

# Breakfast

Available 7 days 8am-3pm  
meals available dine in or takeaway

Smashed avocado- Served on Sourdough, rye or gluten free with rocket, tomato and feta salad with sweet balsamic drizzle (v)(Available vegan) \$12.00

Eggs Benedict- with house made hollandaise  
with ham \$15.00  
with bacon \$15.00  
with mushroom and spinach \$15.00

Tidal wave- Sauteed spanish onion, mushroom, tomato and baby spinach with grilled haloumi, poached eggs and basil pesto (v) \$17.00

Granola- House made Granola with layers of natural greek yoghurt and berry compote with toasted coconut, almonds and honey (v)(Available gluten free) \$12.00

Toast- Sourdough, rye, wholemeal or gluten free available with butter, vegemite, strawberry jam, peanut butter, nutella, marmalade or honey \$7.00

Fruit salad- Seasonal fruit with natural yoghurt and berry compote(v)  
\$10.00

Waffles- Fresh made waffles with strawberries,ice cream and maple syrup \$15.00

Free range eggs on toast- Poached, scrambled or fried on sourdough \$10.00

Mixed mushrooms- With shallots, mushroom mix, sauteed with baby spinach on sourdough with 2 poached eggs and fetta cheese \$17.00

Sides- Bacon, grilled tomato, mushrooms, baby spinach, 2 eggs, avocado, baked beans \$3.50

# Tide Lunch

Available from 11am

Chimichanga- Tandoori chicken, bacon, mushroom, and tasty cheese wrapped in tortilla served with avocado and julienne salad with garlic aioli and lemon \$18.00

Pesto pasta- Creamy pesto chicken pasta with semi dried tomato, parmesan cheese and rocket \$15.00

Pumpkin and fetta fritters- With sour cream, bacon and rocket salad \$15.00

Thai chicken salad- Shredded chicken with rice noodles, wombok salad and coriander and mint dressing \$14.00

Club sandwich-3 layer sandwich consisting of tomato, lettuce, cheese, bacon, fried egg and chicken with aioli \$14.50

JAFFLES- (All \$8.00)

Available breakfast and lunch

Bolognaise- Rich beef bolognese sauce with cheddar cheese

Pulled pork- Tender pork with avocado salsa and cheddar cheese

The beans- Baked beans, ham and tasty cheese

The vego- Eggplant, capsicum, zucchini, baby spinach, fetta cheese and pesto

The traditional- Ham, cheese and tomato

## **Kids Menu**

Available 12 years and under

Fruit salad- \$5.00

Waffles- Strawberry, ice cream and maple syrup \$6.00

Baked beans on toast \$6.00

Egg on toast- Poached scrambled or fried \$6.00

Kids toast- With vegemite, peanut butter, jam or honey \$4.00

Kids toastie \$5.00