

# Red Rock Olives

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## Menu



# Benefits of extra virgin olive oil (EVOO)

Extra virgin olive oil is cold pressed within 24 hours of harvest. It's the juice of fresh, healthy olives which contain the health-promoting nutrients and anti-oxidants that olive oil is famous for.

EVOO health benefits include improvements to:

- Cardiovascular health
- Digestive health
- Osteo health
- Rich in antioxidants and anti-inflammatories

To learn more about EVOO's health benefits, 'like' Red Rock Olives on Facebook.

**FOLLOW US ON:**  
**Facebook** /redrockolives  
**Instagram** @redrockolives  
**Tripadvisor** Pomonal, Red Rock Olives

# Paddock to plate

Our vision at Red Rock Olives is to create a seasonal menu featuring locally-sourced, sustainable produce that is fresh, abundant and readily available. We use:

- Red Rock Olives EVOO and olives, grown here.
  - Eggs from happy chickens that live on our property in Black Range, 15 minutes away.
  - Honey from 100% Pure Australian Honey, produced in Stawell, 15 minutes away.
  - Lemons from neighbourhood trees in the area.
  - Fruit and vegetables from Rayners Mini Market in Stawell, 15 minutes away. Red Rock Olives aims to only purchase produce from Victoria.
  - Coffee from Padre in Brunswick, who source the coffee in an ethical and sustainable way.
- \* We get our cheese from a passionate company based in Melbourne called Calendar Cheese. We aim to purchase Victorian cheeses (i.e. Meredith's Goats Cheese), however some are sourced directly from their origin.

## Backyard Trading

Red Rock Olives has begun taking produce from small scale growers in the area to create food to use in the cafe and give back to the community. The philosophy is to remind us where our food comes from and also reduce food wastage. If you have any produce or ideas, please talk to Rita.

# To drink...

## Hot

Coffee - Padre from Brunswick  
Pot of tea - English breakfast, Earl Grey or Peppermint  
Hot or iced chocolate by Koko Deluxe  
Prana Chai, Marsala Blend

\$4.00

## Cold

Bundaberg: Apple Cider, Ginger Beer,  
Traditional Lemonade, Lemon, Lime & Bitters,  
Blood Orange, Pink Grapefruit  
Large San Pellegrino mineral water

\$4.00

\$7.00

Coke, Diet Coke, Solo

\$3.00

\* BYO Corkage

\$5.00

# To snack...

Check the cabinet for our daily selection of cakes.

All the cakes are homemade on site. We constantly change our range to ensure we use fruits that are in season and flavoursome.

\$5.50

# To eat...

## Breakfast

House-made Baked Beans - Served with two eggs, fresh bread, baked tomato with fennel and sprinkled with our olive salt  
\$15.00

## Lunch

Grazing Platter - Two cured meats, two cheeses, olives and seasonal vegetable anti-pasta, which highlight the use of our oil and condiments, served with fresh bread and Lavosh  
For one \$15.00,  
for two \$22.00

Cheese and Fruit Platter - A variety of cheeses and olives, served with fresh seasonal fruit, fresh bread and Lavosh  
\$15.00

Soup - A seasonal vegetable soup, served with fresh bread and swirled with Red Rock Olives EVOO  
\$8.00

Focaccia - A fresh focaccia using seasonal produce, please check the specials board for this weeks flavours  
\$15.00

\* If you enjoy our choice of cheeses, you can take them home with you! Ask at the counter for prices.

# Red Rock Olives Products

Size:	Product:	RRP
100ml	Extra Virgin Olive Oil	\$6.40
250ml	Extra Virgin Olive Oil	\$15.95
500ml	Extra Virgin Olive Oil	\$21.20
3 litres	Extra Virgin Olive Oil	\$66.00
4 litres	Extra Virgin Olive Oil	\$80.00
250ml	Sherry (Apera) Vinegar	\$12.00
250ml	Apple Balsamic Vinegar	\$12.00
100ml	Caramelised Fig Balsamic Vinegar	\$12.00
250ml	Caramelised Fig Balsamic Vinegar	\$27.00
500ml	Caramelised Fig Balsamic Vinegar	\$50.00
375ml	Table olives	\$9.75
1.5kg	Table olives	\$34.00
100gm	Olive salt	\$9.20
100gm	Olive and Chili salt	\$9.20
	<b>Gift and Picnic Packs</b>	
	100ml EVOO 50ml vinegar 45gm Salt	\$12.00
	100ml EVOO 100ml Apple/Sherry	\$16.00
	100ml EVOO Olive Salt 100gm	\$18.00
	100ml EVOO 100ml Fig vinegar	\$20.00
	100ml Fig Vinegar 100gm Olive salt	\$22.00
	Gift box - all products	\$65.00