

Remember to
check our specials
board !!!

sea salt & vine

BREAKFAST MENU

Breakfast available 7.00am until 11.15am

Order at café register or from Table QR Code



SOMETHING LIGHT

HAM & CHEESE 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.....	8
FRUIT TOAST - two slices of café style fruit toast with butter.....	8
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 milk bun.....	16
BLT (GFO) – crispy bacon rashers, tomato, lettuce, beetroot chutney & aioli on toasted ciabatta.....	16
Add Avocado to BLT.....	19

SOMETHING SWEET

GRANOLA (V) – House made granola layered with Greek yogurt served with seasonal fresh fruit	16
PANCAKES (V) – w raspberry compote, vanilla mascarpone, passionfruit curd and a coconut and white chocolate crumble topping.....	22
AMERICANA FRENCH TOAST – toasted brioche bread dipped in a sweet egg mix served with crispy bacon, fresh banana, & maple syrup.....	22

KIDS OPTIONS

BACON & EGG ON TOAST (GFO)	10.5
PANCAKES – served with ice cream and maple syrup.....	10.5
FRUIT AND YOGHURT – fresh fruit & vanilla yoghurt.....	10.5

SIDES

Crispy bacon.....	6	Baked Beans	4
Poached eggs.....	5	Wilted spinach	5
Hash brown.....	3	Roast cherry tomatoes ..	5
Chipolatas.....	5	Hollandaise sauce.....	3
Roasted mushroom.....	5	Smashed Avocado.....	5
Grilled Haloumi.....	6	Smoked Salmon	8

All Sides to be served with a main meal

Please notify staff of any dietary 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

BREAKFAST MAINS

cooking facilities as our menu items containing gluten.

EGGS ON SOURDOUGH (V,GFO) – two eggs served poached, scrambled or fried served on toasted sourdough	13
BACON AND EGGS (GFO) – rashers of bacon, with poached, fried or scrambled eggs served on toasted sourdough.....	17.5
EGGS BENEDICT (GFO) – Crispy bacon, poached eggs & baby spinach on toasted sourdough topped with hollandaise.....	22
½ SERVE - EGGS BEN BACON	15
SALMON EGGS BENEDICT (GFO) – Smoked salmon, poached eggs & baby spinach on toasted sourdough topped with hollandaise sauce.....	25
½ SERVE - EGGS BEN SALMON	17
VEGETARIAN EGGS BENEDICT (GFO, V) – Avocado, roasted mushroom, rocket & poached eggs on toasted sourdough topped with hollandaise sauce.....	24
½ SERVE - EGGS BEN VEG	16

Swap the sourdough to a house made potato gratin (GF, DF) on any eggs benedict for \$2

SEA SALT BIG BREKKIE (GFO) – Bacon rashers, house made baked beans, poached eggs, honey chorizo chipolata, roasted mushrooms, cherry tomatoes & hash brown on sourdough	29
SMASHED AVOCADO (GFO, VG) – smashed avocado, beetroot hummus, cashew cream, pickled onion, house made dukka on toasted sourdough.....	22
VEGIE PATCH (V,GFO) – poached eggs, beetroot hummus, cherry tomatoes, roasted mushroom, avocado & wilted spinach served on toasted sourdough	26
Served with grilled haloumi.....	+5
LAMBS FRY (GFO) – lambs liver cooked in a braised shallot jus, served with smoked bacon, cherry tomatoes & crispy sage on sourdough toast.....	23

LAMB & ROSEMARY SAVOURY MINCE (GFO) grass fed lamb in a rich savoury jus, roasted parsnips, spinach, rosemary, toasted sourdough and a fried egg.	24
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CAPRESE CORN FRITTER (V) (GFO) – corn fritters , green pesto, tomato bruschetta, grilled haloumi & fresh rocket	22
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BREAKFAST TACOS (GF) – 3 x corn tortillas w/ diced bacon & chorizo, bruschetta toppings and jalapeno crema.....	24.5
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SAUTEED MUSHROOMS (V, GFO) – mixed wild mushrooms, poached eggs, whipped feta, gremolata & rocket on sourdough. Topped with crispy enoki mushrooms.....	22.5
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BREAKFAST GNOCCHI (VEO) – potato gnocchi, tomato sugo, wilted spinach, basil, salsa verde, parmesan, hazelnuts	22
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