

BREAKFAST

Acai Bowl v \$14

acai blended with banana, layered with coconut flakes, granola and autumn fruits

Slow Baked Granola v \$14

greek style honey yoghurt, fresh autumn fruits & milk of your choice

Belgian Waffle v \$16

autumn fruits, berry compote, honied ricotta and maple syrup. Extra waffle add \$3

Brekky Burger \$16

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

Bacon & Two Eggs * \$17

free range eggs, fried, poached or scrambled and buttered turkish bread. ADD Avocado \$4

Mushroom Trio with Goats Cheese * v \$19

oyster, portobello & field mushrooms, sautéed in garlic butter with capsicum, onion & baby spinach on sourdough toast with free range poached eggs and hollandaise sauce. ADD Bacon \$5 extra

Narrabeen Brunch * v \$19

free range poached eggs on smashed avocado toast with fresh cherry tomatoes, danish feta, herbed extra virgin olive oil & fresh sprouts. ADD Bacon \$5 extra

Classic Eggs Benny \$19

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

Healthy Breakfast Bowl gf v \$19

raw baby spinach, rocket, avocado, pumpkin, cherry tomatoes, walnuts, tri coloured quinoa, goats cheese, poached egg and citrus herbed olive oil. ADD salmon \$5 extra

Spanish Baked Eggs \$20

spanish chorizo sausage, roast peppers, caramelised Spanish onions, homemade beans, tomato salsa, free range eggs baked in a cast iron pot served with toast

Captains Breakfast \$22

poached, fried or scrambled free range eggs with bacon, 3 pork sausages, buttered mushrooms, homemade 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 / mixed mushrooms / half avocado \$4
gf bacon (2 rashers) / ham or smoked salmon \$5

***Gluten free option available**

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

ALL DAY LIGHT MEALS

Toast & Spreads \$6

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

Banana Bread *gf* \$7
with butter

Egg & Bacon Roll \$9
tomato relish or tomato or bbq sauce

Double Bacon Roll \$9
tomato relish or tomato or bbq sauce

Open Ham & Cheese Croissant \$9

Blat * \$12
toasted turkish bread with bacon, lettuce, avocado, tomato & aioli

Leg Ham & Swiss Cheese Sandwich * \$14
toasted turkish bread with rocket, tomato and dijon mustard

Chicken & Smashed Avocado Sandwich * \$15
toasted turkish bread with baby spinach, tomato and basil pesto

KIDS ALL DAY MENU - (12yrs and under)

Bowl of Chips with tomato sauce \$5

Bacon & Egg with turkish bread \$10

Waffle with maple syrup and ice cream \$10

Battered Fish & Chips with salad garnish & tomato sauce \$12

Chicken Dippers & Chips with salad garnish & tomato sauce \$12

Cheese Burger & Chips with tomato sauce and chips \$12

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