



Bienvenue "Welcome"

THE OFF SEASON

Menu

Operating Hours: Wednesday - Monday 7 - 4 - Sunday 7 - 2 - Tuesday Closed

For the full experience of tradition enjoy your crepes with a crisp Tasmanian cider or warmed mulled wine (non alcoholic) +\$4

Saucisse Crepe	Long Name Farm Pork Sausage, Apple, Spinach, Leek, Egg, Emmental Cheese.	19
Vegetarien Crepe	Ratatouille, Spinach Pesto, Lemon, Feta Caramelised Onion, Nut & Seed Seasoning.	18
Complete Crepe	Tasmanian Ham off the Bone, Egg Roasted Mushrooms, Emmental Cheese.	19
Poulet Crepe	Chicken, Creamed Mushroom, Quinoa, Spinach Egg, Emmental Cheese, Lemon Herb.	20
Ski Chalet Crepe	Bacon, Potato, Camembert Fondu, Gruyere Caramelised Onion.	18
Soupe du jour / Soup of the Day	w toasted house made sourdough	15
Poisson du jour / Fish of the day	Herbed Veggie Millet, Fried kale, Capsicum Tomato sauce, Creme Fraiche, Lemon.	25

Dessert

Belle Helene Crepe	Poached Pear, Chocolate Sauce, Ice Cream	15
Citron Sucre Crepe	Citrus, Sugar, Ice Cream	12
Maison Crepe	(House Dessert Special) Designed Daily	15

Thank you for visiting Coastal Wholefoods Cafe & Health Grocer

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FRENCH TRADITIONAL GALETTES AND CREPES

The recipe of the galette comes from a region in the West of France, la Bretagne. It is home of lush fields for healthy cows to graze on, salted butter, amazing cheeses, beautiful apples and the best fresh seafood...

By the way, does that remind you of anywhere else... Tasmania!

What is a Galette?

While crepes are prepared with plain white flour and milk, French galettes are made of buckwheat flour soaked overnight in water. They are gluten free, healthy, but most important: they are tasty! The French often enjoy a glass of mulled wine or crisp apple cider with a galette, not only for the delicious taste but also the hidden health benefits! Galettes and crepes are hugely different both in look and tastes, try one for yourself and find out!

What is Buckwheat you ask?

Despite its name, Buckwheat contains zero wheat and is a highly versatile 'pseudo grain' commonly used for gluten free and healthy alternatives to flour. It can be used for both sweet and savoury dishes. It can come in all kinds of forms such as 'kernels', puffed, hulled and milled to be flour – containing many health benefits in all its forms!

What are the benefits of Buckwheat?

Buckwheat has a very high amount of polyphenols, these micro nutrients we find in plant based food. There are many types of polyphenols and the one found in buckwheat is called rutin which is a powerful anti oxidant! The pseudo grain helps improve digestion and help treat digestive disorders, weight management difficulties, diabetes, neurodegenerative disease, and cardiovascular diseases such as improving the elasticity of vessels and reducing cholesterol. When made into a Galette and combined with apple cider or our house-made alcohol free mulled wine, we are maximising the absorption process in our guts of all the nutrients contained in the buckwheat thanks to the packed vitamin C contents of the fruits!

