

BREAKFAST MENU

BUSY N EASY

CHUNKY TOASTS (*raison or cinnamon*)

One slice \$2.00 or Two slices \$4.00

TOASTED BANANA BREAD \$4.50

TOASTED CIABATTA OR THICK WHITE TOAST \$4.00

Jam, Vegemite or Honey 50c Add Avocado spreads \$2.00

HAM & CHEESE CRIOSSANT OR BACON & EGG MUFFIN \$4.50

BACON & EGG BRIOCHE BURGER \$7.90 *w BBQ or Tomato sauce*

LITE N FRESH

EGGS ON YOUR WAY *w Fried, Scrambled or Poached Eggs*

w Ciabatta bread \$7.90 w sandwich toast \$6.90

BIRCHER MUESLI *w Fresh strawberries & yoghurt* \$9.90

AVO & SALMON STACK *w Smoked salmon, avocado, spinach, a poached egg & toasted Ciabatta w cottage cheese* \$12.90

BLUEBERRY LEMON QUINOA *w Greek yogurt* \$11.90 (GF)

THE OMELETTES BAR (*Four eggs based*) *w Toasted Ciabatta*

GOOD START *w Avocado, tomato & fetta* \$13.90 (V)

AMERICAN *w Bacon, onion, cheese & BBQ sauce* \$15.90

RANCHO *w Chicken, shallot & mushroom* \$16.90

VEGIE DELIGHT *w Spinach, onion, mushrooms, tomato &*

Tasty cheese \$15.90 (V)

MAKE YOURS *w \$10 Base & extra charge on chosen toppings*

(V)= Vegetarian (GF) = Gluten Free "GF Bread or wraps available"

ALL DAY BREAKFAST MEALS *(Gluten free available)*

ESSENCE BREAKFAST w Two bacon rashers, grilled tomato, Ciabatta toast & two eggs on your way \$10.90

BIG ESSENCE w Above menu + avocado, haloumi, chorizos, mushrooms & small muesli cup (Share plate) \$19.90

BREAKFAST BRIOCHE BURGER or WRAP
w Baby spinach, tomato, tasty cheese, bacon, fried egg, smashed avocado w BBQ or tomato sauce \$11.90

CLASSIC FRENCH TOAST w Two bacon rashers & Maple syrup \$11.90

EGGS BENEDICT w Baby spinach, poached eggs on toasted Ciabatta w homemade hollandaise sauce (Ham, Bacon or salmon) \$13.90

SMASHED AVOCADO w Crumbled Fetta, poached eggs, toasted pine nuts, dukkah, rocket & citrus verde on toasted Ciabatta \$14.90 (V)

FLUFFY LEMON & RICOTTA PANCAKE w berry compote, ice cream & toasted coconut \$14.90 (V)

ZUCCHINI & CORN FRITTER w smashed avocado, roasted cherry tomatoes, smoked salmon, poached egg with tzatziki \$15.90 (V)

BREAKFAST BRUSCHETTA w Ciabatta slices topped w pesto, pan fried haloumi, grilled cherry tomatoes & a poached egg drizzled in a rich tomato relish \$15.90 (V)

VEGETARIAN ESSENCE w Poached eggs, grilled haloumi, roasted field mushrooms, baby spinach, cherry tomatoes on Ciabatta Slices & red pepper relish \$16.90 (V)

SIDES

Grilled Tomato \$1.00 Baby spinach \$1.50

Baked beans \$2.00 One rasher bacon \$2.00 Grilled Banana \$2.00

Hollandaise sauce \$2.00 Chorizos \$3.00 Two hash browns \$3.00

Mushrooms \$3.00 Breakfast Avocado \$3.00

Grilled Haloumi \$4.00 Smoked Salmon \$4.00