

Remember to check our specials board !!!

# sea salt & vine



## BREAKFAST MENU

Available 7.00 until 11.30 - Please order at counter ☺

### SOMETHING LIGHT

- ACAI BOWL (gf,df)** – acai mixed with fresh berries & banana, served with granola, coconut & seasonal fruit... 14.5
- CROISSANT** – filled with leg ham & melted tasty cheese...8
- BANANA or PEAR & RASPBERRY BANANA BREAD** – toasted & sprinkled with icing sugar, served with butter.....6.5
- FRUIT TOAST (gf\*\*)** - one slice of thick café style.....3  
two slices of thick café style fruit toast served with butter....6
- TOAST (gf\*\*)** – two pieces of sourdough with your choice of spread (vegemite, jam preserves, peanut butter, honey)...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, honey mustard aioli & beetroot relish on toasted sourdough .....13

### 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  |
| Leg ham off the bone.....6 |                            |

gf\*\* = low gluten upon modification.....Add \$1  
 gf = gluten free upon modification.....Add \$1  
 v = vegetarian                      df = dairy free

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 sourdough .....10
- BACON AND EGGS (gf\*\*)** – rashers of bacon, your choice poached, fried or scrambled eggs served on sourdough... 14
- EGGS BENEDICT (gf\*\*)** – poached eggs & baby spinach on toasted sourdough topped with creamy hollandaise sauce - served with your choice:
  - Crispy bacon.....17
  - Sautéed mushrooms (v) .....17
  - Slices of smoked salmon.....18
  - Leg ham off the bone.....18
- SEA SALT BIG BREKKIE** - two rashers of bacon, poached eggs, chipolatas, sautéed mushrooms, grilled tomatoes, hash brown & baked beans served with toasted sourdough.....22
- 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
- BREAKFAST TACOS** – 3 x soft shell tacos w/chunky bacon, chorizo, avocado & corn salsa finished with chipotle mayo & coriander.....19
- AVOCADO HAM STACK** – Smashed avocado and ham on the bone served with bruschetta, poached eggs and sriracha hollandaise on charcoal sourdough..... 19
- LAMBS FRY** – pan fried in a onion, mushroom & bacon gravy served w crispy bacon & roasted tomato on sourdough toast.....19
- SAUTEED MUSHROOMS (v,gf\*\*)** – basil infused mushrooms served with poached eggs, nut free dukka & feta served on toasted sourdough..... 19
- CORN FRITTER STACK (v,gf)** – zucchini corn fritters lightly infused w garam marsala & curry powder stacked w sautéed spinach & mango chutney, corn salsa & haloumi... 18
- POTATO ROSTI STACK (v,gf\*\*)**– Potato & sweet potato rosti infused with rosemary served with wilted spinach, beetroot relish, poached eggs & pea & fetta crumble topped with sweet potato crisps..... 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..... 18
- HALF EGGS BENNE (gf\*\*)** - ½ serve of a favourite !!!
  - bacon.....10
  - salmon.....12
  - leg ham.....12
  - sautéed mushrooms.10



## Snack Menu

Available all day until 3.00

- MUFFINS** - Check out our daily selection.....4.5
- SCONES** – One scone served with jam and cream.....4  
Two scones served with jam and cream.....7
- CROISSANT** - served warm and filled with leg ham and melted tasty cheese.....8
- BANANA BREAD or PEAR & RASPBERRY BREAD**...6.5  
Toasted, sprinkled with icing sugar and served with butter
- FRUIT TOAST (gf\*\*)** - Two slices of café style fruit toast.....6
- TOAST (gf\*\*)** – Two pieces of sourdough with your choice of spread.....6

### TOASTIES (gf\*\*)

- 2 filling.....7    3 filling.....7.5    4 fillings.....8  
Your choice of cheese, leg ham, tomato, onion, pineapple, tomato relish served on white or brown bread

