

BEACH + EATS

BREAKFAST



TOAST & PRESERVES Sourdough, Multigrain	6	JUICES FRESHLY SQUEEZED JUICES 9
Gluten Free Fruit toast + \$2		Orange, apple, watermelon
VOCUUDT & HONEY	12	TROPICANA 9.5
YOGHURT & HONEY Greek sweet yogurt, manuka honey, berry compote	12	Watermelon, pineapple & orange
SEASONAL FRUIT SALAD	14	FRESH'N UP 9.5
SHARWARMA WRAP	14	Pineapple, apple & mint
Scrambeled egg, chorizo, spinach, Tzatziki	14	GARDEN GOODNESS 9.5
	45	Apple, celery, cucumber, beetroot & carrot
EGG & BACON CIABATTA (dfo, gfo) Fried egg, bacon, smokey tomato relish, cheddar on ciabatta	15	
		SMOOTHIES
EGGS YOUR WAY	15	VERY BERRY 9.5
Cooked your way w/ blistered heirloom tomatoes		Mixed berries, vanilla ice cream, pineapple juice
BALTIC AVO SMASH (vgo, vo, gfo)	24	BEACH BANANA 9.5
Avo & Persian fetta, poached eggs, fresh picked herbs, pickle baby beetroot, candied pepitas, zaatar		Bananas, manuka honey, vanilla ice cream, cinnamon
5000 PENERIOT (5)	00.5	SURFERS SUNRISE 9.5
EGGS BENEDICT (gfo) Poached eggs, spinach, bacon, lime hollandaise	23.5	Freshly squeezed OJ, mango, passionfruit,
OR Smoked Salmon + \$4		coconut flakes
CRAB & AVO BENEDICT (gfo)	28.5	MILKSHAKES 9.5
Sesame crab, poached eggs, fresh dill,	20.5	Chocolate, caramel, strawberry, banana or vanilla
avo mousse, lime hollandaise		
NUDJA CHILLI EGGS	22.5	TEA & COFFEE
Nudja scrambled eggs, avo, whipped chevre, chilli oil,		TEA & COFFEE
pickled herbs, pecorino on seeded sourdough		COFFEE REG 4.5 LGE 5.5
		Cappuccino, Flat White, Chai/Latte Long Black, Mocha, Hot Chocolate
MEDITERRANEAN WAGYU MINCE (gfo, dfo) Fried egg, sumac labneh, heirloom salsa, hummus,	23.5	Long Black, Moona, Mot onocolate
shaved manchego		ESPRESSO, PICCOLO LATTE 4
WILD MIXED MUSHROOMS (vgo, dfo, gfo)	24.5	
Roasted garlic & thyme mushrooms, poached egg, pesto,	24.5	ICED COFFEE 7.9
beetroot hummus, pecorino on seeded sourdough		Iced Mocha, Iced Long Black, Iced Latte, Iced Chocolate
POTATO ROSTI (vgo, dfo, gfo)	25.5	SPECIALTY TEA BAGS 5
Hand pressed potato, poached egg, tomato salsa,		English Breakfast, Earl Grey, Green, Peppermint, Chai,
romesco, halloumi		Chamomile, Lemongrass & Ginger
VEGE BOWL	19.5	MILK & SYRUPS
Roasted pumpkin, poached egg, grilled broccolini, kale,		Full Cream, Skim
quinoa, hummus, house dressing		Lactos-free, Soy, Almond, Oat, Coconut
		Honey .50
SWEET		Caramel, Hazelnut, Vanilla syrup 1
AÇAÌ BOWL	17.5	
Seasonal fruit, buckini spice granola, coconut soaked chia seeds		CIDEC CAUGES
coconut soaked chia seeds		SIDES SAUCES
TOSTADA FRANCESCA	19.5	Free-Range Egg 4 Hollandaise 3
Crumbled brioche, crème caramel, berries, chocolate soil,		Potato Rosti 6 Smokey Tomato Relish 3 Heirloom Tomatoes 4 Tzatziki 3
vanilla ice cream		Avocado Half 5 Romesco 3
MATCHA HOTCAKES	18.5	Halloumi 5
White chocolate mascarpone, yuzu poached pear,	.0.0	Mushrooms 6
fig, custard, seasonal berries		Persian Fetta 5 BREAD (2PCS)
		Avo & Fetta Smash 5 Sourdough 5
KIDS		Chorizo 5 Sourdough seeded 5
BACON & EGG MUFFIN	8	Bacon 6 Gluten-free 5
Fried egg w/ bacon on English muffin		Smoked Salmon 8 Fruit loaf w/ nuts 8
BACON & EGG ON TOAST	10	
Free-range egg on Sourdough, Rye or Multigrain		
		Brooklast Cocktails

BLOODY MARY 19 **MIMOSA** 12.5

Seasonal fruits & vanilla ice cream

FRUIT SALAD