

# BREAKY til 11.30

SATURDAY - SUNDAY ONLY

Please let us know if you have any dietary requirements **GF VGN**


## ALMOND & COCONUT BIRCHER MUESLI 17

Coconut yoghurt & almond milk, chia seeds, oats, Marahau honey, berries

## PANCAKES 19

Banana, maple, coconut yoghurt w/ Bacon 22

## ARE U ABEL ? 20

Spiced chickpea & lentil stew, Spring onion, feta, fried egg, toasted ciabatta **VGA** 

## BEACHED BODY BREAKY 20

Quinoa, tamarai, spritzed greens, poached egg, avocado & kalenaise  + bacon 7 **VGA**

## BENE IS AN EGG 21

Sourdough, 2 poached eggs, house hollandaise **GFA**

## THE GAV 25

Toasted house bread, free range eggs, bacon, hash, mushrooms, roasted tomato **GFA**

## IN A HURRY?

## HI-TIDE BREAKFAST BURGER 17

Crispy local streaky bacon, fried egg, potato hash, relish in a bun **GFA**

## EXTRAS

House Bread 3 / **GF** Bread 3  
Potato Hash Cake (two) **GF** 5  
Bacon 7  
Egg 3  
Avocado 4  
Roasted Tomato 3  
Garlic Mushroom 3  
Feta 3

## COCKTAILS

### ESPRESSO MARTINI 16

Vodka, Kahlua & our house made cold brew coffee

### MIMOSA CLASSIC 16

Te Hana bubbles and orange juice

## SMOOTHIES all dairy free

### TROPICANA 8.5

A fruity filler for a big beach day, mango, pineapple and orange juice.

### BERRY BLAST 8.5

Feel good sweetness, mixed berries, banana and apple juice.

### GREEN GODDESS 8.5

The healthiest option, avocado, apple juice, spinach, banana.

## BARISTA ME COFFEE

Smooth aromatic blend from our friends at Atomic coffee. Large + 50c

Short Black 4  
Long Black 4  
Americano 4  
Piccolo 4  
Flat White 5  
Latte 5

Cappuccino 5  
Mochaccino 5  
Hot Chocolate 5  
Machiato 5  
Chai Latte 5  
Fluffy 1.5

Decaf, Trim, Soy, Almond & Coconut (all+80c)

## TEA TOTAL for one 4.8

English Breakfast, Earl Grey, Peppermint, Green Tea, Chamomile, Summer Fruit, Rooibos

 vegan  gluten free  spicy  favourites