

Remember to check our specials board !!!

sea salt & vine



BREAKFAST MENU

Available 7.00 until 11.30 - Please order at counter ☺

SOMETHING LIGHT

- BIRCHER MUESLI** – served with yoghurt, seasonal fruit and honey.....13
- CROISSANT** – filled with leg ham & melted tasty cheese...8
- BANANA or PEAR & RASPBERRY BREAD** – toasted & sprinkled with icing sugar and served with butter.....6
- FRUIT TOAST (gf**)** -two slices of thick café style fruit toast slathered with melted butter.....6
- TOAST (gf**)** – two pieces of sourdough with your choice of spreads (vegemite, jam preserves, peanut butter).....6
- PANCAKES** – served with ice cream, maple syrup and berry compote.....13
- FRENCH TOAST (gf**)**– toasted brioche bread dipped in a sweet egg mix served with maple syrup.....13
- BACON & EGG ROLL (gf**)** ‘Brekkie on the run’ – bacon and egg with tomato relish served in a soft flour bun.....10
- BLT (gf**)** – crispy bacon rashers, tomato, lettuce and beetroot relish served on toasted sourdough13

KIDS OPTIONS

- SCRAMBLED EGG ON TOAST (gf**)**.....8
- BACON & POACHED EGG (gf**)**.....8
- BAKED BEANS ON TOAST**8
- PANCAKES** - with ice cream and maple syrup.....8
- FRENCH TOAST (gf**)** – half serve.....8
- FRUIT AND YOGHURT** – fresh fruit &vanilla yoghurt.....8

ADD A FAVOURITE

- | | |
|------------------------|----------------------------|
| Baked Beans.....4 | Two rashers of bacon.....4 |
| Two poached eggs.....4 | Mushrooms.....4 |
| Avocado.....4 | Two hash browns.....4 |
| Roasted tomato.....4 | Wilted baby spinach.....4 |
| Haloumi.....6 | Two chipolatas.....4 |
| Smoked Salmon.....6 | Side of Hollandaise.....3 |

Please notify staff of any low gluten or gluten free requirement

Gluten Free Disclaimer: Though we strive to ensure that our gluten-free items are safe for your diet; we cannot guarantee that cross-contamination between ingredients will not occur.

Please be aware that our gluten free meals are cooked and prepared using the same cooking facilities as our menu items containing gluten.

BREAKFAST MAINS

- EGGS ON TOAST (v, gf**)** – two eggs served with your choice of poached, fried or scrambled on sourdough10
- BACON AND EGGS (gf**)** – two rashers of bacon, your choice of poached, fried or scrambled eggs served with lightly toasted sourdough.....14
- EGGS BENEDICT (gf**)** – poached eggs and baby spinach on lightly toasted sourdough topped with creamy hollandaise sauce - served with your choice:
Two rashers of crispy bacon.....17
Sautéed mushrooms (v)17
Slices of smoked salmon.....18
- SEA SALT BIG BREKKIE** - two rashers of bacon, poached eggs, chipolatas, sautéed mushrooms, grilled tomatoes, hash brown & baked beans served with toasted sourdough.....21
- BREAKKY BURGER** – bacon, egg, avocado, cheddar, tomato relish, and rocket served on a soft flour bun.....16
- VEGIE PATCH (v, gf**)** – poached eggs, roasted tomato, feta, sautéed mushrooms, avocado & baby spinach served on toasted sourdough.....20
- SMASHED AVOCADO SALSA (v,gf**)** – avocado, semi dried tomato, feta & fresh mint on toasted sourdough.....16
Served with rasher of bacon and side tomato relish.....18
- PAN SEARED CHORIZIO** – pan seared chorizo & spinach on freshly sliced avocado topped with soft poached eggs served on lightly toasted sourdough.....19
- LAMBS FRY** – pan seared & served with a rich gravy, crispy bacon & roasted tomato on sourdough toast.....18
- SAUTEED MUSHROOMS (v,gf**)** – served with crumbed feta and lightly toasted sourdough.....17
- CORN FRITTER STACK (v,gf)** – corn fritters stacked with grilled haloumi, basil pesto & wilted baby spinach.....18
- SWEET POTATO ROSTI STACK (v,gf**)** – Sweet Potato rosti served with sautéed spinach , beetroot relish , green pea and feta crumble topped with 2 poached eggs..... 19
- AMERICANA FRENCH TOAST** – toasted brioche bread dipped in a sweet egg mix served with crispy bacon, fresh banana, cinnamon yoghurt and maple syrup – yum.....17
- HALF EGGS BENNE (gf**)** - ½ serve of a favourite !!!
..... - bacon.....10
..... - salmon.....12

gf** = low gluten upon modification.....1
gf = gluten free upon modification.....1
v = vegetarian