

Munchas

CAFE

BREAKFAST OPTIONS

Served between 6am - 11am 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 *Banana Bread with whipped honey butter (V)*
- \$10.50 *Bacon & Egg Roll Double bacon and double egg on a brioche roll with your choice of BBQ or tomato sauce*
- \$9.50 *Vegetarian Breakfast Roll (V) Two fried eggs, grilled haloumi, avocado & tomato relish on a brioche roll*

DELICIOUS TREATS

- \$14.50 **PANCAKE STACK (V)**
Triple stacked pancakes served with maple syrup and ice cream
- \$13.90 **BELGIAN WAFFLES (V)**
2 Belgian Waffles served with caramel sauce, ice cream and toasted coconut
- \$13.90 **VEGAN QUINOA BOWL (V, GF)**
A bowl of quinoa cooked with coconut milk and almond milk, maple syrup, cinnamon and vanilla topped with blueberries, banana, peanut butter, coconut flakes and chia seeds

FAVOURITES

- \$13.50 **MUSHROOMS AND FETA ON TOAST (V)**
Grilled garlic mushrooms and wilted baby spinach on toasted sourdough topped with crumbled Little Creek feta and dukkah spices
- \$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 TORTILLA BOWL**
Chorizo, cherry tomatoes, Spanish Onion and baby spinach with 2 eggs oven baked in a tortilla shell
- \$18.90 **VEGETARIAN SMART START (V)**
Choice of 2 fried, poached or scrambled free range eggs; Field mushrooms, grilled roma tomato, our vego fritters, sautéed baby spinach and tomato relish served on soy & linseed sourdough
- \$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

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
- \$8.50 **HAM & CHEESE POCKET**
A kids size tortilla filled with ham & cheese lightly toasted

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*