

SEASPROUT

CAFE

ALL DAY BREAKFAST

Pastries

selection of artisan pastries including croissants & gluten free options

Toast Your Way \$8

served with butter & strawberry jam

Ham & Cheese Croissant \$10

Luke Avenue Granola LUKE AVENUE. \$19

vanilla yoghurt, berries & rhubarb

Overnight Oats \$17

berries, spiced & poached pear, coconut yoghurt & mixed seeds

Acai Smoothie Bowl LUKE AVENUE. \$19

banana, berries & Luke Avenue granola

Eggs on Toast \$16

poached, scrambled or fried, on toasted sourdough

Bacon & Egg Roll \$15

grilled smoked bacon, fried egg, mayo & tomato relish

Add Cheese \$1

NO Bacon & Egg Roll V \$16

grilled halloumi, roasted mushrooms, spinach, fried egg, tomato relish

SeaSprout Brekkie Stack \$22

sausage, bacon, fried egg, hash brown, tasty cheese, hickory smoked BBQ sauce & aioli on a sesame seed milk bun

Add Avocado \$2

Avocado Toast \$21

marinated heirloom cherry tomatoes, feta, radish, herbs & lemon on sourdough toast

Add Poached Egg \$4

Open Omelette GO \$19

shaved ham, feta cheese, marinated tomato, parmesan and basil on sourdough toast

SeaSprout Big Brekkie GO \$26

pork and fennel sausage, bacon, choice of egg, roast mushrooms, hash browns, marinated tomato, toasted sourdough

Mediterranean Baked Eggs \$21

tomatoes, peppers, baked eggs, basil & persian feta

Add Chorizo \$6

Pea, Halloumi & Zucchini \$22

Fritters GF

poached egg, shaved zucchini, preserved lemon, smoked almonds, rocket, mint, fennel & olive oil

Add Bacon \$6

Truffle Baked Mushrooms \$21

V GO VG

sauteed kale, parmesan, lemon, cream, cracked pepper on toasted sourdough

Add Poached Egg \$4

Chilli Scrambled Eggs GO \$23

grilled chorizo, SeaSprout chilli crunch, chives, coriander & fennel on toasted sourdough

LUNCH FROM 11AM

Southern Fried Chicken Burger \$22

cheese, slaw, chilli aioli, potato bun, served with fries

Mega Cheeseburger \$24

gourmet beef, smoked bacon, double cheese, burger sauce, potato bun, served with fries

Mushroom & Provolone Toastie \$20

sauteed mushrooms, garlic, thyme, rocket & aioli

Ham & Cheese Toastie \$18

shaved smoked leg ham, cheddar, aioli & tomato relish

Salmon Poke Bowl \$25

avocado, radish, cucumber, cabbage, edamame, sesame seeds, crispy shallot & sesame dressing

Mexican Tortilla Bowl VG \$20

black beans, guacamole, cheese, grilled corn, jalapeno tomato salsa, lime, cos hearts & corn chips

Add chicken \$8

Middle Eastern Mezze Bowl \$22

GF V

falafel, roasted cauliflower, za'atar, almonds, house pickled onions, hummus & tahini lemon dressing

Add garlic baked mushrooms \$6

SeaSprout Fish & Chips \$25

beer batter, homemade chips, tartare sauce, peas, grilled lemon

Grilled Chicken & Avocado Salad VG \$23

roasted sweet potato, avocado, cucumber, red onion, herbs, baby cos & citrus dressing

THE CABINET

served with a side salad

Lemon Pepper Chicken \$16

on Rye

lettuce, lebanese cucumber, aioli

Breakfast Wrap \$16

smashed avo, streaky bacon, scrambled egg, hash brown, tomato chutney, cheese, spinach

The New Yorker Bagel \$18

smoked salmon, cream cheese, Spanish onion, caper mayo & spinach

Chicken Pesto on Sourdough \$18

spicy chipotle, tasty cheese, pesto chicken, tomato & mixed leaf lettuce

EXTRAS

Extra Egg	\$4	Hash Brown	\$5	Bacon	\$6	Chorizo	\$6	Smoked Salmon	\$8
Slice of Toast	\$4	Tomatoes	\$5	Avocado	\$6	Halloumi	\$6	Scrambled Eggs	\$8
Spinach	\$4	Mushrooms	\$6	Sausage	\$6	Fetta	\$6	Chicken Breast	\$8

V VEGETARIAN VG VEGAN OPTION GF GLUTEN FREE GO GLUTEN FREE OPTION

Menu items may contain or come into contact with the following allergens: Wheat, peanuts, egg, milk, soy & sesame. If you suffer from any allergy, please make one of the staff aware when placing your order.

10% surcharge applies on weekends. 15% surcharge applies on public holidays.



SEASPROUT

CAFE

CAMPOS COFFEE

Regular	\$4.8
Large	\$5.4
Babycino	\$2.2
Pot of Tea	\$4.8
Alternative Milk	90c

CREATE YOUR OWN FRESH JUICE

\$11

Choose Up To 4

- Apple
- Beetroot
- Carrot
- Celery
- Cucumber
- Kale
- Lemon
- Spinach
- Orange
- Parsley
- Pineapple
- Mint
- Watermelon
- Ginger
- Honey

FRESH JUICES

Sunrise Glow carrot, orange, hint of ginger	\$11
Revive & Refresh carrot, beetroot, apple, celery	\$11
Green Vitality apple, spirulina, lemon, parsley, ginger	\$11
Tropical Greens kale, apple, celery, pineapple	\$11
Sun-Kissed Splash watermelon, apple, orange, pineapple	\$11

SMOOTHIES

Banana banana, yoghurt, honey, choice of milk	\$11
Stress Buster blueberry, banana, honey, choice of milk	\$11
Muscle Builder banana, strawberry, vanilla, protein powder, choice of milk	\$11
Antioxidant mango cheeks, mango sorbet, strawberry, apple juice	\$11
Mango Tango mango, pineapple, chia, coconut sorbet, choice of milk	\$11
Green Power celery, kale, spinach, apple, spirulina, ginger, pineapple & mango	\$11

ICED DRINKS

Iced Coffee espresso, dairy milk, vanilla, ice cream & ice	\$9
Iced Latte espresso, dairy milk, ice	\$6
Milkshake choice of caramel, chocolate, strawberry or vanilla	\$9

SWEET TREATS

Morning Muffin soft, fluffy & full of flavour	\$7
Comfort Cookies golden, gooey & utterly delicious	\$7
Blissful Brownie rich, fudgy & indulgent	\$8
Classic Cakes moist, flavour-packed and made with love	\$8
Signature Slices a little bit of happiness, from zesty to chocolatey	\$8
Nonno Franco's Gelato creamy, authentic Italian gelato	\$8

NONNO
Francos

* our fresh sweet treat selections change daily and are subject to availability

KIDS

Cheese Toastie	\$10	Egg On Toast	\$8	Cheeseburger & Chips	\$15
Fruit Pot Add yoghurt \$3	\$8	Kids Waffle served with maple syrup & vanilla bean gelato	\$12	Chicken Burger & Chips	\$15

