

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

- BOWL OF CHIPS (GF)** – served with mayo.....9
- GARLIC BREAD** – generous serving for 2.....9
- PRAWN SPRING ROLLS (4)** – w sweet chilli sauce.....15
- FLASH FRIED CALAMARI (GFO)** – lightly seasoned w sumac, served with lemon & tartare sauce, entree sized.....16
- ARANCINI BALLS (V)** – house made wild mushroom arancini served with parmesan & aioli.....16

MAINS

- HOUSE MADE VEGETARIAN QUICHE (V)** – roasted pumpkin & spinach quiche made w light filo pastry & served with fresh garden salad & chips.....23
- CALAMARI** – flash fried squid, lightly seasoned w sumac served with a side salad, lemon, tartare and chips.....23
- PANKO CRUMBED PRAWNS** – served with salad, chips and our tasty tartare sauce.....23
- CRUMBED WHITING** – crumbed whiting served with chips, salad & tartare sauce.....24
- FISH'n'CHIPS (GF)** – tempura battered hoki served with chips, salad & our special tartare sauce.....26
- LASAGNE** – house made lasagne served with our fresh garden salad & chips.....26
- PARMIGANA** - panko crumbed chicken breast, napoli sauce, shaved ham, mozzarella, garden salad & chips.....26
- PRAWN BISQUE** – creamy house made bisque with garlic prawns, confit cherry tomatoes, fresh chilli on spaghetti.....28
- GRILLED BARRAMUNDI (GF)** – Humpty Doo Barra served with a parsnip puree, broccolini, spinach & a leek & caper pan sauce or fresh leafy salad & chips.....34
- SEAFOOD PARCEL** – Salmon, prawns & white fish in a dill mornay sauce, wrapped in filo pastry served with a side salad, lemon, hollandaise & chips.....28
- FISH TACOS** – Battered flathead, tomato bruschetta, avocado, lettuce, siracha mayonnaise & lemon on 3 flour tortillas.....24

KIDS LUNCH OPTIONS

- CHICKEN NUGGETS** – five chicken nuggets with chips & side tomato sauce.....12
- KIDS BURGER (GFO)** – beef patty, cheese & tomato sauce served on a bun with chips.....12
- FISH'n'CHIPS** – crumbed fish with chips & tomato sauce...12

SALADS

- GARDEN SALAD (V,VGO)** Green mixed lettuce leaves, cucumber, carrot, red onion, cherry tomatoes, feta, house dressing & balsamic glaze.....18
- ROCKET & ROAST PUMPKIN SALAD (V,VGO)** combination of rocket, roast pumpkin, red onion, feta, walnuts, house dressing & balsamic glaze..... 18

SIDES (ADD TO OUR DELICIOUS SALADS OR MAINS)

- Grilled Chicken.....7
- Calamari.....8
- Avocado (1/2).....5
- Haloumi.....6
- Steak strips..... 9

BURGERS & WRAPS

Replace any protein with haloumi or mushroom for vegan/vegetarian option

- SMASHED BEEF BURGER (GFO)** – Double smash beef patty, lettuce, tomato, cheese, caramelized onion, mayo & tomato relish on a potato bun, served with chips.....24
- PERI-PERI CHICKEN WRAP (GFO)** – grilled chicken thigh, peri-peri sauce, lettuce, tomato, roasted capsicum, mayo in a wrap, served with chips.....24
- B.L.A.T. (GFO)** – crispy bacon, tomato, lettuce, avocado, beetroot relish & mayo on toasted sourdough w chips.....24
- STEAK SANDWICH (GFO)** – 180gm MSA Sirloin, tomato, lettuce, cheese, caramelised onion & aioli on toasted sourdough, served with chips.....26
- 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..... 18
- EGGS BENEDICT (GFO)** – soft poached eggs & baby spinach on sourdough toast topped with hollandaise sauce Served with crispy bacon.....22
- Served with cold sliced smoked salmon.....25
- CAPRESE CORN FRITTER (V, VGO, GFO)** – corn fritters, green pesto, tomato bruschetta, grilled haloumi & fresh rocket.....22

GFO = low gluten upon modification.....+ 1
V = vegetarian VO = vegetarian on modification
VG = vegan VGO = vegan option on modification

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 house whipped cream.....6
HAM & CHEESE CROISSANT – filled with leg ham & melted tasty cheese.....12
CROISSANT - served toasted w/ butter & jam.....8
BANANA BREAD.....8
 Toasted, sprinkled with icing sugar and served with butter
FRUIT TOAST - Two slices of café style fruit toast.....8

TOASTIES served on your choice of sourdough, white or brown bread (GF bread available +\$1)

- Leg ham, cheese & tomato.....14
 Chicken, cheese & avocado.....15
 Cheese, basil pesto & tomato.....13
 Additional toastie fillings – cheese, onion, pineapple, tomato, tomato relish.....+1

CAKES & ICECREAM

Check out our yummy selection of cakes available from our cake fridge served with cream

- 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

- Orange, Tomato or Apple Juice** – served over ice.....6
Frappes - choc, caramel, coffee, mocha, vanilla, lime.....8.5
Iced Coffee, Chocolate, Chai, Dirty Chai or Mocha..9.5
 All served with ice-cream & cream in a tall glass
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

Milk Shakes

- Milkshake**.....8
Thickshakes.....12
Kids Size Milkshake (16oz).....5.5
Kids Size Thickshake (16oz).....9
Flavours: chocolate, coffee, lime, strawberry, banana, vanilla, caramel

Smoothies

- Banana Berry Smoothie** - Greek yoghurt, ice-cream, dash of honey, milk, banana & berries.....10
Mango served w/ice cream, yoghurt, honey & milk.....10
Lactose Free, Soy Almond, Oat for all cold drinks.....+1

Fruit Crushes

- Mango Passionfruit Crush** – mango sorbet, passionfruit, orange juice and crushed ice.....10
Green Crush – cucumber, spinach, lime, mint, mango sorbet & apple juice.....10
Summer Fruit Crush - frozen strawberries, mango sorbet & apple juice.....10

Coffee

	Cup/Sml 1 shot	Mug/Med 2 shots	X-Lge 3 shots
Flat white/Cappuccino/Latte	5	5.8	6.8
Short Black (1 shot)	4	4	
Long Black (2 shots)	5	5	6
Piccolo	4.5		
Macchiato short (1 shot)	4.2		
Macchiato long (2 shots)	5		
Affogato			7
Mocha	5.8	6.8	7.8
Hot Chocolate	5	5.8	6.8
Chai Latte	5	5.8	6.8
Dirty Chai Latte	5.8	6.8	7.8
Tumeric Latte	5	5.8	6.8
Babycino	2		
Puppacino	2.5		

Additions:

- Decaf**.....+1
Extra shot.....+0.7
Syrups - vanilla, caramel, butterscotch, hazelnut+0.7
Alternative Milk - Lactose free, Soy, Almond & Oat Milk
 Cup/Tea/Sml...0.5 Mug/Med....1 X/Large...1.2

Tea

- Tea served in a pot for one**.....4.5
Tea2 Tea Bags - English Breakfast, Earl Grey, Green, Spice Chai, Peppermint, Lemongrass & Ginger, Chamomile