

see daily specials - open friday & saturday nights till 8pm

### light breakfast meals

toast & spreads 6

choice of turkish bread, sourdough, new york cut raisin, croissant  
or gluten free bread 1 extra  
with your choice of spread, marmalade, strawberry jam, honey,  
peanut butter or vegemite

banana bread gf 7

open ham & cheese croissant 9

egg & bacon roll 10

tomato relish or tomato or bbq sauce on milk bun

blat \* 14

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

greek yoghurt bowl gf 12

berries, banana, coconut flakes & honey

acai bowl v 14

acai berries blended, topped with coconut flakes, granola, banana  
& berries

slow baked granola v 14

greek yoghurt, seasonal fruits & milk of your choice

brekky burger \* 18

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

**\*gluten free option available**

**we apologise during peak times menu requests/changes to menu may not be possible**

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### breakfast meals

bacon & two eggs \* 17  
free range eggs (fried, poached or scrambled) & buttered turkish  
bread

ADD avocado 4 extra

lagoon bowl gf v 19 (vegan no egg)  
quinoa, roasted kumera, avocado, green leaves, walnuts, cherry  
tomatoes, free range poached egg & citrus herb oil

ADD haloumi (2) or bacon (2) or smoked salmon (2) 5 extra

mushroom & haloumi stack gf v 21 (vegan no haloumi)  
tomato ragu, roasted kumera, avocado, rocket, quinoa, cherry  
tomatoes & truffle balsamic glaze

ADD egg (1) 2.5 extra or bacon (2) or smoked salmon (2) 5 extra

narrabeen brunch \* v 21

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

ADD bacon (2) or smoked salmon (2) 5 extra

classic eggs benny 21

(bacon or ham or smoked salmon) wilted spinach, free  
range poached eggs, hollandaise sauce & english muffin

captains breakfast 25

poached, fried or scrambled free range eggs, bacon, pork sausages,  
baked mushroom, roast tomato, baked beans & hash brown on buttered  
turkish bread

breakfast add ons:

free range egg / hash brown / roast tomato / toast

gf pork breakfast sausages (2) / baked beans 2.5

wilted spinach / half avocado / baked mushrooms 4

gf bacon (2) / ham (2) / smoked salmon (2) / haloumi (2) 5

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