

### breakfast meals

### TWO EGGS ANY STYLE \* 12

free range eggs (fried, poached or scrambled) with roast tomato on buttered turkish bread

### TWO EGGS & BACON \* 17

free range eggs (fried, poached or scrambled) with roast tomato on buttered turkish bread. ADD avocado +4

### BELGIAN WAFFLE 16

berries, banana, glazed orange, maple syrup, pistachio crumb & vanilla ice cream

### VEGE FRITTAS v 16

avocado, rocket, cherry tomatoes, home made relish, herb oil ADD bacon, or smoked salmon +5

### BREKKY BURGER \* 17

bacon, free range fried egg, smashed avocado, tomato, rocket on milk bun with tomato relish & hash brown

### BOATSHED BRUSCHETTA v 18

avocado smash on sourdough, sautéed spinach, mushrooms, capsicum, onion, poached free range eggs, hollandaise sauce, dukkah spices & truffle balsamic

ADD haloumi, bacon, or smoked salmon +5

LAGOON BOWL gf v 18 (vegan no egg) roasted kumera, avocado, quinoa, green leaves, free range poached
egg, walnuts, cherry tomatoes & citrus herb oil ADD haloumi, bacon, or smoked salmon +5

\*gluten free option available we apologise during peak times menu requests/ changes may not be possible

### NARRABEEN BRUNCH \* v 18

free range poached eggs, smashed avocado on sourdough toast, cherry tomatoes, danish feta, beetroot hummus & herb oil

ADD haloumi, bacon or smoked salmon +5

### MUSHROOM & HALOUMI BOWL gf v

19 (vegan no haloumi) tomato ragu, roasted kumera, avocado, rocket, quinoa, cherry tomatoes & truffle balsamic glaze ADD egg +2.5, bacon or smoked salmon +5

TRAIL EGGS BENNY 19 (choice of bacon, leg ham or smoked salmon) wilted spinach, free range poached eggs, hollandaise sauce, black sesame seeds, herbs, roast tomato & english muffin

#### CAPTAINS BREAKFAST 23

(poached, fried or scrambled free range eggs), bacon, 3 pork sausages, mushrooms, roast tomato, homemade beans & hash brown on buttered turkish bread

### breakfast add on's

(prices are only when adding onto breakfasts)

free range egg, hash brown, tomato, toast, baked beans, beetroot hummus +2.5

- -two pork sausages +3
- -wilted spinach, half avocado, mushrooms +4
- -gf bacon, leg ham, haloumi or smoked salmon +5



### light breakfast

### TOAST WITH SPREADS 6

choice of:

- -turkish bread
- -sourdough
- -raisin loaf
- -croissant
- -gluten free bread 7

with your choice of spreads: marmalade, strawberry jam, honey, peanut butter, nutella or vegemite

SCONE 5

w jam & cream

BANANA BREAD gf 6

## OPEN HAM & CHEESE CROISSANT 8

### TOASTIES 8

with ham & cheese on turkish, with cheese & tomato on turkish ADD avocado +4

### EGG & BACON ROLL 9

with your choice of tomato relish, bbq or tomato sauce on a milk bun

### AVOCADO SMASH \* 13

cherry tomatoes, basil, balsamic glaze on sour dough

**BLAT** \* 13

bacon, lettuce, avocado, tomato
& aioli on toasted turkish

### SLOW BAKED GRANOLA v 14

greek yoghurt, seasonal fruits
& milk of your choice

### bowls

SUMMER YOGHURT BOWL\* v 14 banana, mixed berries, coconut flakes, granola, honey & passionfruit

ACAI BOWL\* 14 acai berries blended, topped with coconut flakes, granola, banana seasonal fruits

FRUIT SALAD BOWL GF v 14 seasonal fruits, honey- yoghurt

# little kiddies breakfast (under 12)

### toasties 8

with ham & cheese on turkish, with cheese & tomato on turkish ADD avocado +4

bacon & egg 10
with turkish bread

### waffle 10

with banana, maple syrup & ice cream

\*gluten free option available we apologise during peak times menu requests/changes may not be possible