



# ALL DAY MENU

## LEBANESE PUMPKIN AND SPICED FALAFEL | \$17.00

Zaatar roasted pumpkin on a spiced falafel patty, hummus, mixed salad with miso and tahini dressing. | GF,V

## VIETNAMESE PORK BANH MI | \$13.00

Lemongrass roast pork served with pickles, in-house sriracha mayo, cucumber and dressing in a crusty roll.  
Vegetarian option | Ask our staff

## COLOMBIAN AREPAS | \$14.00

Arepas are grilled white cornmeal pockets stuffed with avocado, slow-cooked chipotle mixed beans, and grated cheese. | GF,VG  
Add on fried egg \$2.00 | chorizo \$5.00

## INDONESIAN BERTUTU CHICKEN | \$17.00

Traditional Balinese recipe - roasted free-range maryland chicken marinated with 19 aromatic spices and herbs served with rice, mixed salad, and prawn crackers. | GF

## VIETNAMESE LEMONGRASS CHICKEN | \$16.00

Marinated free-range chicken with fish sauce, ginger, lemongrass and spices served with jasmine rice and mixed salad. | GF

(VG) VEGETARIAN | (GF) GLUTEN FREE | (V) VEGAN

**PLEASE INFORM OUR STAFF IF YOU HAVE ANY FOOD ALLERGIES OR DIETARY REQUIREMENTS  
PLEASE ORDER AND PAY AT THE COUNTER**

**FOR CAKES, DAILY SPECIALS AND SNACKS, PLEASE CHECK OUR DISPLAY COUNTER**

## KIDS MENU

Fruit toast with a spread of choice \$4.00  
House-made waffle with a spread of choice \$6.00  
| GF, VG

Spread | butter, house-made strawberry jam,  
house-made almond chocolate spread,  
Ballarat honey OR maple syrup

## SIDES

Spread	+\$0.50	Chorizo	+\$5.00
Flying Chillies oil	+\$1.00	Roast pork	+\$5.00
Fried egg	+\$2.00	Avocado	+\$4.00
Rice	+\$3.00	Mixed salad	+\$4.00

**A Pot of Courage is  
A not-for-profit social  
enterprise. Our staff and  
volunteers are from  
diverse cultural  
backgrounds. We  
empower through training  
and employment  
opportunities.**

**Interested in volunteering?  
Please email  
[apotofcourage@gmail.com](mailto:apotofcourage@gmail.com)  
Catering request:  
[apotofcourage@gmail.com](mailto:apotofcourage@gmail.com)**

## OPENING HOURS

Tuesday to Friday:  
9.00 am - 3.00 pm  
**(Kitchen closes at 2pm)**  
Booking : 0401 962 582

**Website:  
[apotofcourage.com.au](http://apotofcourage.com.au)**



# DRINKS

## HOT DRINKS

**ESPRESSO** \$4.00  
**LONG BLACK / FLAT WHITE / LATTE /** SM \$4.00  
**CAPPUCINO / MACCHIATO /** LG \$4.50  
**PICCOLO**

Extra shot / Decaf +0.50

Almond milk / Soy Milk / Lactose-free Milk +0.50

**HOT CHOCOLATE / MOCHA /** SM \$4.50  
**CHAI LATTE / DIRTY CHAI** LG \$5.00

With frothed milk

Almond milk / Soy Milk / Lactose-free Milk +0.50

Baby Chino | \$1.50

**POT OF TEA** \$4.00

English Breakfast / French Earl Grey /

Lemongrass & ginger / Peppermint / Green tea

## COLD DRINKS

Sparkling Water \$4.50

Orange Juice / Orange & Passionfruit / Blood Orange \$5.00

mineral water \$3.50

## ICED WITH VANILLA ICE CREAM

Chocolate / Mocha / Chai / Coffee / Dirty chai \$7.00

## FEATURING LOCAL SUPPLIERS

### INCLUDING:

Hellbilly Roasting

Grounded pleasures

Inglenook Dairy

King's Hot Bread And Bakery

1816 bakehouse

Ballarat honey

Country Style Smallgoods

Flying Chillies

Goldfields Country Fresh Eggs

Kao Kao Miso

Daylesford & Hepburn Mineral Springs Co