

**TOAST WITH BUTTER AND CONDIMENTS**

- Sourdough (856kj) 5
- Quinoa Soy Linseed (1419kj)
- Fruit Loaf (944kj), 6
- 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) 8
- Ham, Cheese & Tomato (2060kj) 9

**EGGS AS YOU LIKE**

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

**BREKKIE BURGER**

- Mixed leaf, tomato, bacon, fried egg, hash browns, tomato relish, aioli on a milk bun (3140kj) 13
- add cheese (+276kj) +1 / avo (+994kj) +2**

**BREKKIE WRAP**

- Bacon, scrambled eggs and hash brown, mixed leaf, 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) 14
- 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) 17
- add extra egg (+345kj) +3**

PLEASE NOTIFY STAFF OF ANY FOOD ALLERGIES.

**BREAKFAST GNOCCHI**

- House made potato gnocchi, roasted tomato, chorizo, shallot, chilli, parmesan snow, poached egg, crispy potato skin (3590kj) 18

**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) 17

**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** 17

**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) 17

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

- Crispy brown rice, poached egg, avocado, edamame, broccolini, broccoli, furikake, sautéed kale with kombu sauce (2430kj) 17
- add grilled chicken (+718kj) +5**

**LEAF BREKKIE <sup>v</sup>**

- 2 poached eggs, smashed avo, roasted tomato, grilled halloumi, hash browns, sauteed kale and mushrooms with toasted sourdough (3760kj) 19

**BIG BREAKFAST**

- Two eggs your way, chorizo, bacon, hash browns, smashed avo, mushrooms, roasted tomato with toasted sourdough (4440kj) 20

**EXTRAS**

- |                        |   |                           |   |
|------------------------|---|---------------------------|---|
| Hollandaise (503kj),   | 3 | Grilled Bacon (1310kj),   | 5 |
| Poached Egg (345kj),   |   | Grilled Halloumi (722kj), |   |
| Hash-Brown (553kj),    |   | Grilled Chicken (718kj),  |   |
| Roasted Tomato (86kj), |   | 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)       |   |



# MENU



SHELL COVE MENU

PLEASE ORDER AT THE COUNTER

## BURGERS & SANDWICHES

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

Bacon, mixed leaf, smashed avo, tomato, house sweet chilli mayo on sourdough (3070kj) 12

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

Grilled halloumi, spiced eggplant, mixed leaf, heirloom tomato, coriander, raisin, Spanish onion, sourdough (2790kj) 12

### GRILLED CHICKEN PESTO WRAP

Grilled chicken, English cheddar, sundried tomato, mixed leaf, grilled mushroom, smashed avo, pesto mayo in spinach wrap (3820kj) 13

### SCHNITZEL WRAP

Mixed leaf, schnitzel, tomato, English cheddar and sriracha mayo 13

### CHICKEN KARAAGE BURGER

Cabbage slaw, sriracha furikake mayo on milk bun, chips (5950kj) 16

### WAGYU BEEF BURGER

Mixed leaf, tomato relish, bacon, cheddar cheese, chips, roasted garlic aioli (5940kj) 17

**add extra wagyu patty (+2120kj) +5**

### KID'S MENU

*Served with Kid's AJ (+420kj)*

Kid's Brekkie Scrambled egg, hash brown, with toast (1590kj)	10
Kid's Cheese Burger with wagyu beef, cheese, BBQ sauce, chips (3960kj)	12
Kids' Chicken Nuggets with chips, tomato sauce (2650kj)	10

## SALADS

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

Roasted pumpkin, mixed leaf, pepita seeds, pomegranate, Spanish onion, sundried tomato, toasted pine nuts, pesto dressing (1680kj) 16

**add avo (994kj) +4**

**add grilled halloumi (722kj) +5**

**add grilled chicken (718kj) +5**

**add smoked salmon (561kj) +5**

## MAINS

### CHICKEN BOSCAIOLA

Marinated chicken, mushrooms, bacon, shallot, chili, garlic, creamy sauce with parmesan snow 17

### CHICKEN KATSU (SCHNITZEL)

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

### FISH & CHIPS

Crispy battered Hoki fillets, chips and tartare sauce (14000kj) 17

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