped with fresh spinach, steamed green beans, corn kernels, sliced tomato, avocado, half a boiled egg and our homemade French dressing.

- + Roast chicken, leg ham, Springwater tuna, crispy bacon + 6

POTATO ROSTI STACK **GF V** 14.5

3 homemade chunky potato rosti's with mashed avocado and our tomato relish.

- + Poached egg + 3.5

CORNISH PASTIES, HOMEMADE PIES & SAUSAGE ROLLS 6.6

From years of testing by Karen Sheldon herself. Served with homemade tomato sauce.

TOASTED SANDWICHES FROM 10

White, multi-grain or gluten free bread.

Choose your filling: leg ham, roasted chicken, crispy bacon, egg, cheese, spinach, onion, tomato. Pick from mayo, seeded mustard or pickled mustard.

- + Avocado + 3

FRESH SANDWICHES FROM 9.5

White, multi-grain or gluten free bread.

Choose your filling: lettuce, tomato, spinach, cucumber, red onion, carrot, cheese, leg ham, roasted chicken, Springwater tuna. Pick from mayo, seeded mustard or pickled mustard.

POLENTA TOAST **GF V** 11

Topped with confit mushroom, spinach, fetta and bush tomato chutney.

EXTRAS

- Homemade tomato sauce | 1.5
- Whole egg mayo | 1
- Avo | 3
- Fresh side salad | 6.5
- Seasoned fries | 6.5

DAILY SPECIALS

Speak to our staff about today's Chefs choice of salads and hot dishes

SWEET STUFF

AVAILABLE ALL DAY

HOMEMADE CAKES, SLICES AND MUFFINS FROM 6.5

To die for range! Icons include:

- Carrot, Walnut and Cream Cheese Cake
- Choc Wattleseed Brownies **GF**
- Raspberry Coconut Slice
- ...and many more!

- + Add a scoop of ice-cream! + 2

GF = Gluten free

V = Vegetarian

VG = Vegan



KAREN SHELDON CATERING

OUR ETHOS

Karen Sheldon Catering strives to deliver a premium product starring unique Territory flavours and focusing on impeccable customer service that is also totally Territory through our Indigenous Hospitality Training Programs. We know that we are only as good as our latest dining experience!

Our Northern Territory reputation has been built in one of the most challenging environments both in terms of climate and business. We guard it closely, never complacent and always in a state of continual innovation and improvement.

SOCIAL RESPONSIBILITY

Karen Sheldon Catering supports sustainable, organic and locally grown, caught or wild-harvested produce to drive economic opportunities towards prosperity parity for Indigenous jobseekers in the Territory.

Visit karensheldoncatering.com.au for more information.

OUR LOCAL BUSH FOOD SUPPLIERS



Wattleseed, Bush Tomato and Saltbush

@bushfoodcafeandcatering



Maningrida Red Bush Apples

www.bawinanga.com



Kulbanyi Tea and Paperbark

www.gourmetnation.com.au