



Menu

Breakfast (Served all day)

Cheese Bread (6 units) **\$5**

Coconut Yogurt with Muesli (GF on request/ DF)
\$10

Served with Strawberry, Banana and Coconut

Toast **\$5**

White Sourdough, Multigrain Sourdough, Turkish or Raisin Toast with Butter, Vegemite, Peanut Butter or Jam

Eggs your way **\$8**

2 Eggs Poached, Fried or Scrambled with Sourdough

Pesto Toast **\$15**

Pesto, Poached eggs, Haloumi and balsamic glaze

Beco's Bacon & Egg Roll
\$13.9

Bacon, Fried Egg, Cheddar, Tomato Relish, Mayo, BBQ sauce, Lettuce, Tomato, Red Onion with aioli on a Milk Bun

Eggs Benedict **\$12**

Poached Eggs, Sourdough, Spinach with Hollandaise Sauce

Add Ham or Bacon **\$14**

Add Smoked Salmon **\$15**

Omelette DIY with Toast

Choose 3 Fillings **\$17**

Choose 4 Fillings **\$20**

Spinach, Rocket, Basil, Fetta Cheese, Bocconcini, Cherry Tomato, Bacon, Ham, Smoked Salmon, Tofu

Smashed Avocado **\$14.5**

Avo, Danish Fetta, Poached Eggs, Cherry Tomato, Pistachio and Sesame seeds

Ph: 0490 548 010
Shop 9, 2462 Gold Coast Highway Mermaid Beach

Please notify of any food allergy
We only use Free Range Eggs



Lunch (from 11.30am – 1.30pm)

Green Bowl

\$12

Quinoa, Poached Egg, Kale, Spinach, Broccolini, Olive Oil, Lemon and Garlic

Add Chicken or Tofu

\$4

Brazilian Lunch Bowl (GF)

Regular **\$ 12.9/** Double the protein **\$ 17.5**

Brazilian rice and black beans topped with your choice of protein with salad, vinaigrette and Beco's yogurt dressing

Choose between: Grilled Steak/ Grilled Chicken/ Grilled Chorizo/ Falafel/ Fried Egg

Add: Avocado \$2

BLAT

\$11

Bacon, Lettuce, Avo & Tomato on Toasted Turkish Bread

Rump Cap Sandwich (Famous Brazilian Picanha)

\$16.9

Picanha steak, Lettuce, Tomato, caramelised Onion, Aioli on Toasted Turkish Bread

ADD Chips or sweet potato chips \$4

Beef Burger

\$13.9

Premium beef brisket, Bacon, Lettuce, Tomato, Cheddar Cheese, Aioli on a Milk Bun

ADD Beetroot or Pineapple **\$1.5** Chips **\$ 4** Sweet Potato Chips **\$4**

Veggie Burger

Salad

Tapioca (GF)

\$12

Scrambled Eggs, Avo

Ham & Cheese

Ham, Cheese & Cherry Tomato

Nutella, Banana and Strawberry

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Peanut Butter and Banana

SIDES

Bacon, Smoked Salmon, Halloumi, Avocado, Mushroom, chips, sweet potato chips
\$4

Chorizo, Roast Tomato, chips & Hollandaise Sauce ***\$3***

Gluten Free Toast ***\$0.50 (extra)***

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Drinks

Coffees

<i>Cappuccino/latte/flat white/hot chocolate/chai latte</i>	Regular \$4.00/ Large \$4.50
Long Black	Regular \$3.5/ Large \$4
Macchiato / Piccolo	\$3
Tea	\$4
Iced Latte	\$5
Iced Coffee	\$6
Babyccino	\$1
Decaf coffee/ Almond milk/ Coconut Milk/ Soy Milk/ Vanilla, Caramel or Hazelnut Syrup	\$0.5 (ADD)

Fresh Juices

\$8

Floripa – Strawberry, Watermelon, Apple
Rio – Pineapple, Orange & Mint
Sampa – Orange, Carrot & Acerola
Amazônia - Kale, Mint, Cucumber and Green Apple
Brazilian Special Selection – Acerola, Caju, Graviola and Cupuaçu
MYO

Smoothies

\$ 10.5

Brasileirinha – Avocado, Banana & Peanut Butter
Mixed Berry – Berries, banana and Honey
Green Smoothie – Kale, Spinach, Mango, Banana & Chia seeds

*Choose between: coconut water, full cream milk, Skim milk, Lactose Free Milk, Almond Milk, Coconut milk and Soy Milk

Milkshakes

\$6

Chocolate/ Vanilla/ Strawberry/ Caramel

From the fridge

Kombucha	\$5
Coca-Cola	\$3

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Guarana	\$3
Iced Tea	\$3
Spring water	\$3
Sparkling water	\$4

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