

Lunch

Daily Soup mug \$8 bowl \$14

Autumn Salad gf \$14

roast pumpkin, mandarin, cos lettuce, radicchio lettuce, fennel, red radish & herbs with citrus dressing
ADD Chicken \$8 extra

Daily Wrap \$16

with autumn leaf salad

Brekky Burger \$16

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

Two Dips & Olives Sharing Plate * v \$16

house made dips with marinated olives & toasted pita bread

Sumac Spiced Crumbed Calamari \$17

mild flavours of lemongrass & sumac, flash fried with chilli plum dipping sauce, fresh lemon, house salad garnish ADD Chips \$5 extra

Vegetarian Lasagna v \$18

with autumn leaf salad

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

Portuguese Chicken Burger \$20

Marinated chicken breast in peri peri oil, Swiss cheese, shredded ice burg, tomato, lime aioli & chips

House Beef Burger & Chips \$20

house made beef patty, with 3 mustards & spices, served on a milk bun with bacon, cheese, beetroot, lettuce & tomato relish

Fish & Chips \$22

beer battered barramundi fillets served with chips, autumn leaf salad & tartare sauce

Smoked Salmon Healthy Bowl gf v \$24

raw baby spinach, rocket, avocado, pumpkin, cherry tomatoes, walnuts, tri coloured quinoa, goats cheese, poached egg and citrus herbed olive oil

Lamb & Haloumi Salad \$26

with Mediterranean salad (cos lettuce, tomato, cucumber, olives, spanish onion & capers) & balsamic glaze

BBQ Barramundi Fillet gf \$26

marinated in aromatic spices served with roast pumpkin, mandarin, cos lettuce, radicchio lettuce, fennel, red radish & herbs with citrus dressing

Hot Seafood Plate For One \$28

beer battered barramundi fillet, crumbed sumac calamari, crumbed prawns, chips, house salad, lemon & tartare sauce

Mezze Plate for Two \$42

hummus & beetroot dips, chicken skewers, chorizo, crumbed calamari, crumbed prawn cutlets, smoked salmon, haloumi, feta, toasted pita bread & side Mediterranean salad

***Gluten free option**

Apologies during peak times menu requests/changes may not be possible

Sides From 11:30

Chips sml 6 lge 10
with choice of sauce

Rocket Salad sml 5 lge 12
with pinenuts, parmesan & balsamic

Mediterranean Salad sml \$8 lge \$14
with cos lettuce, cucumber, tomato, olives, feta, capers & spanish onion

Herb Garlic Bread per piece \$5

Tomato Bruschetta per piece \$8
chunky tomato, fire roasted red peppers, crumbled feta, spanish
onion, pine nuts, basil & balsamic olive oil

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

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 & dijon mustard

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

Kids Menu All Day - (12yrs and under)

Bowl of Chips with tomato sauce \$6

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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