

BREAKFAST

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PUMPERNICKEL AVOCADO TOAST 27

Steamed broccolini, cherry tomatoes, poached eggs, nuts and grains ^V

SOUR CHERRY AND ROSEMARY FRUIT TOAST FROM EVERYDAY BAKERY 10

Cultured butter, preserves and marmalade ^V

EVERYDAY BAKERY SOURDOUGH TOAST 12

Cultured butter, preserves and marmalade ^V

TRADEWINDS SUPERFOOD GRANOLA 22

Our house-made blend of toasted oats, nuts and grains with summer berry compote, Greek yoghurt and bush honey ^{V, GF}

CARAMELISED BANANA & NUTELLA WAFFLES 19

Dusted with cinnamon sugar, whipped La Delizia ricotta ^V

BREKKIE WRAP 19

Scrambled eggs, crunchy tofu, tomato sambal in grilled paratha ^V

AVOCADO TOAST 20

Slow-roast cherry tomatoes, crumbled Persian feta, micro herbs and Vincotto ^V

Add poached egg 3

FREO BENEDICT 21

Potato hash, sauteed spinach, poached eggs, grilled bacon and Hollandaise ^{VO, GF}

EGGS YOUR WAY 15

Poached, Fried or Scrambled on Sourdough Bread ^V

SEAFARERS BREAKFAST 25

Fried or scrambled eggs, breakfast sausage, baked beans, grilled grape tomatoes, kale, bacon, hashbrown and sourdough toast

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ADD-ONS

Bacon 5 | Mushroom ^{VE, GF} 5 | Baked beans ^{V, GF} 4
Hash brown ^{V, GF} 3 | Grilled grape tomatoes ^{VE, GF} 5
Cumberland sausage ^{GF} 5 | Smoked salmon ^{GF} 7
Avocado ^{VE, GF} 5 | Gluten Free Bread 2 | Yoghurt 5

COFFEE & TEA

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SMALL 5 LARGE 5.5

Espresso | Double Espresso | Long Black Latte | Flat White | Cappuccino

Affogato 9

SMALL 5.5 LARGE 6

Chai latte | Chai Matcha latte

Iced coffee | chocolate

Take away | Extra shot +1

SYRUP +1

Caramel | Hazelnut | Vanilla | Salted Caramel

Soy, Oat, Almond, lactose-free milk available

ORGANIC XO TEA SELECTION 5

English Breakfast | Lemon ginger

Peppermint | Earl grey

COLD DRINKS

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JUICE 5

Orange | Pineapple | Cranberry

Apple | Tomato

SOFT DRINKS 5

STILL WATER 750ML 8

SPARKLING WATER 1L 10

BREAKFAST MOCKTAILS

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VIRGIN MARY 16

Tomato juice, lemon juice, Worcestershire sauce, salt, pepper, tobacco

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GF - gluten-free / GFO - gluten-free option

V - vegetarian / VG - vegan / VEO - vegan option
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