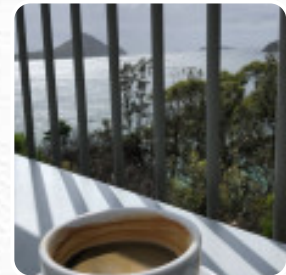
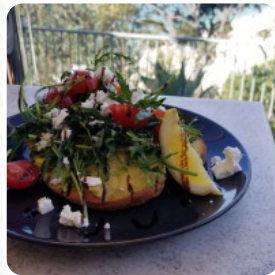




Inner Light Tea Rooms Menu

<https://menulist.menu>

Inner Light Tea Rooms, Nelson Bay NSW 2315, Australia, Afghanistan
+61249842505 - <https://innerlighttearooms.com.au>



On this webpage, you can find the **complete menu** of Inner Light Tea Rooms from Nelson Bay. Currently, there are 16 meals and drinks available. For seasonal or weekly deals, please contact the owner of the restaurant directly. You can also contact them through their website. What User likes about Inner Light Tea Rooms: we went to lunch and had a delicious breakfast with sourdough as well as coffee with nut milk and a vegan brownie. one of the best prospects in port stephens. they can also visit the lighthouse museum on the hill. [read more](#). The place also offers the possibility to sit outside and have something in nice weather. What User doesn't like about Inner Light Tea Rooms:

Café with magnificent views over the bay. Some vegan options on the menu including house beans on Toast, avo Toast and a veggie burger. I had the falafel bowl, which was very delicious with olives, salad and hummus.

Small piece of plastic in the meal cause only for 3 star review instead of higher. [read more](#). Inner Light Tea Rooms from Nelson Bay is a **chilled café**, where you can enjoy a snack or cake with a hot coffee or a hot chocolate, Furthermore, the visitors of the restaurant enjoy the extensive selection of the various coffee and tea specialities that the restaurant has available. In case you want to have breakfast, a tasty brunch is offered to you, And of course, you should also try the tasty burgers, with sides such as fries, salads, or wedges provided.

Inner Light Tea Rooms Menu



Burgers

VEGGIE BURGER

Toast

TOAST

American Food

EGGS BENEDICT

Coffee

COFFEE

Condiments and Sauces

HUMMUS

Restaurant Category

VEGAN

Süße Desserts

BROWNIE

CREPES

Ingredients Used

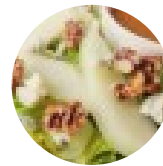
MILK

BEANS

ACEITUNAS

SALMON

These types of dishes are being served



SALAD

BURGER

TOSTADAS

PANINI

Inner Light Tea Rooms Menu



Inner Light Tea Rooms

Inner Light Tea Rooms, Nelson
Bay NSW 2315, Australia,
Afghanistan

Opening Hours:
Monday 08:30 -15:00
Tuesday 08:30 -15:00
Wednesday 08:30 -15:00
Thursday 08:30 -15:00
Friday 08:30 -15:00
Saturday 08:30 -15:00
Sunday 08:30 -15:00

Made with menulist.menu

