

Remember to
check our specials
board !!!

sea salt & vine



BREAKFAST MENU

Service available at host desk or through table QR Codes
Breakfast available 7.00 until 11.00

SOMETHING LIGHT

CROISSANT – filled with leg ham & melted tasty cheese.....	9
CROISSANT - served toasted w/ butter & jam.....	7
BANANA BREAD toasted & sprinkled with icing sugar, served with butter.....	7.5
FRUIT TOAST – one slice of thick café style.....	3.5
two slices of thick café style fruit toast served with butter.....	7
TOAST (GFO) – two pieces of sourdough with your choice of spread (vegemite, jam preserves, peanut butter, honey).....	7
BACON & EGG BURGER (GFO) ‘Brekkie on the run’ – bacon & egg, cheddar cheese, tomato relish served in a soft potato bun...14	
BLT (GFO) – crispy bacon rashers, tomato, lettuce, beetroot chutney & aioli on toasted ciabatta bun.....	15

SOMETHING SWEET

GRANOLA (V) – House made granola layered with Greek yogurt, frozen berries and seasonal fresh fruit.....	16
BUTTERMILK PANCAKES (V) – w lemon curd mascarpone, berry compote, brulee banana & maple syrup.....	20
AMERICANA FRENCH TOAST – toasted brioche bread dipped in a sweet egg mix served with crispy bacon, brûlée banana, & maple syrup	20

KIDS OPTIONS

SCRAMBLED EGG ON TOAST (GFO)	9.5
BACON & POACHED EGG (GFO)	9.5
PANCAKES – served with ice cream and maple syrup.....	9.5
FRUIT AND YOGHURT – fresh fruit & vanilla yoghurt.....	9.5

ADD A FAVOURITE SIDE

Crispy bacon.....	6	Baked Beans.....	4
Poached eggs.....	5	Wilted baby spinach.....	5
Hash browns.....	5	Roasted tomato.....	5
Chipolatas.....	5	Hollandaise sauce.....	3
Sauteed Mushrooms.....	5	Avocado.....	5
Grilled Haloumi.....	6	Smoked Salmon.....	8
Tofu.....	4	Feta.....	5

All Sides to be served with a main meal

Please notify staff of any low gluten or gluten free requirement

BREAKFAST MAINS

EGGS ON TOAST (V,GFO) – eggs served your way served on toasted sourdough	12.5		
BACON AND EGGS (GFO) – rashers of bacon, with poached, fried or scrambled eggs served on sourdough.....	16.5		
EGGS BENEDICT (GFO) – poached eggs & baby spinach on toasted sourdough topped with creamy hollandaise sauce - served with your choice:			
Crispy bacon.....	20	Half Serve.....	14
Sauteed mushrooms (V).....	20	Half Serve.....	14
Salmon.....	24	Half Serve.....	16
SEA SALT POTATO BENE – Golden potatoes topped w crispy bacon, poached eggs & spinach topped w creamy hollandaise sauce.....	22		
SEA SALT BIG BREKKIE - two rashers of bacon, poached eggs, chipolatas, sauteed mushrooms, roasted tomatoes, hash brown & baked beans served with toasted sourdough.....	27		
SMASHED AVOCADO (V,GFO) – freshly smashed avocado, lemon & feta served on toasted sourdough.....	18		
Served with rasher of bacon & tomato relish.....	21		
VEGIE PATCH (V,GFO) – poached eggs, roasted tomato, feta, sauteed mushrooms, avocado & baby spinach served on toasted sourdough.....	23		
Served with grilled haloumi.....	27		
LAMBS FRY – pan fried in a onion, mushroom & bacon gravy served w crispy bacon & roasted tomato on sourdough toast.....	20		
CORN FRITTER STACK (V) – sweet corn & zucchini fritters stacked with grilled haloumi, corn salsa, pesto, fetta & wilted baby spinach.....	21		
BREAKFAST TACOS – 3 x soft shell tacos w/chunky bacon, chorizo, avocado & corn salsa finished with sriracha hollandaise.....	23		
MUSHROOMS (V, GFO) – sauteed mushrooms topped with poached eggs, spinach, dukkha & feta on toasted sourdough.....	21		
SAVOURY MINCE (GFO) – House made savoury mince served sourdough toast.....	19		
SHAKSHUKA (V,VG) – North African spiced tomato, capsicum & chickpea topped with poached eggs & dukkah.....	19		
Vegan Option:- Served with tofu instead of eggs.....	19		

GFO = low gluten option upon modification.....Add 1
V = vegetarian **DF = dairy free** **VG = vegan**

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.

