

breakfast 7am - 11am

SLOW BAKED GRANOLA 15

greek yoghurt, seasonal fruits & milk of your choice

ACAI BOWL* 16

organic acai berries & banana blended topped with coconut flakes, granola, banana, passionfruit coulis & seasonal fruits

BACON & EGGS * 21 (poached or fried free range eggs)

free range eggs (fried, poached) with bacon, roast tomato, hash brown on buttered turkish bread

ADD homemade beans +2.5 avocado or mushrooms +4 smoked salmon +5

LAGOON BOWL 21 (GF)(V) (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

NARRABEEN BRUNCH * 21 (V) (vegan no feta)

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 21 (GF)(V) (vegan no haloumi)

roasted kumera, avocado, rocket, tomato ragu quinoa, cherry tomatoes & truffle balsamic glaze

ADD egg +2.5, bacon or smoked salmon +5

SMOKED SALMON TRAIL EGGS BENNY 21

two free range poached eggs, wilted spinach, hollandaise sauce, black sesame seeds, herbs, roast tomato & english muffin

CAPTAINS BREAKFAST 25 (poached or fried free range eggs),

bacon, 3 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/ baked beans/ beetroot hummus +2.5
- two pork sausages +3
- wilted spinach/half avocado/mushrooms +4
- bacon(GF)/leg ham/ haloumi/smoked salmon +5

kids breakfast (under 12)

BACON & EGG 12

with turkish bread

WAFFLE 12

with banana, maple syrup & ice cream

*gluten free option available

we apologies changes to menu will not be possible today

happy mothers day from all the family & staff at the
boatshed cafe

lunch 12pm - 4.30pm

NARRABEEN BRUNCH * 21

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

ADD: haloumi, bacon or smoked salmon +5

MUSHROOM & HALOUMI BOWL 21 (GF)(V)(vegan no haloumi)

roasted kumera, avocado, rocket, tomato ragu, quinoa, cherry tomatoes & truffle balsamic glaze

ADD: poached egg +2.5 bacon or smoked salmon +5

HOUSE BEEF BURGER 23

angus beef, bacon, cheese,

tomato, beetroot, lettuce, caramelised onions, smokey bbq sauce on a milk bun w chips

BATTERED FLATHEAD FILLETS 27

chips, lemon & tartare sauce

MARINATED CHICKEN SOUVLAKI 27

two souvlaki, chips, pita bread, lemon & tzaziki

CURED SALMON HAWAIIAN POKE BOWL 27

citrus cured atlantic salmon, beetroot, edamame beans, radish, shallots, avocado, greens, cabbage, white onion, brown rice & black sesame seeds with lime ginger soy dressing

GRILLED BARRAMUNDI 30 (GF)

orange & fennel salad, feta roasted kumera, lemon & honey mustard seeded dressing

SAILOR'S BASKET FOR ONE 32

beer battered flathead fillets, squid, fresh prawns, chips, lemon & tartare sauce

kiddies lunch

battered fish 13

sauce & chips

cheese burger 13

beef pattie, cheese, sauce & chips

chicken tenderloins 13

sauce & chips

crumbed calamari 13

sauce & chips

*gluten free option

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cafe