



# BREAKFAST

Wednesday - Saturday from 7:00am - 10am  
OPEN TO THE PUBLIC

	M	NM
<b>MORNING GLOW MUESLI</b>	18	22
Almond Muesli Served with Seasonal Fresh Fruit, Canadian Maple, Choice of Greek Yoghurt or Milk (Soy, Almond, Oat) (gf/dfo/v)		
<b>CLASSIC ON TOAST</b>	15	18
Two Eggs Served your way on Chargrilled Sourdough (gfo)		
Add: Roasted Mushroom, Wilted Spinach, Blistered Tomato, Hashbrown \$3 / Avocado, Bacon, Italian Sausage \$4		
<b>MUSHROOM TOAST</b>	22	26
Roasted Mushrooms, Wilted Kale, Poached Eggs, Served on Grilled Bread with Whipped Fetta, Served with Country Hash (v/gfo/dfo)		
<b>THE SAILOR'S BENEDICT</b>	24	28
Slow Braised Pork Shoulder, Chipotle Hollandaise, Served with Country Hash (gfo)		
<b>COUNTRY BOWL</b>	22	26
Fried Diced Potatoes, Italian Sausage, Tomato Corn Salsa, Spinach, Two Fried Eggs (gf/df/veo)		
<b>MORNING SIPS</b>		
Tea, Coffee and Juice are also available for purchase.		



**ON SATURDAYS  
CHECK BOARD FOR SPECIALS**

gf - gluten free  
df - dairy free  
ve - vegan  
v - vegetarian  
gfo - gluten free option  
dfo - dairy free option  
veo - vegan option

M - Members  
NM - Non Members

\*We are not a gluten-free restaurant & cannot ensure that cross contamination will never occur.

\*\*A 15% surcharge will be added to all food & beverage purchases on public holidays.