

We are  
**LICENCED**  
&/or  
**BYO WINE**

# sea salt & vine

## LUNCH MENU

11.30AM – 2.00PM (WEEKDAYS)

11.30AM – 2.30PM (WEEKENDS)



Order at café register or at your Table QR Code

### SOMETHING LIGHT

**SUPA CRUNCH CHIPS** – served with aioli.....8

**GARLIC BREAD** – generous serving for 2.....8

**DUCK SPRING ROLLS (4)** – served w sweet soy sauce...14

**FLASH FRIED CALAMARI** – lightly seasoned w sumac,  
served with lemon & tartare sauce, entree 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.....21

**CALAMARI** – flash fried calamari dusted w sumac, supa  
crunch chips, leafy salad & our tartare sauce.....21

**PANKO CRUMBED PRAWNS** – served with salad, supa  
crunch chips and our tasty tartare sauce.....21

**CRUMBED WHITING** – crumbed whiting served with supa  
crunch chips, salad & tartare sauce.....22

**FISH'n'CHIPS** – Fish of the Day encased in our housemade  
tempura batter served with supa crunch chips, salad & our  
special tartare sauce.....24

**LASAGNE** – generous piece of house made lasagne served  
with our fresh garden salad & supa crunchy chips.....24

**PORK BELLY** - slowcooked for 6 hours with chilli caramel  
glaze and Asian inspired appleslaw.....23

**PRAWN PASTA** – lemon, parsley & garlic prawns served  
over pappardelle pasta w grilled lemon & fresh chilli.....28

**CRISPY SKIN SALMON** – served with garlic & chive  
sauteed potato & seasonal pan fried greens & lemon.....30

**HUMPTY DOO BARRAMUNDI** – served with garlic &  
chive sauteed potato & seasonal pan fried greens & lemon  
or fresh leafy salad & supa crunch chips.....32

### 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

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

### SALADS

**ROCKET & ROAST PUMPKIN SALAD (V,VGO)**  
combination of rocket, roast pumpkin, red onion, feta,  
walnuts, house dressing and balsamic dressing.....21

**CAESAR SALAD** – Cos lettuce, parmesan, crispy bacon,  
poached egg, garlic croutons & house Caesar dressing.....20

Serve with chicken..... additional....6

### SIDES (ADD TO OUR DELICIOUS SALADS OR MAINS)

Grilled Chicken.....7 Haloumi.....6

Calamari.....8 Salmon Fillet.....16

Avocado (1/2).....5 Green Salad.....7

### BURGERS

All served with Supa Crunch Chips

**SOUTHERN FRIED CHICKEN BURGER** – w lettuce,  
tomato, crispy bacon, aioli & sriracha sauce on a toasted  
milk bun.....22

**B.L.T. (GFO)** – crispy bacon rashers, tomato, lettuce,  
beetroot chutney & aioli served on toasted sourdough.....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)** – 180gm rib fillet, caramelised  
onion, lettuce, tomato, cheese & aioli served on toasted  
sourdough.....25

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

Served with sliced smoked salmon.....24

**CORN FRITTER & CRAB STACK (V)** – corn fritters served  
with crab, avocado salsa, dill mayonnaise & baby spinach.....21

GFO = low gluten upon modification.....Add 1

V = vegetarian

DF = dairy free

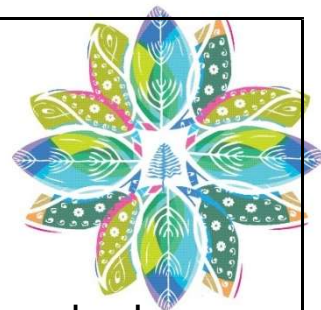
VG = vegan

Please note that our House Dressing contains Dairy.

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 3.00pm

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

### TOASTIES served on white or brown bread

2 fillings.....9.5      3 fillings.....10      4 fillings....10.5

Your choice of following fillings –

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

### Plus Additional filling choices:-

Ham.....3      Chicken.....4

**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 – 9.5

Scoop Ice-Cream to serve w cakes.....Additional.....2.5

Two scoops vanilla ice-cream + your choice topping.....5.5

## Drinks Menu

Available all day

### Cold Drinks

<b>Orange Juice</b> – served over ice.....	6
<b>Tomato Juice</b> – served over ice.....	6
<b>Frappes</b> - chocolate, caramel, coffee, mocha, vanilla, lime, or strawberry.....	8.5
<b>Iced Coffee, Iced Chocolate or Iced Mocha</b> .....	9
Served with ice-cream & cream in a tall glass	

### Milk Shakes

<b>Milkshake</b> .....	7
<b>Thickshakes</b> .....	9
<b>Kids Size Milkshake</b> (16oz).....	5.5
<b>Kids Size Thickshake</b> (16oz).....	7
<b>Flavours:</b> chocolate, coffee, lime, strawberry, banana, vanilla, caramel	

### Smoothies

<b>Banana</b> served w/Greek yoghurt, Ice-cream, milk, dash of honey and topped w cinnamon.....	9
<b>Mixed Berry</b> served with icecream, Greek yoghurt, milk & a dash of honey.....	9
<b>Mango</b> served w/ice cream, yoghurt, honey & milk.....	9
<b>Lactose Free, Almond or Oat for all cold drinks</b> ....add.....	1

### Fruit Crushes

<b>Mango Passion Fruit Crush</b> – mango sorbet, passionfruit, orange juice and crushed ice.....	9
<b>Cucumber Fruit Crush</b> – cucumber, frozen mixed berries, lime, mint & apple juice.....	9
<b>Summer Fruit Crush</b> - frozen mixed berries, mango sorbet & apple juice.....	9

### Coffee

	Cup/Sml	Mug/Med	X-Lge
	1 shot	2 shots	3 shots
<b>Flat white/Cappuccino</b> .....	4.5	5.5	6.5
<b>Latte</b> .....Glass.....	4.5	5.5	6.5
<b>Short Black (1 shot)</b> .....	4	4	
<b>Long Black (2 shots)</b> .....	5	5	
<b>Piccolo</b> .....	4		
<b>Macchiato short (1 shot)</b> .....	4.2		
<b>Macchiato long (2 shots)</b> .....	4.8		
<b>Affogato</b> .....	7		
<b>Mocha</b> .....	5.5	6.5	7.5
<b>Hot Chocolate</b> .....	4.5	5.5	6.5
<b>Chai Latte</b> .....	4.5	5.5	6.5
<b>Dirty Chai Latte</b> .....	5.5	6.5	7.5
<b>Tumeric Latte</b> .....	4.5	5.5	6.5
<b>Babycino</b> .....	2		
<b>Puppacino</b> .....	2.5		

### Coffee served over Ice

**Latte on Ice** – poured over ice served in a tall glass.....7

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

### Additions:

<b>Decaf</b> .....	1
<b>Extra shot</b> .....	0.7
<b>Syrups</b> - vanilla, caramel, butterscotch, hazelnut .....	0.7

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

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

### Tea

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

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