



**Fresh  
&  
Delicious**

**Starters & Salad**

**5 BBQ Chicken Wings** \*30 mins \$ 12.00

**Serve of Olives** \$ 6.50

**Ciabatta Slices Dip** \$ 9.90

*Served with aged balsamico & EVOO*

**Homemade Soup of the Day** \$ 8.50

**Antipasti Platter** \$ 15.90

*2 cold cuts, 1 cheese, wafers, olives, spicy cranberries*

**Homemade Mashed Potato**

*As a side/ main* \$7.50/ \$9.90

**Green salad with Spicy Cranberries**

*As a side/ main* \$5.90/ \$8.50

**Potato Salad**

*As a side/ main* \$7.50/ \$9.90

**Roast Pumpkin Salad with Spinach**

*As a side/ main* \$8.50/ \$14.90

**Quinoa Salad**

*As a side/ main* \$9.90/ \$15.90

**Organic Chicken Avocado Salad** \$ 11.90

**Smoked Duck Salad** \$ 15.90

*With brie, eggplant & beetroot dressing*

**Wagyu Salad** \$ 16.90

*With feta & balsamic vinaigrette*

**Smoked Scottish Salmon Salad** \$ 18.90

*With avocado slices, peppers, EVOO*

**All Day Breakfast**

**Toast: 2 slices, Butter & Jam**

*Sourdough* \$ 4.00

*Multigrain* \$ 5.50

*Ciabatta half loaf* \$ 6.90

**Honey Sourdough Toast** \$ 6.00

**Granola Yoghurt with fruit** \$ 8.50

**Sausage Sizzle** \$ 7.90

*In hotdog bun with sauteed onion, mustard and tomato relish on the side.*

*Add extra onion* \$ 1.50

*Add salad* \$ 2.00

**Bacon & Egg Roll** \$ 8.50

*Add shredded cheese* \$ 2.00

*Add sauteed onion* \$ 1.50

*Add salad* \$ 2.00

**Poached Egg** \$ 7.90

*On sourdough toast with chopped tomato, parsley & EVOO*

*Add mashed avocado* \$ 3.50

**The S.E.A** \$ 10.90

*Spinach, sunny side up egg & avocado*

**Egg Island** \$ 14.50

*Poached egg in baked beans, English pork sausage & sourdough toast*

**English Breakfast** \$ 14.90

*Free Range bacon, sunny side up egg, pork sausage, sourdough toast & tomato*

**The Captain's Breakfast** \$ 18.50

*Multigrain toast, cheese, avocado & ham on spinach, two poached eggs, chopped tomato, parsley, smoked paprika*

**For Add-On Only**

Toast slice only

*Sourdough/ Multigrain* \$ 1.50

*Ciabatta Half Loaf* \$ 4.00

Baked Beans \$ 2.50

Grilled Roma Tomato \$ 2.50

Ham Slice \$ 3.00

Barn-Laid Egg \$ 3.50

Grilled Mushroom \$ 4.00

Avocado Half \$ 4.00

Free Range Bacon \$ 4.00

Gourmet Sausage Or Kebab \$ 5.50

Smoked Scottish Salmon \$ 5.50

Extra Condiment

*Butter, jam or relish* \$ 1.00

*Beetroot marmalade* \$ 3.00

**Wraps**

**Wagyu or Dorper Roast Wrap** \$ 9.90

*Wagyu beef roast & onion marmalade; OR Lamb roast & lamb jam; cheese, salad*

**Vegetarian Wrap** \$ 9.90

*Beetroot marmalade, mushroom, olives, sundried tomatoes, cheese, salad*

## Sandwiches

**Ham & Cheese** \$ 7.90

*Add tomato* \$ 1.50

## Organic Chicken Avocado

*On multigrain* \$ 9.90

*On ciabatta* \$ 10.90

*As a wrap* \$ 9.90

*Add free range bacon* \$ 4.00

## Ciabatta Sandwich

*Prosciutto OR ham OR salami, tomato, cheese, tomato relish, salad* \$ 10.90

## Open Prosciutto

*2 sourdough toasts, basil pesto, tomato, wild roquette & prosciutto* \$ 12.50

## Ham & Blood Orange Ciabatta

*Pumpkin, sundried tomatoes, brie, salad* \$ 14.90

## Organic Chicken Mozzarella Ciabatta

*Prosciutto, grilled pepper, mozzarella, salad* \$ 17.50

## Smoked Duck Ciabatta

*Beetroot dressing, brie, eggplant, salad* \$ 16.90

## Smoked Scottish Salmon Ciabatta

*Mashed avocado, grilled pepper, salad* \$ 18.90

## Wagyu Ciabatta

*Brie, zucchini, tomato, salad* \$ 18.90

## Iberico Jamon Ciabatta

*Italian butter, jamon & wild roquette* \$ 21.00

**The Tedesco Manwich** \$ 18.90

*Mini steak, grilled mushroom, cheese, sauteed onion in a hamburger bun*  
*Add egg* \$ 3.50  
*Add blue cheese* \$ 3.50

## Hot Food - From 12.00 noon

**Grilled Portobello** \$ 8.50

*With sundried tomato and feta cheese*

**Omelette** \$ 10.90

*2 eggs, onion, spinach, mushroom, tomato, sausage/ham/bacon bits, cheese, parsley*

**Beef Lasagne** \$ 15.90

*Homemade lasagne with side salad*

**Burger** \*See Add-On options for your burger

*Pork/ Chicken* \$ 14.90

*Beef* \$ 16.90

*Wagyu beef* \$ 19.90

*Add patty: Pork /Chicken \$5.50, Beef \$6, Wagyu \$9*

**Scottish Salmon Steak - min.120g *NEW*** \$ 24.90

*Served on mashed potato & sauteed greens*

**Meat order is served with side green salad.**

**To change to: Add:**  
*mashed potato or potato salad* \$ 1.50  
*pumpkin salad* \$ 2.50  
*quinoa salad* \$ 3.50

**Sausage or Kebab Platter** \$ 14.90

*Two gourmet sausages or kebabs*

**Honey Mustard Organic Chicken** \$ 17.90

*Two grilled tender organic chicken thighs*

**Organic Chicken Kiev \*30 mins** \$ 18.90

**Organic Chicken Mignon \*30 mins** \$ 17.90

**Free Range Pork Chop - min.280g** \$ 24.90

*Choice of pork chop or pork collar chop*

**Dorper Lamb Leg Steak - min.220g** \$ 24.90

*Served with chilli jam*

**Dorper Lamb cutlets** \$ 29.90

*Two cutlets served with chilli jam*

**Grassfed Beef Steak - min.220g** \$ 24.90

*Your choice of ribeye or sirloin*

**Grassfed Angus Steak - min.220g** \$ 29.90

*Your choice of ribeye or sirloin*

**Wagyu Steak - min.200g**

*Your choice of ribeye or sirloin*

**MS6-7** \$ 59.90

**MS8-9** \$ 79.90

## To Finish

**Homemade Scone** \$ 3.90

*Served with Jam & Cream*

## Cakes of the Day

*\* Please see chiller for selection*

**Cheese Platter** \$ 15.90

*3 cheeses, wafers & Rolada*

*Prices are nett, inclusive of GST.*

*No service charge.*

*Take away \$0.30 per container*

**All good things come to those who wait. Please be patient as all our food is freshly made to order.**