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Snack Menu

Available all day until 3.00

- SCONE** – served with jam and cream.....5
- CHEESE SCONE** - served with tomato relish & butter.....5
- MIXED BERRY MUFFINS** baked inhouse.....5.5
- CROISSANT** - served warm and filled with leg ham and melted tasty cheese.....9
- CROISSANT** - served toasted w/ butter & jam.....7
- BANANA BREAD**.....7.5
Toasted, sprinkled with icing sugar and served with butter
- FRUIT TOAST** - Two slices of café style fruit toast.....7
- TOAST (GFO)** – Two pieces of sourdough with your choice of spread.....7

TOASTIES served on white or brown bread

2 fillings.....9 3 fillings.....9.5 4 fillings....10

Your choice of following fillings –

Cheese, tomato, avocado, onion, pineapple, tomato relish

Plus Additional filling choices:-

Ham.....2 Chicken.....3.5

GFO = LOW GLUTEN FREE OPTIONS AVAILABLE.....Additional.....1

CAKES & ICECREAM

Check out our yummy selection of cakes available from our cake fridge served with cream.....5.5 – 8.5

Scoop Ice-Cream to serve w cakes.....Additional.....2

Everest Ice-Cream Cups – Various flavours.....4.5

Drinks Menu

Available all day

Cold Drinks

- Orange Juice** – served over ice.....6
- Tomato Juice** – served over ice.....6
- Frappes** - chocolate, caramel, coffee, mocha, vanilla, lime, or strawberry.....8.5
- Iced Coffee, Chocolate, Chai, Dirty Chai or Mocha**.....9
All served with ice-cream & cream in a tall glass

Milk Shakes

- Milkshake**.....7
- Thickshakes**.....9
- Kids Size Milkshake** (16oz).....5.5
- Kids Size Thickshake** (16oz).....7
- Flavours:** chocolate, coffee, lime, strawberry, banana, vanilla, caramel

Smoothies

- Banana** served w/Greek yoghurt, ice-cream, dash of honey, milk and topped with a dash of cinnamon.....9
- Mixed Berry** w/Greek Yoghurt, ice-cream, dash of honey & milk.....9
- Lactose Free, Soy Almond, Oat for all cold drinks**..add.....1

Fruit Crushes

- Mango Passionfruit Crush** – mango sorbet, passionfruit, orange juice and crushed ice.....9
- Cucumber Fruit Crush** – cucumber, frozen mixed berries, lime, mint & apple juice.....9
- Summer Fruit Crush** - frozen strawberries, mango sorbet & apple juice.....9

Coffee

	<u>Cup/SmI</u>	<u>Mug/Med</u>	<u>X-Lge</u>
Flat white/Cappuccino	4.5	5.5	6.5
Latte	Glass.....4.5	5.5	6.5
Espresso/Short Black (1 shot)	3.8		
Long Black (2 shots)	4.5	4.5	
Macchiato short (1 shot)	4		
Macchiato long (2 shots)	4.8		
Piccolo	4.5		
Affogato		6.0	
Hot Chocolate	4.8	5.5	6.5
Mocha	5.3	6	7
Chai Latte	4.8	5.5	6.5
Dirty Chai Latte	5.3	6	7
Turmeric Latte	4.5	5.5	6.5
Babycino/Puppacino			2

Coffee served over Ice

Latte on Ice – poured over ice served in a tall glass.....6.5

Long Black on Ice – long black over ice in a tall glass.....6

Additions:

Decaf.....0.7

Extra shot.....0.7

Syrups - vanilla, caramel, butterscotch, hazelnut0.7

Alternative Milk - Lactose free, Soy, Almond & Oat Milk

Cup/Tea...0.5 Mug.....1 X/Large...1.2

Tea

Tea served in a pot for one.....4.5

Pyramid Tea Bags - English Breakfast, Earl Grey, Darjeeling Green, Spice Chai, Peppermint, Lemongrass & Ginger, Chamomile