

# ALL DAY MENU

SHELL COVE MENU

PLEASE ORDER AT THE COUNTER

## TOAST WITH BUTTER AND CONDIMENTS

- Sourdough (856kj) 6
- Quinoa Soy Linseed (1419kj)
- Fruit Loaf (944kj), 7
- Gluten Free (856kj)
- with strawberry jam (+150kj) / peanut butter (+273kj) / vegemite (+35kj) (add extra condiment +0.5)

## TOASTIES

- Cheese & Tomato (1830kj) 7
- Ham & Cheese (2010kj) 9
- Ham, Cheese & Tomato (2060kj) 10
- Chicken & Avo (3110kj) 12

## EGGS AS YOU LIKE

- Served on sourdough toast (see extras) 10
- Poached (1540kj),
- Scrambled (2000kj),
- Fried (2090kj)

## BREKKIE WRAP

- Bacon, scrambled eggs and hash brown, baby wild rocket, tomato relish, hollandaise sauce in spinach wrap (3370kj) 13
- add cheese (+276kj) +1 / avo (+994kj) +2**

## HOUSE BAKED GRANOLA BOWL <sup>v</sup>

- Açaí berry compote, yogurt, seasonal berries, chia seeds, toasted coconut (3210kj) 16
- add extra berries (+72kj) +4**

## OMELETTE <sup>gfor</sup>

- Served with rustic bread
- Mushroom, spinach and fetta <sup>v</sup>(1840kj) 16
- Classic ham, cheddar cheese and cherry tomato (2280kj) 17
- Smoked salmon, corn, fetta and chives (3150kj) 17

## SMASHED AVO DELIGHT <sup>v</sup>

- Smashed avo, finger lime, heirloom cherry tomato salsa, green balsamic, poached egg, grilled halloumi cheese, with toasted sourdough(4160kj) 18
- add extra egg (+345kj) +3**

## BREAKFAST GNOCCHI

- House made potato gnocchi, roasted tomato, chorizo, shallot, chilli, parmesan snow, poached egg, crispy potato skin (3590kj) 19

## MUSHROOMS ON TOAST <sup>v</sup>

- Shimeji, king brown & oyster mushrooms, spring onion, miso, smashed edamame, tempura enoki, poached egg, chilli, furikake, toasted rustic bread (2100kj) 18

## SMOKED SALMON BENNY

- Vegetable fritter, smashed avo, sweet corn salsa, poached eggs, pomegranate, hollandaise, soft herbs (3020kj)
- Make it a bacon benny! swap the salmon for bacon** 18

## GRILLED HALLOUMI STACK <sup>v gfor</sup>

- Spiced eggplant, heirloom tomato, kipfler potato, raisin, coriander, grilled halloumi, sautéed spinach, harissa, Spanish onion, poached egg on rustic bread (2420kj) 18

## ALL THINGS GREEN <sup>v gfor</sup>

- Crispy brown rice, poached egg, avocado, edamame, broccolini, broccoli, furikake, sautéed kale with kombu sauce (2430kj) 18
- add grilled chicken (+718kj) +5**

## BIG BREAKFAST

- Two eggs your way, chorizo, bacon, hash browns, smashed avo, mushrooms, roasted tomato with toasted sourdough (4440kj) 22

## BELGIAN WAFFLE <sup>v</sup>

- Seasonal berries, Açaí berry compote, vanilla ice-cream, whipped vanilla ricotta, pistachio, Belgian chocolate sauce (3260kj) 18
- add extra ice cream (+645kj) +3**

## EXTRAS

- |                        |   |                           |   |
|------------------------|---|---------------------------|---|
| Poached Egg (345kj),   | 3 | Grilled Bacon (1310kj),   | 5 |
| Hash-Brown (553kj),    |   | Grilled Halloumi (722kj), |   |
| Roasted Tomato (86kj), |   | Grilled Chicken (718kj),  |   |
| Ice Cream (645kj)      |   | Smoked Salmon (561kj),    |   |
| Sautéed Kale (67kj),   | 4 | Potato Chips              | 5 |
| Mushrooms (160kj),     |   | with aioli (2560kj)       |   |
| Avocado (994kj),       |   | Sweet Potato Chips        | 7 |
| Chorizo (784kj)        |   | with aioli (1970kj)       |   |

PLEASE NOTIFY STAFF OF ANY FOOD ALLERGIES.

<sup>v</sup> Vegetarian option <sup>gf</sup> Gluten free <sup>gfor</sup> Gluten free on request

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700 KJ



# MENU



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## SALADS

### ROASTED PUMPKIN SALAD <sup>v</sup>

Roasted pumpkin, baby wild rocket, pepita seeds, pomegranate, Spanish onion, sundried tomato, toasted pine nut, pesto dressing (1680kj) 16

**add avo** (994kj) **+4**    **add grilled chicken** (718kj) **+5**  
**add grilled halloumi** (722kj) **+5**    **add smoked salmon** (561kj) **+5**

### VEGAN BOWL <sup>v gf</sup>

House baked corn falafel, pistachio nutty hummus, pickled daikon, roasted pumpkin, edamame, roasted broccoli, tahini dressing (3470kj) 18

## BURGERS & SANDWICHES

### GRILLED CHICKEN PESTO WRAP

Grilled chicken, English cheddar, sundried tomato, baby wild rocket, grilled mushroom, smashed avo, pesto mayo in spinach wrap (3820kj) 14

### B.R.A.T <sup>gfor</sup>

Bacon, baby wild rocket, smashed avo, tomato, house sweet chilli mayo on sourdough (3070kj) 14

### VEGETARIAN SANDWICH <sup>v</sup>

Grilled halloumi, spiced eggplant, baby wild rocket, heirloom tomato, coriander, raisin, Spanish onion, sourdough (2790kj) 14

### CHICKEN KARAAGE BURGER

Cabbage slaw, sriracha furikake mayo on milk bun, chips (5950kj) 18

### WAGYU BEEF BURGER

Baby wild rocket, tomato relish, bacon, cheddar cheese, chips, roasted garlic aioli (5940kj) 19  
**add extra wagyu patty** (+2120kj) **+5**

## MAINS

### CHICKEN KATSU (SCHNITZEL)

250g panko crumbed chicken breast, cabbage slaw, chips and creamy mushroom sauce (4810kj) 18

### KARAAGE CHICKEN WAFFLE

Waffle, cabbage slaw, bacon, fried egg, soft herbs, sriracha mayo, crushed berry, chilli infused maple (4670kj) 19

### GRILLED SALMON <sup>gfor</sup>

Smashed edamame, grilled broccolini, charred lemon, ponzu beurre blanc (2720kj) 22

### KID'S MENU

Served with Kid's AJ (+420kj)

Kid's Brekkie 10  
Scrambled egg, hash brown, with toast (1590kj)

Kid's Cheese Burger 14  
with wagyu beef, cheese, BBQ sauce, chips (3960kj)

Kids' Chicken Nuggets 10  
with chips, tomato sauce (2650kj)

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