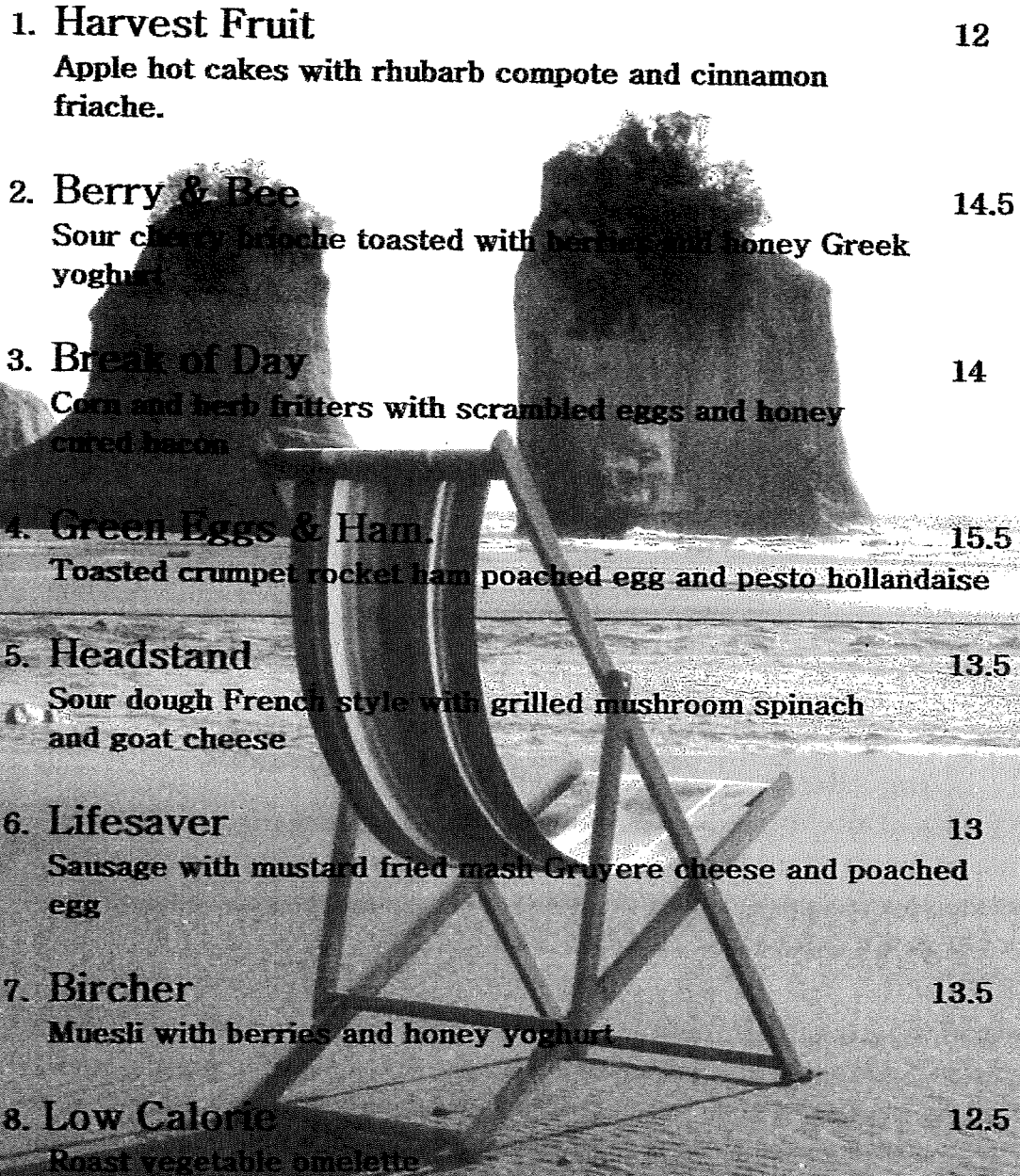


Deckchair

Marine Parade

breakfast / brunch

- 
- 1. Harvest Fruit** 12
Apple hot cakes with rhubarb compote and cinnamon friache.
 - 2. Berry & Bee** 14.5
Sour cherry brioche toasted with berries and honey Greek yoghurt
 - 3. Break of Day** 14
Corn and herb fritters with scrambled eggs and honey cured bacon
 - 4. Green Eggs & Ham.** 15.5
Toasted crumpet rocket ham poached egg and pesto hollandaise
 - 5. Headstand** 13.5
Sour dough French style with grilled mushroom spinach and goat cheese
 - 6. Lifesaver** 13
Sausage with mustard fried mash Gruyere cheese and poached egg
 - 7. Bircher** 13.5
Muesli with berries and honey yoghurt
 - 8. Low Calorie** 12.5
Roast vegetable omelette

Extras: 1.8

Crispy bacon
Sausage
Roasted tomato
Egg

Mushrooms
Wholegrain toast
Kick ass beans
Avocado

lunch / platters from 11am

1. White & Light

E. 9.5

M. 18

b.b.q chicken salad with honey cured bacon avocado sauce verda with rocket goat cheese almond dip and lavosh bread

2. Iron Boost

E. 8.5

M. 16

sour dough beef steak sandwich with sautéed jacket potatoes and battered onion rings tangy chick pea baby spinach beetroot, horseradish cream salad

3. In A Shell

E. 7.5

M. 15

mussels thai style basil coconut lime with garlic parmesan toasted ciabatta bread cucumber peanut cos lettuce and yoghurt salad

4. Delightfully Vegie

E. 7

M. 14

blue cheese broccoli egg tartlet with basil tomato rock salt black pepper toasted baguette apple pear walnut rocket salad

Platters 14.5 a head

1. Slow chicken

chicken satay / Peanut sauce thai chicken cakes mango chilli salsa sliced smoked chicken risotto balls vegetable spring rolls chilli sauce roasted garlic olive oil aged balsamic blue cheese lime relish pesto garlic hot bread Turkish bread

2. Three Rs

roasted red pepper hummus rocket pesto mozzarella and herb risotto balls sundried tomatoes kalamata olives smoked pork Parma ham char grilled peppers roasted garlic and avocado oil camembert cheese garlic hot bread Turkish bread

3. Spicy

chutney and relish selection Thai spring rolls roasted red pepper hummus risotto fried balls rocket pesto kalamata olives vegetarian samosa marinated feta garlic hot bread Turkish bread

We have a wide selection of Adult & Children's whistle wetters.