

# BREAKFAST MENU 8AM - 11AM

## CHEF FAVOURITES

- AVO FETA SMASH** \$22  
Toasted sourdough topped with avocado, feta, beetroot hummus, blistered cherry tomatoes, green goddess dressing & spinach (GF / VGO)
- MUSHROOM LOVE** \$24  
Roasted garlic & thyme mushroom medley, parmesan cheese, mushroom hummus, blistered cherry tomatoes, rocket & truffle oil drizzle on toasted sourdough
- SHAKSHUKA** \$21  
Slow cooked harissa spiced tomato, chorizo, onion & capsicum, topped with poached eggs, feta & toasted sourdough (GFO)
- OPEN SALMON BAGEL** \$22  
Lightly toasted bagel topped with dill cream cheese, smoked salmon, feta, pickled red onion, capers, rocket & balsamic drizzle

## BURGERS

- BACON EGG HASH BURGER** \$16.5  
Crispy bacon, fried free range egg, hash brown, cheese, house relish, aioli & spinach on a toasted bun (GFO)
- HALOUMI AVO BURGER** \$19  
Grilled haloumi, avocado, marinated capsicum, green goddess dressing, pickled red onion & spinach on a toasted bun (GFO)

## BOWLS

- BREAKFAST BUDDHA BOWL** \$22  
Carrot, chickpea & herb house falafels, beetroot hummus, spinach, avocado, grilled mushrooms, tomato salsa, egg hard boiled, salted edamame beans dressed with green goddess dressing (GFO / VGO)
- FRITTERS** \$22  
Corn & zucchini fritters, avocado, tomato salsa, hummus, tomato relish, rocket & a drizzle of chilli infused oil (GF)
- ACAI SMOOTHIE BOWL** \$18.5  
Topped with toasted coconut chips, banana, berries, nut butter, cocoa nibs & chia seeds (GF / VG)
- BANOFFEE WAFFLES** \$21  
Buttermilk waffles, brulee banana, vanilla ice cream, caramel drizzle, toasted coconut chips, raspberry coulis & cookie crumbs

## ALL ABOUT THE EGG

- EGGS YOUR WAY** \$14  
Poached, fried or scrambled on toasted sourdough with house relish (GFO)
- EGGS BENNY** \$22  
Poached eggs on toasted sourdough, fresh spinach & house hollandaise (GFO) CHOICE of bacon or smoked salmon

### ADD ONS

Bacon rasher / smoked salmon	+5
Grilled haloumi	+5
Mushrooms / avocado	+4
Egg / roasted tomato half	+3
Hash brown / GF bread	+2

## JUST TOAST

- TOAST** \$8  
Sourdough toasted with butter, house jam, vegemite or peanut butter (GFO)
- AVO ON TOAST** \$12  
Sourdough toasted with avocado (GFO/ VGO)
- RAISIN TOAST** \$9  
Toasted with butter & house jam on the side

## KIDS

- BACON EGG BURGER** \$12  
Bacon, egg & tomato sauce on a toasted bun (GFO)
- EGG ON TOAST** \$11  
Poached, fried or scrambled egg on toasted sourdough & tomato sauce (GFO)
- KIDS THE LOT** \$15  
Poached, fried or scrambled egg on toasted sourdough, crispy bacon rasher, hash brown & tomato sauce (GFO)
- PICK BOWL** \$15  
Egg hard boiled, hash brown, cheese toast soldiers, cherry tomatoes, hummus dip & strawberries (GFO / VGO)
- FANCY FAIRY BREAD** \$16  
Brioche french toast with 100's & thousands', vanilla ice cream, chocolate sauce, fairy floss & strawberries

GF Gluten Free / GFO Gluten Free Option / VG Vegan  
VGO Vegan Option / 15% Surcharge on public holidays

OPEN 7.30AM - 4PM DAILY / KITCHEN HOURS 8AM - 3PM

P. 8552 8818 / 1 Esplanade VICTOR HARBOR

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## SMOOTHIES

<b>GREEN GOODNESS</b>	<b>\$8.5</b>
Spinach, cucumber, pineapple & apple with chia seeds (GF/VG/DF)	
<b>BOSS BEETS</b>	<b>\$8.5</b>
Beetroot, carrot, ginger, lemon & apple (GF/VG/DF)	
<b>TRIPLE BERRY KIWI</b>	<b>\$8.5</b>
Strawberries, blueberries, raspberries, kiwi fruit & orange (GF/VG/DF)	
<b>MANGO PEACH COCONUT</b>	<b>\$8.5</b>
Mango, peach, coconut milk, frozen yoghurt, pinches of turmeric, ginger & cinnamon with toasted coconut chips atop (GF)	
<b>SMOOTH BANANA</b>	<b>\$8.5</b>
Banana, honey, frozen yoghurt, oats, pinch of nutmeg & Fleurieu whole milk	

*SWAP for alternate milk +1.50*

<b>SNICKERS</b>	<b>\$8.5</b>
Banana, peanut butter, frozen yoghurt, chocolate, caramel & Fleurieu whole milk	

*SWAP for alternate milk +1.50*

## MILKSHAKES

<b>REGULAR</b>	<b>\$7</b>
<b>LARGE</b>	<b>\$8</b>
Vanilla / Chocolate / Strawberry	
Caramel / Banana / Lime	

*SWAP for alternate milk +1.50*



## COFFEE

	<b>CUP / MUG</b>
Cappuccino	\$4.5/5.5
Flat white	\$4.5/5.5
Long black	\$4.5/5.5
Latte	\$4.5/5.5
Mocha	\$4.5/5.5
Piccolo	\$4.5
Macchiato	\$4.5
Espresso	\$4
Chai latte	\$5/6
Dirty chai latte	\$6/7
Hot chocolate	\$5/6
White hot chocolate	\$5/6
Nutella hot chocolate	\$5/6
Mocha	\$5.5/6.5
Baby chino	\$2

## ICED

Iced long black	\$6
Iced latte	\$6
Iced coffee – cream, ice cream	\$8
Iced chai – cream, ice cream	\$8
Iced chocolate – cream, ice cream	\$8
Iced mocha – cream, ice cream	\$8

## TEA

English Breakfast	\$5
Earl grey	\$5
Green tea	\$5
Peppermint	\$5
Chai tea	\$5
Iced chai – cream, ice cream	\$5

## ALTERNATES

Extra coffee shot	+1
Soy milk	+7
Almond milk	+7
Lactose free	+7
Oat milk	+7
Syrup shot	+1

vanilla / caramel / hazelnut