

BREAKFAST



A LA CARTE MENU

Cereal | 9

Corn Flakes, Weet-Bix, Special K, Sultana Bran, Nutri Grain, natural muesli
gluten free muesli, just right, coco pops

Served with your choice of full cream, almond (N), lactose free, skim or soy milk

Bread Basket | 9

Two pieces of toast served with a selection of preserves.

Choice of white, wholemeal, multigrain, raisin, soy & linseed, rye, brioche breads

From Our Bakery (N) | 13

Selection of French Danish pastries, butter and preserves

Bircher Muesli (V)(N) | 13

Served with organic yoghurt, cranberry, toasted seeds, fresh berries

Seasonal Sliced Fruit or Fruit Salad (V/GF)(N) | 14

Served with organic yoghurt, candied nuts, fresh berries

HOT BREAKFAST

Choice of Fluffy Buttermilk Pancakes or Caramelized Brioche French Roast | 20

1. Chocolate fudge sauce, fresh berries, nut brittle, double cream (V)(N)
2. Peanut butter mascarpone, banana, macadamia, sour cream butterscotch (V)(N)

Add a scoop of vanilla bean ice cream 3



Eggs Your Way (V) | 20

Two eggs cooked to your liking, herbed roma tomato, ciabatta, micro herbs

Big Breakfast | 26

Bacon, chipolata sausage, hash brown, glazed mushroom, herb roasted tomato, ciabatta loaf, free range eggs your way

Eggs Benedict | 20

Poached free range eggs, toasted ciabatta loaf, wilted greens, smoked ham or smoked salmon, hollandaise, micro herbs

Mediterranean Spiced Baked Beans (V)(N) | 20

5 bean mix, spiced sugo, ciabatta loaf, poached eggs, labna, roasted pistachio

3 Egg Omelette | 22

Served with hash brown, roma tomato, micro herbs

Your selection of three fillings:

Smoked ham, smoked salmon, tomato, red onion, field mushroom, spinach, Persian fetta, cheese, bacon, soft herbs

On The Side | 8

Smoked bacon (GF)

Glazed field mushroom (V/ GF)

Hash brown (V)

Country style chipolata

Herb roasted tomatoes (V/GF)

Mediterranean spiced baked beans (V/GF)



HEALTH AND WELL BEING

Healthy Start Choices | 14

Well-Being | Queensland berries, Stradbroke Island honey, ricotta (V)(N)
1876 kj per serve

Anti-Aging | Carman's gluten free muesli, almond milk, berries (V)(N)
1645 kj per serve

Well-Being | Organic yoghurt, local honey, toasted nuts, berries (V)(N)
1227 kj per serve

Energise | Oatmeal porridge, fresh berries, local honey (V)
2018 kj per serve

4 Egg White Omelette (V) | 22
Served with broccoli, spinach, kale, roasted tomato
1196 kj per serve

4 Egg Scramble (V) | 22
Served with ricotta cheese, soft herbs

V – Vegetarian | GF – Gluten Free | N – Contains nuts | S – Denotes our signature dishes.
DF – Dairy Free



DRINKS

Coffee | 3.5 | 4 | 5

Flat White - Cappuccino - Latte - Mocha - Hot Chocolate - Long Black - Chai Latte
Bonsoy - Zymil - Almond - Caramel - Vanilla - Hazelnut - Extra Shot | 0.5

Loose Leaf Tea Selection by Dilmah | 5

Ceylon Breakfast Tea – Aromatic Earl Grey – Pure Peppermint – Gentle Chamomile
Fragrant Jasmin Green Tea – Spring Time Oolong with Ginger

Juice | 6

Orange, apple, tomato, pineapple, cranberry or grapefruit

Milkshakes | 10

Choco Banana – Strawberry – Caramel Pretzel – Oreo

Smoothies | 10

Banana Chia Boat – Pineapple Surf (DF) – Berry Protein Punch – Melon dream (DF)

Kombucha | 6.5

Lemon, Lime & Ginger – Ginger Beer – Elderflower

HRVST Cold Pressed Juice | 6

Original Orange – Cloudy Apple – Beetroot & Apple – Watermelon & Pear
Little Green (kale, spinach, celery, cucumber, ginger)

Soft Drinks | 5

Coke – Diet Coke – Coke No Sugar – Lemonade – Lift – Soda Water – Tonic Water
Lemon Lime & Bitters – Ginger Ale