

JACK AND SHANAN'S

BREAKFAST

7.00am – 11.30am

All meals available gluten free, please advise staff

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| TOAST & JAM | \$7 |
| Toasted, oven-baked ciabatta served with butter and your choice of condiments. | |
| BANANA BREAD | \$8 |
| Toasted banana bread, served with butter. | |
| SIMPLE STARTER | \$9 |
| Crunchy Paleo Hero granola, free of gluten, grains, preservatives and refined sugar, served with your choice of dairy, coconut, or soy milk. | |
| ... add coconut yoghurt and berries | \$12 |
| AVOCADO SNACK | \$11 |
| Freshly-sliced avocado on lightly-toasted ciabatta bread, served with lemon. | |
| VANILLA PANCAKES | \$13 |
| Two fresh pancakes served with our housemade vanilla gelato and maple syrup. | |
| SHANAN'S BREAKFAST WRAP | \$13 |
| Bacon, Yamagishi Happy Eggs and swiss cheese, wrapped in a freshly-spun buckwheat crepe. | |
| CHIA PUDDING | \$12 |
| Zesty orange and coconut chia seed pudding, with coconut yoghurt, crunchy gluten and grain-free granola and berries. | |
| BOSTON PIE PANCAKES | \$14 |
| Pancakes layered with custard and cream, smothered in a chocolate ganash and dusted with icing sugar. | |
| FRESH FRUIT SALAD | \$15 |
| Fresh seasonal fruits, coconut yoghurt, slivered almonds and toasted coconut | |
| CLASSIC BITTER SWEET | \$15 |
| A classic lemon crepe with lemon curd and vanilla gelato, dusted with icing sugar. | |
| LIGHT BREAKFAST | \$15 |
| Yamagishi Happy Eggs, bacon and hash brown with toasted chiabatta. | |
| BANANA HAZELNUT CREPE | \$15 |
| Banana and Nutella rolled in a sweet crepe, served with butterscotch sauch and whipped cream. | |

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SUPERFOOD SMOOTHIE BOWL **\$16**

Gluten and grain-free Paleo Hero granola, banana, coconut and orange chia seed pudding, with your choice of smoothie topping from the Jooce Bar smoothie menu.

STRAWBERRIES & CUSTARD **\$16**

A sweet crepe filled with velvety-smooth custard, strawberries and whipped cream.

STRAWBERRY & WHITE CHOCOLATE PANCAKES **\$17**

Strawberry and white chocolate pancakes topped with whipped cream, strawberries and white chocolate ganache.

FRENCH TOAST - BACON **\$16**

Egg-soaked ciabatta topped with crispy bacon and drizzled in maple syrup.

FRENCH TOAST - BERRIES **\$16**

Egg-soaked ciabatta topped with berry compote and vanilla gelato, drizzled in maple syrup.

CLEAN START **\$18**

Yamagishi Happy Eggs, balsamic-glazed bush tomatoes, forest mushrooms, baby spinach and avocado, served with toasted, oven-baked ciabatta.

CREAMY GARLIC MUSHROOMS **\$18**

Forest mushrooms soaked in a creamy garlic sauce with baby spinach and poached Yamagishi Happy Eggs, served on toasted, oven-baked ciabatta.

EGGS BENEDICT **Smoked Salmon \$21 | Ham/Bacon \$19**

Two poached Yamagishi Happy Eggs, baby spinach and hollandaise sauce on a toasted ciabatta with your choice of smoked salmon, ham or bacon.

BIG JACKS BREAKFAST **\$24**

Yamagishi Happy Eggs, bacon, chorizo sausage, balsamic-glazed bush tomatoes, forest mushrooms, baby spinach and housemade baked beans, served with toasted, oven-baked ciabatta.

RANCH STYLE PANCAKES **\$28.50**

Pancake stacked with 125g scotch fillet, bacon, housemade beans, Yamagishi Happy Eggs, forest mushrooms, balsamic-glazed bush tomatoes, chorizo sausage, baby spinach and whipped butter. Served with maple syrup.

... without steak **\$22**

... EXTRAS

baby spinach bush tomatoes cheese	\$3
chorizo sausage ham bacon Yamagishi Happy Eggs	\$4
forest mushrooms housemade baked beans hash brown pancake	\$4
smoked salmon chicken avocado	\$5