

🐎 R A C E M E N U 🐎

SHARED APPETISER

ANTIPASTI

AUTHENTIC CIABATTA, WARM OLIVES, PETER'S COLD CUTS, MUSHROOM ARANCINI

THREE DIPS

HASS AVOCADO-DUKKAH , HUMMUS-SMOKED PAPRIKA , FRESH CHEESE-CHIVE

(GFO)

MAINS

GRILLED KING PRAWNS

POTATO GNOCCHI, PUTTANESCA RAGÙ W- SAUSAGE, TOMATO, OLIVES, CHILLI, CAPERS, ANCHOVY, REGGIANO

(PESC)

CABERNET BRAISED BEEF CHEEK

CREAMY PARIS MASH, SOUTH-WEST ASPARAGUS, TRUFFLED TATSOI, JUS

(GF)

SALMON NIÇOISE SALAD

HEIRLOOM TOMATO, POTATO, SICILIAN OLIVES, BEANS, SOFT EGG, TARRAGON VINAIGRETTE

(PESC)(GF)

SLOW COOKED LAMB SHOULDER

MEDITERRANEAN CHICKPEA SALAD, CHARRED RED PEPPERS, YOGHURT-PARSLEY-MINT SAUCE, DUKKAH

(GF)

CAVATELLI PASTA

PUMPKIN-SAFFRON SAUCE, ROASTED FENNEL, BABY COURGETTES, YELLOW SQUASH, BLACK OLIVES

(VEGAN) (DF) (NUT FREE)

Tiisch

TIISCH CAFÉ BISTRO IS AVAILABLE FOR PRIVATE EVENTS

DRINKS

SODA		
CAPI	GRAPEFRUIT / BLOOD ORANGE / CRANBERRY	6.5
KOMBUCHA		
KOMMUNITY BREW	ORGANIC & NATURAL PROCESSES	7
WATER KEFIR	MADE W JAPANESE WATER CRYSTALS, ORGANIC & NATURAL PROCESSES	7
COLD PRESSED JUICE		
VITAMIN C	FRESH PRESSED VALENCIA ORANGES	9
AN APPLE A DAY	FRESH PRESSED WA APPLES	9
ESSENTIAL NUTRIENTS	COCONUT, MELON, PINK LADY APPLE, RED DRAGONFRUIT	9
LEAFY GREENS	LEAFY GREEN KALE, PRESSED WA APPLES, FRESH LEMON	9
IMMUNISATION	PEAR, CARROT, APPLE, GINGER, PINEAPPLE	9
BLACK COFFEE		
ESPRESSO	SINGLE ORIGIN	4/4.5
LONG BLACK	SINGLE ORIGIN	4.5
FILTER -SINGLE ORIGIN	POUR OVER	4.5
COLD BREW -SINGLE ORIGIN	DELICATE, FRUITY, AROMATIC, 15 HOUR EXTRACTION	6
MILK COFFEE		
FLAT WHITE / CAPPUCCINO / LATTE	Tiisch BLEND / SINGLE ORIGIN	4.5
SHORT MACCHIATO	Tiisch BLEND / SINGLE ORIGIN	4.5
LONG MACCHIATO / MOCHA	Tiisch BLEND / SINGLE ORIGIN	5.5
HOT DRINKS		
HOT CHOCOLATE	HUSHBLEND	5
CHAI LATTE	LOOSE LEAF BLACK TEA, WHOLE INDIAN SPICES, HONEY	5.5
MATCHA LATTE -SINGLE ORIGIN	MIKO MATCHA, NISHIO (JAPAN)	5.5
BABY CINO		2
AFFOGATO	DOUBLE ESPRESSO, VANILLA BEAN GELATO ADD FRANGELICO 13 ADD BAILEYS 13	6.5
ALTERNATIVE MILK		
LACTOSE FREE / BONSOY / OAT MILK / ALMOND MILK / MACADAMIA MILK / COCONUT MILK		.50
COLD DRINKS		
ICED LATTE	SERVED OVER ICE	6
ICED COFFEE	SERVED OVER ICE / W VANILLA BEAN ICE CREAM	8
ICED CHOCOLATE	SERVED OVER ICE / W VANILLA BEAN ICE CREAM	7
ICED TEA	WHITE TEA & ROSE / BLACK TEA & LEMON	6
ICED CHAI	SOUL CHAI, SERVED OVER ICE	6
TEA ORGANIC BLACK		
RUBY BREAKFAST	RUBY RED CEYLON, ROBUST, SATISFYING, ENERGISING	5.5
FEEL GOOD CHAI	WARMING SPICES, LOOSE LEAF CEYLON, WA HONEY, HEARTFELT & COMFORTING	6
EARL GREY	CEYLON, ORGANIC BERGAMOT OIL, CORN FLOWERS, CLASSIC & FRAGRANT	5.5
MEANINGFUL RED	HANDMADE SRI LANKAN BLACK TEA, REFRESHING HERBS, SWEET & UPLIFTING	6
TEA ORGANIC HERBAL -CAFFEINE FREE		
HERB GARDEN	BLEND OF AROMATIC & HEALING HERBS, REFRESHING & UPLIFTING	5.5
LEMONGRASS & GINGER	HERBAL TISANE - ZESTY, VIBRANT & STIMULATING	5.5
PEPPERMINT	PREMIUM WHOLE LEAF PEPPERMINT, STRONG AROMA, LIVELY & FRESH	5.5
TEA ORGANIC CHINESE		
MOONLIGHT ROSE	WILD ANCIENT WHITE TEA, DELICATE & CALMING ROSE	5.5
ANCIENT BAKED HEART	GREEN TEA, LIMITED ARTISANAL RELEASE, MEMORABLE & WHOLESOME	6.5
HONEY I'M HOME	YUNNAN BLACK NEEDLE, SOOTHING FLORALS, COSY & COMFORTING	6.5
RARE EARTH PUER	FERMENTED BLACK TEA, ASTRAGALUS ROOT, GINSENG, DEEP, THOUGHT PROVOKING	6.5