#### Additional filling choices:-

- Smoked Salmon.....3    Chicken.....3  
Avocado.....3

**GF\*\* = GLUTEN FREE OPTIONS AVAILABLE.....Additional...1**

### CAKES

- Check out our yummy selection of cakes available from our cake fridge served with cream.....6.5  
Ice-Cream Scoop.....Additional.....1.5

## Drinks Menu

Available all day

### Cold Drinks

- Orange Juice** – served over ice...4.5
- Tomato Juice** – served over ice...4.5
- Milkshake**.....6.5
- Kids size (16oz)**.....4.5
- Thickshakes**.....7.5
- Flavours:** Chocolate, coffee, lime, strawberry, banana, vanilla, caramel  
Zymil, Almond, Soy additional.....1
- Frappes** .....6.5
- Flavours:** Chocolate, caramel, coffee, mocha and vanilla
- Latte on Ice** – latte poured over ice served in a tall glass.....5  
Served with a shot of vanilla.....5.5
- Long Black on Ice** – long black poured over ice served in tall glass..5
- Iced Coffee or Chocolate**.....6.5  
Served with ice-cream & cream

### Smoothies

- Banana Smoothie** – banana, ice cream, yoghurt, honey, milk and a dash of cinnamon.....7
- Berry Smoothie** – mixed berries, ice cream, yoghurt, honey & milk....7

### Fruit Crushes

- Mango Passion Fruit Crush** - mango, passionfruit, mango sorbet, orange juice and crushed ice.....7

### Hot Drinks - Coffee

- Flat white** .....4
- Cappuccino**.....4
- Latte** .....4
- Long Black (2 shots)**.....4
- Short Black**.....3
- Macchiato short or long**.....3.5
- Affogato** .....5
- Mocha** .....5
- Hot Chocolate**.....4.5
- Chai Latte**.....4.5

#### Additions:-

- Mug size (2 shots)** .....50
- X-Large size (3 shots)**.....1
- Extra shot**.....50
- Syrups**.....50
- Vanilla, caramel, white chocolate, butterscotch, hazelnut
- Zymil**.....Cup....50    Mug.....1
- Soy**.....Cup....50    Mug.....1
- Almond**....Cup....50    Mug.....1

### Hot Drinks – Tea

- Tea served in a pot for one**.....4
- Pyramid Tea Bags** – English  
Breakfast, Earl Grey, Spice Chai,  
Darjeeling Green, Peppermint,  
Chamomile, Lemongrass & Ginger

### Alcoholic Beverages

(available after 10.00)

#### SPARKLING WINE    Piccolo/Bottle

- Jacobs Creek Mascato Rose....9.....26  
Jacobs Creek Prosecco.....9.....29  
Henkell Trocken Brut.....9.....32  
Jansz Premium Cuvee....    .....42

#### WHITE WINE    Glass/Bottle

- Jacobs Creek Chardy (AUS)...7.....26  
Overstone Pinot Gris (NZ)...8.....28  
Julia Hill Sav Blanc (SA).....30  
Stoneleigh Sav Blanc (NZ).....8.5....32  
Julia Hill Rose (SA).....32

#### RED WINE    Bottle/Piccolo

- Red piccolo – Shiraz or Merlot.....8.5  
George Wyndham Bin 555 Shiraz..28  
Julia Hill Cab Sav 2013 (SA).....36

#### BEERS & CIDERS

- Light** – Cascade Premium.....6.5
- Mid Strength** – XXXX Gold, Great Northern Super Crisp.....6.5
- Full Strength** - XXXX Bitter, Pure Blonde, Great Northern Original...6.5
- Corona Extra** served with lime.....7.5
- Strongbox Classic Apple Cider**...6.5

#### PRE MIXES

- Canadian Club & Dry - 330ml.....9.5  
Jim Beam White & Cola 330ml.....9.5  
Bundaberg Rum & Cola.....9.5