

Munchas

CAFE

BREAKFAST OPTIONS

Served between 6.30am - 11.30am daily

Please place your order & pay with our friendly wait team at the counter.

Please specify any allergies when placing your order

Please check our daily specials board

Gluten free bread & Gluten free options are available

All items are cooked to order.

Your patience during our busy periods is appreciated.

GF = Gluten Free V = Vegetarian

CLASSIC

EATS

- \$5.00 *Toasted Sourdough or Soy & Linseed Sourdough with your choice of strawberry jam, vegemite or peanut butter (V) (Gluten free toast available)*
- \$5.00 *Toasted Raisin Turkish with butter (V)*
- \$6.50 *Housemade Banana Bread with whipped honey butter (V)*
- \$8.50 *Bacon & Egg Roll - your choice of tomato or BBQ sauce*
- \$9.00 *Vegetarian Breakfast Roll (V) Fried egg, grilled haloumi, avocado & tomato relish on a brioche roll*

DELICIOUS

TREATS

- \$15.50 **AMERICAN STYLE PANCAKES**
Triple stacked pancakes served with bacon, maple syrup and ice cream
- \$15.50 **CHOC BERRY PANCAKES**
Triple stacked pancakes served with mixed berries, chocolate sauce and vanilla ice cream dusted with cinnamon sugar
- \$11.50 **SEASONAL FRUIT BOWL (V)**
A selection of seasonal fruit (V) (GF) ADD Granola and vanilla yoghurt for \$3.50 (V)

FAVOURITE EATS

- \$14.50 **MUSHROOM STACK (GF, V)**
Grilled garlic butter mushrooms served on a bed of baby spinach and dukkah spice topped with a poached egg, feta & chilli oil
- \$16.00 **SMASHED AVO & FETA ON TOAST (V)**
Toasted Soy & Linseed sourdough topped with smashed avocado, grilled Roma tomato, Little Creek feta, two poached eggs and a lemon wedge
- \$15.50 **MEXICAN BREAKFAST WRAP**
Scrambled eggs, chorizo, baby spinach, tasty cheese, avocado & tomato salsa in a toasted tortilla
- \$17.50 **SHELLY BEACH FRITTERS (V)**
3 housemade corn fritters served with avocado mash, fresh tomato salsa and a lemon wedge
ADD Smoked Salmon or Bacon for \$5
- \$22.50 **IRON MAN**
Choice of 2 fried, poached or scrambled free range eggs;
Grilled bacon, field mushrooms, slow roasted tomato, chipolatas, hash browns served with sourdough toast
- \$38.50 **BREKKIE SHARE PLATE**
It's a Platter for 2 or seriously challenge yourself! Choice of fried, poached or scrambled eggs, bacon, chipolatas, hash browns, mini corn fritters, grilled tomato, field mushrooms, wilted baby spinach and tomato relish with sourdough toast

CREATE YOUR OWN

- \$10.00 **EGGS ON TOAST (V)**
2 EGGS SERVED ON TOASTED SOURDOUGH
Scrambled/Poached/Fried - It's your Choice!
- ADD SOME EXTRAS Charged Per Item**
- \$5.00 *Bacon, smoked salmon, grilled haloumi, 2 free range eggs, 2 corn fritters*
- \$4.50 *Chipolatas, grilled field mushrooms, 2 hash browns,*
- \$4.00 *Avocado, slow roasted tomato, sauteed spinach,*
- \$3.00 *Baked beans, tomato relish, basil pesto*

MINI MUNCHAS

Kids menu for Under 12yrs
All meals served with a fruit popper

- \$10.00 **HUMPTY DUMPTY**
Choice of poached, fried, boiled or scrambled egg served with bacon and white toast
- \$10.00 **KIDS PANCAKES (V)**
2 pancakes served with maple syrup & ice cream
ADD fresh strawberries for \$2.00
- \$6.00 **GRILLED CHEESE ON TOAST (V)**
- \$9.00 **KIDS FRUIT BOWL (GF, V)**
A selection of bite sized seasonal fruit

SENIORS

MENU

Seniors discount has already been applied

- \$9.50 **SENIORS BACON & EGG PLATE**
1 free range egg poached, fried or scrambled served with bacon on sourdough toast
- \$12.00 **SENIORS PANCAKES (V)**
Pancakes served with maple syrup, ice cream & fresh strawberries
- TOASTED SANDWICHES -**
- \$8.00 *Ham, Cheese & Tomato*
- \$8.50 *Chicken, Cheese & Avocado*