

# Breakfast

All breakfasts are available with Gluten Free Bread

## Low Fat & Light Breakfast

<b>Toasted Banana Bread</b>			7.50
Served with butter			
<b>Toast with preserves</b>			7.50
Your choice of thick white, wholemeal, turkish bread or raisin toast			
<b>Fresh Fruit Plate (GF)</b>	½ serve	8.90	Full Serve 15.90
Selection of fresh seasonal fruit, natural yoghurt and honey			
<b>Croissant</b>			
With preserves 8.90			
With ham, cheese and tomato 10.90			
With bacon and egg 12.90			
<b>Bircher Muesli (GF)</b>			11.90
Toasted muesli, soaked in a mixture of fruit juices and yoghurt with fresh and dried fruits; drizzled with honey			
<b>Vegetarian Sage Sauté</b>			14.90
Pan-fried roma tomatoes, mushrooms, basil, Spanish onion, baby spinach, garlic and olive oil. Served with toasted turkish bread and topped with shaved parmesan cheese			

## Breakfast Sandwiches, Bagels and Toasties

<b>Bacon Buddy</b>			14.90
Crispy bacon, rocket lettuce, tomato and basil pesto mayonnaise between a toasted bagel			
<b>Veg Out</b>			13.90
Roasted pumpkin, rocket lettuce, semi dried tomato, caramelized onion and sliced Swiss cheese between a toasted bagel			
<b>Open Bagel</b>			16.90
Cream cheese, smoked salmon, capers and spanish onion			
<b>Savoury Beef Mince</b>			16.90
Pan fried premium beef mince with carrot, onion, celery, green pea's & tomato napoli sauce & topped with shaved parmesan cheese			

## Bacon, Eggs and Grilled Things

<b>Two Eggs</b>			9.90
Cooked any way you like, served with toast and chutney			
<b>Bacon and Eggs</b>			12.90
With roasted roma tomatoes and your choice of toast			
<b>Eggs Benedict with spinach served on an English Muffin</b>			
<i>With ham</i> 14.90			
<i>With avocado</i> 14.90			
<i>With bacon</i> 15.90			
<i>With smoked salmon</i> 16.90			
<b>Omelette with Toast</b>			15.90
A light, fluffy omelette with ham, cheese, shallots, roma tomato and spanish onion			
<b>Super Big Breakfast</b>			16.90
Two eggs cooked any style, served with bacon, sausages, roasted roma tomato, hash browns and toast			

## Something Sweet

<b>Pancakes</b>			
With grilled banana, maple syrup and ice cream 14.90			
With berry compote and ice cream 15.90			

## Sides - and now for a little extra!!

<u>2.90</u>	<u>3.90</u>	<u>4.90</u>	<u>½ Serve of Toast - 3.90</u>
Baked Beans	Field Mushrooms	Smoked Salmon	White
Roasted Roma Tomatoes	Hash Browns	Bacon	Wholemeal
Scrambled Egg Whites	Avocado	Sausages	Turkish
Extra Egg	Sautéed Baby Spinach	Savoury Beef Mince	Raisin
Hollandaise Sauce			

GF = Gluten Free

One account per table please