

ALL DAY MENU

COFFEE AND CAKES 6AM – 3PM / KITCHEN 6AM – 2PM

SOURDOUGH TOAST (V) / 8.5

your choice of vegemite, seasonal jam, peanut butter, nutella or honey

SEASONAL SMASHED AVO (V) / 20

smashed avocado, poached eggs, meredith goats cheese, dukkah and lemon with beetroot salt

EGGS BENNY / 21

bacon or salmon, wilted baby spinach, hollandaise, poached eggs and beetroot salt on an english muffin

ZUCCHINI CORN FRITTERS (GF) / 19

zucchini corn fritters, poached egg and avocado with rocket, shaved parmesan and chilli jam

EGGS YOUR WAY / 12

poached, fried or scrambled on sourdough toast

EXTRAS / +4 bacon, mushrooms, avocado, grilled tomato, hashbrowns, spinach

KIDS MEALS - ALL \$12

NACHOS (GF) - cheese with salsa

WAFFLES - nutella and ice cream

FRIED EGG & BACON ON TOAST

NUGGETS & CHIPS

(V) vegetarian / vegan available
(GF) gluten free available
(DF) dairy free available

ANGUS BURGER / 24

iceberg lettuce, bacon, tomato, dill pickles, burger cheese and mustard mayo on a milk bun, served with fries

FRIES (V,GF) / 10

with tomato sauce or mayo

SOUL BOWL (V,GF,DF) / 19

mixed lettuce, semi sundried tomatoes, quinoa, carrot, red cabbage, roast pumpkin, cucumber and a boiled egg with fresh lemon and a balsamic vinaigrette

ADD / +4 chicken / smoked salmon / falafels or pulled pork

FLATHEAD TAILS / 21

fries, fresh garden salad, lemon and tartare sauce

BURRITO BOWL (V,GF,DF) / 19

avocado, black beans, corn, salsa mix, lettuce, brown rice, sour cream, jalapenos, fresh lemon and corn chips

ADD / +4 chicken / smoked salmon / falafels or pulled pork

DAILY SPECIALS

please see blackboard inside for daily specials, selection of 'grab n go' wraps, toasties and cakes in our cabinet and bottled cold drinks



COFFEE

OCEAN GRIND SPECIALTY COFFEE, TORQUAY

MILK COFFEE 4.5/5/6

flat white, cappuccino, latte, magic, piccolo, mocha, hot chocolate, chai latte, iced latte, short/long macchiato

BLACK COFFEE 4/4.5

espresso, double espresso, long black, iced long black

OTHER MILKS /+0.7 soy, almond, oat, lactose free, coconut

SYRUPS /+1 vanilla, hazelnut, caramel

TEA POT /4.5

english breakfast, earl grey, green, chamomile, lemongrass and ginger, peppermint

BREWED CHAI POT /6.5

original prana sticky chai with milk and honey

BUBBACCINO /2.5

PUPPACCINO /1.5 for your best mate

DINING IN - PLEASE SCAN



Location code **WEELB3**

SMOOTHIES

(GF,DF) / 9.5

ADD PROTEIN /+2
ADD COLLAGEN /+2

GREEN GODDESS

spinach, banana, peanut butter, coconut milk

PURPLE POOCH

mixed berries, banana, honey, cinnamon, coconut milk

SNICKERS

peanut butter, cocoa, banana, almond milk

BANGIN' BANANA

banana, honey, cinnamon, full cream milk

SMOOTHIE SPECIAL

see specials board inside

COLD DRINKS

MILKSHAKE / 8.5

vanilla, chocolate, strawberry, caramel, banana, cookies n cream, blue heaven, Liam Special caramel/vanilla/chocolate +\$1

ICED COFFEE / 8.5

coffee, ice cream, ice and your choice of milk

ICED CHOCOLATE / 8.5

chocolate, ice cream, ice and your choice of milk

FRESH ORANGE JUICE / 7.5