



**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

**Organic Quinoa Salad**

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

*With avocado, antipasti, cheese, salad & EVOO*

**Organic Chicken Avocado Salad** \$ 11.90

**Smoked Duck Salad** \$ 15.90

*With brie, eggplant & beetroot dressing & EVOO*

**Wagyu Salad** \$ 16.90

*With feta & balsamic vinaigrette*

**Smoked Scottish Salmon Salad** \$ 18.90

*With avocado slices, chargrilled 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 Seasonal Fruit** \$ 8.90

**Sausage Sizzle** \$ 7.90

*Hotdog bun, sauteed onion, mustard & tomato relish*

*Add extra onion* \$ 1.50

*Add salad* \$ 2.00

**Bacon & Egg Roll with Smokey Sauce** \$ 8.50

*Add shredded cheese* \$ 2.00

*Add sauteed onion* \$ 1.50

*Add salad* \$ 2.00

**Poached Egg** \$ 7.90

*Sourdough toast, chopped tomato, parsley & EVOO*

*Add mashed avocado* \$ 3.50

**The S.E.A (The No-Carb Option)** \$ 10.90

*Spinach, sunny side up egg & avocado*

**Egg Island** \$ 14.50

*Poached egg in baked beans, pork sausage & souldough toast*

**English Breakfast** \$ 14.90

*Bacon, egg, pork sausage, tomato & sourdough toast*

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

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

**Add On Options**

**Toast Slice with Butter (No Jam)**

*Sourdough Single slice* \$ 1.50

*Multigrain Single slice* \$ 1.50

*Ciabatta Quarter Loaf* \$ 4.00

**Extra Jam or Butter** \$ 1.00

**Avocado** *One scoop* \$ 4.00

**Bacon** \$ 4.00

**Beans** *Baked* \$ 2.50

**Egg** *Barn-laid cage-free* \$ 3.50

**Ham** *Minimum two slices* \$ 3.00

**Mushroom** *Grilled sliced button mushroom* \$ 4.00

**Tomato** *Grilled half roma tomato* \$ 2.50

**Sausage** *Exclude truffle pork sausage* \$ 5.50

**Truffle Pork Sausage** \$ 6.50

**Kebab**

*Chicken or pork or vegie* \$ 5.50

*Beef or lamb* \$ 6.00

**Smoked Scottish Salmon** \$ 5.50

**Extra Condiment**

*Butter, jam or relish* \$ 1.00

*Beetroot marmalade* \$ 3.00

**Wraps**

**Organic Chicken Avocado Wrap** \$ 9.90

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

*Wagyu beef roast, onion marmalade, cheese & salad*

*Lamb roast, mint jam, cheese & salad*

**Vegetarian Wrap** \$ 9.90

*Beetroot marmalade, mushroom, olives, sundried tomato, cheese & salad*