



BREAKFAST • LUNCH • DINNER  
DESSERT • SNACKS • BAR

ORDERS: P 8353 5723 • E [yourdoor@littleshoo.com.au](mailto:yourdoor@littleshoo.com.au)

OUR HEAT + EAT MEALS ARE AVAILABLE FOR PICK UP AND DELIVERY \*WITHIN 5KMS



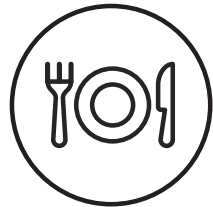
7 DAYS A WEEK



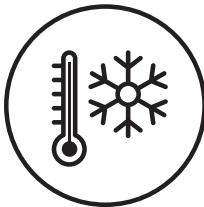
NO CONTACT PICK UP &  
DELIVERY\* TO YOUR DOOR



BEER, WINE &  
NON-ALCOHOLIC DRINKS



KIDS MEALS



HEAT & EAT  
OR FROZEN MEALS



MIN ORDER \$40  
CREDIT CARD IN ADVANCE



WATCH OUR SOCIALS  
FOR SPECIALS

Thank you for  
supporting  
local business  
and families

[yourdoor@littleshoo.com.au](mailto:yourdoor@littleshoo.com.au)  
[littleshoo.com.au](http://littleshoo.com.au)



## BREAKFAST

COCONUT CHIA PUDDING (vegan) (gluten free) (nut free option)  
Delicious coconut and chia pudding with fruit, nuts and toasted coconut

|           | adult serve | kids |
|-----------|-------------|------|
| Pick up:  | 7           | 6    |
| Delivery: | 9           | 8    |

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LITTLE SHOO GRANOLA (vegan option available)  
Toasted granola with fruit, nuts and toasted coconut and yogurt

|           | adult serve | kids |
|-----------|-------------|------|
| Pick up:  | 7           | 6    |
| Delivery: | 9           | 8    |

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WAFFLES (vegan option available) (nut free option)  
With yoghurt, fruit and nuts

|           | adult serve | kids |
|-----------|-------------|------|
| Pick up:  | 7           | 6    |
| Delivery: | 9           | 8    |

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## SAVOURY SNACKS

|                           | Pick up: | Delivery: |
|---------------------------|----------|-----------|
| 100G OLIVES               | 6        | 7         |
| CHEESE AND CRACKERS       | 6        | 7         |
| 100G DRIED FRUIT AND NUTS | 6        | 7         |

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## SWEET SNACKS

|                        | Pick up: | Delivery: |
|------------------------|----------|-----------|
| PROTEIN BALLS (3)      | 6        | 7         |
| BROWNIES (2)           | 6        | 7         |
| MUFFINS OF THE DAY (2) | 6        | 7         |

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## LUNCH AND DINNER

### ITALIAN MEATBALLS AND PASTA

Traditional pork and veal meatballs with spaghetti, napolitana sauce and parmesan cheese  
Children's serve with dinosaur shaped pasta.

|           | for one | for two | kids |
|-----------|---------|---------|------|
| Pick up:  | 12      | 22      | 9    |
| Delivery: | 14      | 24      | 11   |

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### LAMB KORMA WITH TURMERIC RICE (gluten free)

A mildly spiced lamb curry served with delicious rice spiced with turmeric, cumin and masala

|           | for one | for two | kids |
|-----------|---------|---------|------|
| Pick up:  | 14      | 26      | 11   |
| Delivery: | 16      | 29      | 13   |

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Add naan bread for only \$2 per piece

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### COQ AU VIN (gluten free)

A classic French chicken dish marinated and cooked in Mollydooker Two Left Feet, served with mashed potato, carrots and green beans

|           | for one | for two | kids |
|-----------|---------|---------|------|
| Pick up:  | 14      | 26      | 11   |
| Delivery: | 16      | 29      | 13   |

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### SWEET POTATO AND CHICKPEA DHAL (vegetarian with vegan option)

A deliciously filling South-Asian dish with aromatic spices, chickpeas and lentils

|           | for one | for two | kids |
|-----------|---------|---------|------|
| Pick up:  | 10      | 18      | 8    |
| Delivery: | 12      | 20      | 10   |

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All of our lunches / dinners on the menu can be frozen. We will advise if specials can be frozen.

## DESSERT

|                   | Pick up: | Delivery: |
|-------------------|----------|-----------|
| VEGAN TIRAMISU    | 7        | 9         |
| CHOCOLATE CREMEUX | 7        | 9         |
| APPLE CRUMBLE     | 7        | 9         |

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# DRINKS LIST

## WINES

Watch our socials for specials on other wines

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|   |       |    |
|---|-------|----|
| Prosecco  | Italy | 30 |
| Mollydooker Miss Molly Sparkling Shiraz                           | SA    | 38 |
| Lobethal Road Sauvignon Blanc                                     | SA    | 35 |
| Jim Barry 'JB' Riesling   | SA    | 35 |
| Deviation Road Pinot Gris   | SA    | 40 |
| Coriole Rose  | SA    | 40 |
| Mollydooker Two Left Feet<br>(Shiraz, Merlot, Cabernet Sauvignon) | SA    | 35 |
| 10 Minutes by Tractor Pinot Noir                                  | VIC   | 40 |
| Vasse Felix Cabernet Sauvignon                                    | WA    | 35 |
| Mollydooker Gigglepoot Cabernet Sauvignon                         | SA    | 55 |
| Mollydooker Enchanted Path<br>(Shiraz and Cabernet)               | SA    | 95 |
| Coriole Llyod Reserve Shiraz                                      | SA    | 95 |

## BEER

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|  |     |                        |
|--|-----|------------------------|
| Young Henry Lager                        | NSW | 6 each / 22 for 4 pack |
| Little Banger Session Ale                | SA  | 6 each / 22 for 4 pack |
| Big Shed Kol Schisel Australian Pale Ale | SA  | 6 each / 22 for 4 pack |

## NON-ALCOHOLIC

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|   |                        |
|---|------------------------|
| Coke, Diet Coke, Coke Zero, Lemonade                | 2 each / 7 for 4 pack  |
| San Pellegrino - Aranciata or Pomegranate           | 3 each / 10 for 4 pack |
| Mountain Fresh Juice - Apple, Apple/Mango, Tropical | 4 each / 14 for 4 pack |
| Besa Cold Pressed Juice - Green or Red              | 6 each / 22 for 4 pack |

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245 ESPLANADE, HENLEY BEACH SA 5022

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