

## breakfast meals

### TWO EGGS ANY STYLE \* 13

free range eggs (fried, poached or scrambled +1) with roast tomato on buttered turkish bread  
 ADD homemade beans +3  
 mushrooms +4  
 avocado +4  
 two pork sausages +4  
 bacon +5  
 smoked salmon +6

### BACON & EGGS \* 18

free range eggs (fried, poached or scrambled +1) with bacon, roast tomato on buttered turkish bread  
 ADD homemade beans +3  
 mushrooms +4  
 avocado +4  
 smoked salmon +6

### BELGIAN WAFFLES 17

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

### BREAKFAST BURGER \* 20

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

### LAGOON BOWL 20 (GF)(V) (vegan no egg)

roasted kumera, avocado, quinoa, green leaves, free range poached egg, walnuts, cherry tomatoes & citrus herb oil  
 ADD haloumi +5  
 bacon +5  
 smoked salmon +6

\* gluten free option

We apologise during peak times menu requests/changes may not be possible

### NARRABEEN BRUNCH \* 20 (V)

(vegan no feta)  
 free range poached eggs, smashed avocado on sourdough toast, cherry tomatoes, danish feta, beetroot hummus & herb oil  
 ADD haloumi +5  
 bacon +5  
 smoked salmon +6

### TRAIL EGGS BENNY 20

(choice of bacon, leg ham or smoked salmon)  
 two free range poached eggs, wilted spinach, hollandaise sauce, black sesame seeds, herbs, roast tomato on english muffin

### CAPTAINS BREAKFAST 24

(free range eggs poached, fried or scrambled +1),  
 bacon, pork sausages, mushrooms, roast tomato, homemade beans & hash brown on buttered turkish bread

### BREAKFAST EXTRA'S

(prices are only when adding onto breakfasts)

- free range egg / hash brown / tomato / toast / homemade beans +3
- two pork sausages +4
- wilted spinach / mushrooms / avocado +4
- bacon(GF) / leg ham / haloumi +5
- smoked salmon +6

## light breakfasts

### TOAST & SPREADS 6

choice of bread:  
turkish bread/ sourdough/  
white loaf/ raisin loaf/  
croissant or (gluten free  
bread 7)

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

### BANANA BREAD 7 (GF)

### HAM & CHEESE CROISSANT 10

### TOASTIES 10

(on turkish bread)

- ham & cheese
- cheese & tomato
- ham, cheese & tomato

### EGG & BACON ROLL 10

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

### SLOW BAKED GRANOLA 14

greek yoghurt, seasonal  
fruits & milk of your choice

### BLAT \* 15

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

## cold smoothie bowls

### ACAI BOWL\* 15

organic acai berries &  
banana blended

### MANGO BOWL\* 15

mango, banana & yoghurt  
blended

smoothie bowls topped with  
coconut flakes, granola,  
banana, passionfruit coulis &  
seasonal fruits

## kids breakfast

(under 12)

### BACON & EGG 10

with turkish bread

### WAFFLE 10

with banana, maple syrup &  
ice cream

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