

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 AVE. ONLY \$19

vanilla yogurt, berries & nuts

Overnight Oats \$17

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

Acai Smoothie Bowl LUKE AVE. ONLY \$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 \$12

sausage, bacon, fried egg, hash browns, fatty 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 (V) \$19

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

SeaSprout Big Brekkie (V) \$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 & pesto on feta

Add Chorizo \$6

Pea, Halloumi & Zucchini \$22

Fritters (V)

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

Add Bacon \$6

Truffle Baked Mushrooms \$21

(V) (GF) (VGF)

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

Add Poached Egg \$4

Chilli Scrambled Eggs (V) \$23

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

LUNCH FROM 11AM

Southern Fried Chicken \$22

Burger

cheese, slow 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 \$20

Toastie

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 (V) \$20

black beans, pascagole, cheese, grilled corn, jalapeno tomato salsa, lime, cow hearts & corn chips

Add chicken \$5

Middle Eastern Mezze Bowl \$22

(V) (GF)

falafel, roasted cauliflower, zucchini, almonds, house pickled onions, hummus & tahini lemon dressing

Add garlic bread mushrooms \$6

SeaSprout Fish & Chips \$25

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

Grilled Chicken & \$23

Avocado Salad (V)

roasted sweet potato, avocado, cucumber, red onion, herbs, baby caps & 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 browns, tomato chutney, cheese, spinach

The New Yorker Bagel \$16

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

Chicken Pesto on Sourdough \$16

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

(VGF) VEGAN OPTION

(GF) GLUTEN FREE

(VGF) GLUTEN FREE OPTION

New 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.



CAMPOS COFFEE

Regular	\$4.8
Large	\$5.4
Barrysino	\$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	\$11
carrot, orange, hint of ginger	
Revive & Refresh	\$11
carrot, beetroot, apple, celery	
Green Vitality	\$11
apple, spirulina, lemon, parsley, ginger	
Tropical Greens	\$11
kale, apple, celery, pineapple	
Sun-Kissed Splash	\$11
watermelon, apple, orange, pineapple	

SMOOTHIES

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

ICED DRINKS

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

SWEET TREATS

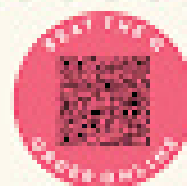
Morning Muffin	\$7
soft, fluffy & full of flavour	
Comfort Cookies	\$7
golden, gooey & utterly delicious	
Blissful Brownie	\$8
rich, fudgy & indulgent	
Classic Cakes	\$8
moist, flavour-packed and made with love	
Signature Slices	\$8
a little bit of happiness, from berry to chocolatey	
Nonna Franco's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



* 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	\$8	Kids Waffle	\$12	Chicken Burger & Chips	\$15
Add yoghurt \$3		served with maple syrup & vanilla bean gelato			



SEASPROUT

RESTAURANT

SMALL PLATES

Warm Sourdough	<i>olive oil & balsamic dip</i>	\$9
Charred Broccolini	<i>crispy garlic & parmesan</i>	\$12
Leaf Salad	<i>leaves & fine herb salad, chardonnay dressing</i>	\$12
La Boquirea Chorizo	<i>sautéed with basil & red wine vinegar</i>	\$16
Salt & Pepper Squid	<i>chili, shallots & citrus mayo</i>	\$18
SeaSprout Chips	<i>flaked salt & malt vinegar</i>	\$14
Ox Heart Tomato Salad	<i>sumac, radish, cucumber & crispbread</i>	\$18
Garlic Prawns	<i>parsley, salted butter & lemon</i>	\$24
Burrata	<i>shredded zucchini, preserved lemon, toasted sourdough & smoked almond</i>	\$22

LARGE PLATES

Turmeric Cauliflower	<i>hummus, pistachio, rocket & pomegranate</i>	\$26
Japanese Pumpkin	<i>whipped feta, dukkah, radish, pickled onion</i>	\$28
SeaSprout Steak Burger	<i>beer pickles, cheese, relish, burger sauce</i>	\$24
Half Chicken	<i>pimentón, oregano, tzatziki, burnt lemon</i>	\$28
SeaSprout Paella	<i>chorizo, squid, prawns, chicken, mussels, peas, saffron</i>	\$38
Snapper	<i>labneh, cucumber & green apple salsa</i>	\$40
300g Wagyu Top Sirloin	<i>hand chopped chimichurri</i>	\$55

10% weekend surcharge | 15% public holiday surcharge | 1.5% surcharge for card payments

If you have a any food allergy, please inform our team before ordering