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FREE-FLOWING BEVERAGES

ESPRESSO MARTINI ADD \$10 SUP
VODKA, COFFEE LIQUEUR, ESPRESSO
VEGAN

BLOODY MARY
VODKA, TOMATO, WORCESTERSHIRE, TABASCO, CELERY
VEGAN

DRAUGHT BEER
PIRATE LIFE, PALE ALE, 4.4%
LIGHT BODIED & REFRESHING
VEGAN

SIDEWOOD CIDER
PURE APPLE, ADELAIDE HILLS, 5%
VEGAN

BUBBLES
SIDEWOOD METHODE TRADITION, ADELAIDE HILLS, SA
FINESSE, AN EXCELLENT MOUTH-WATERING CITRUS & NOUGAT FINISH
VEGAN

PROSECCO
THE-SUM, VENETO, ITALY
ELEGANT, FLORAL TOUCHES OF ACACIA, APPLE & PEACH FLAVOURS
VEGAN

WHITE WINE
THE-SUM, SAUVIGNON BLANC, 2021 PEMBERTON, WA
CLEAN PALATE, ELEGANT ACIDITY, LIP SMACKING CRISP FINISH
VEGAN

ROSÉ
THE-SUM, ROSÉ, GREAT SOUTHERN, 2020, WA
RIPE CHERRY, RASPBERRY, HINTS OF CRÈME BRÛLÉE, YET CRISP
VEGAN

Tiisch SANGRIA
WINE, PORT, ORANGE, APPLE
CITRUS, A HINT OF SPICE, GREAT STRUCTURE AND CRUNCHY ACIDITY

ROSÉ SPRITZER
CLASSIC ROSÉ, SPARKLING MOSCATO
CRISP & REFRESHING, HINTS OF BERRY
VEGAN

RED WINE
THE-SUM, CABERNET SAUVIGNON, 2019 FRANKLAND RIVER, WA
GENEROUS BLACKFRUIT CHARACTERS, OAKY COMPLEXITY
VEGAN



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