

We are
LICENCED
&/or
BYO WINE

sea salt & vine

LUNCH MENU

11.30 – 2.00 (WEEKDAYS) 11.30 – 2.30 (WEEKENDS)



SOMETHING LIGHT

- SUPA CRUNCH CHIPS** – served with aioli.....8
- GARLIC BREAD** – generous serving for 2.....8
- POTATO WEDGES** w sour cream & sweet chili.....12
- DUCK SPRING ROLLS (4)** – served w sweet soy sauce...14
- FLASH FRIED CALAMARI** – lightly seasoned w sumac, served with lemon & tartare sauce, entre sized.....15
- ARANCINI BALLS (V)** – in house wild mushroom arancini served with parmesan & aioli.....15

MAINS

- HOUSE MADE VEGETARIAN QUICHE (V)** – roasted pumpkin & spinach quich made w light filo pastry & served with fresh garden salad & supa crunch chips.....20
- CALAMARI** – flash fried calamari dusted w sumac, supa crunch chips, leafy salad & our tartare sauce.....20
- PANKO CRUMBED PRAWNS** – served with salad, supa crunch chips and our tasty tartare sauce.....20
- CRUMBED WHITING** – crumbed whiting served with supa crunch chips, salad & tartare sauce.....20
- FISH'n'CHIPS** – Fish of the Day encased in our housemade tempura batter served with supa crunch chips, salad & our special tartare sauce.....23
- LASAGNE** – generous piece of house made lasagne served with our fresh garden salad & supa crunch chips.....23
- SHAKSHUKA (Vegan)** – North African spiced tomato, capsicum, chickpea served w tofu and dukka.....19
- PORK BELLY** - slowcooked for 6 hours with chilli caramel glaze and Asian inspired appleslaw.....21
- CHILLI PRAWNS** – sauteed prawns tossed though house made rich tomato sauce served over pappardelle pasta...28
- CRISPY SKIN SALMON** – served with garlic & chive sauteed potato & seasonal pan fried greens & lemon.....29
- HUMPTY DOO BARRAMUNDI** – served with garlic & chive sauteed potato & seasonal pan fried greens & lemon or fresh leafy salad & supa crunch chips.....30

KIDS LUNCH OPTIONS

- CHICKEN NUGGETS** – five chicken nuggets with supa crunch chips & side tomato sauce.....9.5
- KIDS BOLOGNAISE** served penne pasta w parmesan....9.5
- KIDS FISH'n'CHIPS** – two pieces of crumbed whiting served with supa crunch chips and side of tomato sauce.....9.5

SALADS

- ROCKET & ROAST PUMPKIN SALAD (V,VGO)** combination of rocket, roast pumpkin, red onion, feta, walnuts, house dressing and balsamic dressing.....18
- CAESAR SALAD** – Cos lettuce, parmesan, crispy bacon, poached egg, garlic croutons & house Caesar dressing.....19
- Serve with chicken..... additional....6

SIDES (ADD TO OUR DELICIOUS SALADS OR MAINS)

- Chicken Breast**6 **Haloumi**.....6
- Calamari**.....8 **Tofu**.....4
- Salmon Fillet**.....12 **Avocado (1/2)**.....5
- Green Salad**.....7
- Seasonal greens sauteed in olive oil,lemon & almonds..12**
(Perfect to share)

BURGERS

All served with Supa Crunch Chips

- SOUTHERN FRIED CHICKEN BURGER** – w lettuce, tomato, crispy bacon, aioli & sriracha sauce on a toasted ciabatta bun.....22
- B.L.T. (GFO)** – crispy bacon rashers, tomato, lettuce, beetroot chutney & aioli served on toasted ciabatta bun....20
- WAGYU BURGER (GFO)** –King St Meat Co wagyu pattie, cheese, lettuce, tomato, caramelized onion, aioli & tomato relish served on a toasted milk bun.....22
- STEAK SANDWICH (GFO)** – 150gm rib fillet, caramelised onion, lettuce, tomato, cheese & aioli served on toasted ciabatta bread.....24
- Add crispy bacon to any of above.....additional...3

ALL DAY BREAKFAST

- BACON AND EGGS (GFO)** – two rashers of bacon & poached eggs served on toasted sourdough.....16.5
- EGGS BENEDICT (GFO)** – soft poached eggs & baby spinach on sourdough toast topped with hollandaise sauce served with crispy bacon.....20
- CORN FRITTER STACK (V)** – sweet corn & zucchini fritters served with haloumi, spinach & topped with corn salsa & basil pesto.....21

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

Please note that our House Dressing contains Dairy.

[Please notify staff of any dietary/allergy requirements](#)

Gluten Free & Vegan Disclaimer: Though we strive to ensure that our gluten-free and vegan 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 & vegan meals are cooked & prepared using the same cooking facilities as our other menu items.

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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 (GF*)** – 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, Iced Chocolate or Iced Mocha**.....9
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, milk, dash of honey and topped w cinnamon.....9
- Mixed Berry** served with icecream, Greek yoghurt, milk and a dash of honey.....9
- Lactose Free, Almond or Oat for all cold drinks**....add.....1

Fruit Crushes

- Mango Passion Fruit 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 mixed berries, mango sorbet & apple juice.....9

Coffee

	<u>Cup/SmI</u>	<u>Mug/Med</u>	<u>X-Lge</u>
Flat white/Cappuccino	4.5	5	6
LatteGlass.....	4.5	5	6
Short Black (1 shot)	4	4	
Long Black (2 shots)	4.5	4.5	
Piccolo	4		
Macchiato short (1 shot)	4.2		
Macchiato long (2 shots)	4.8		
Affogato	6.0		
Mocha	4.8	5.5	6.5
Hot Chocolate	4.8	5.5	6.5
Chai Latte	4.8	5.5	6.5
Dirty Chai Latte	4.8	5.5	6.5
Tumeric Latte	4.5	5	6
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**.....0.5
- Extra shot**.....0.7
- Syrups** - vanilla, caramel, butterscotch, hazelnut0.7

Alternative Milk - Lactose free, Almond & Oat

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