



OUR FAVE THINGS

Gluten free option \$2 Nonie's seedy brown or charcoal..... 2.5

FRESHIE EGGS(v) 22

Buttery smooth free-range scrambled eggs served on sourdough with avocado, roasted cherry tomatoes and coriander. Add bacon or salmon?

SMASHED SEAGULL(df, v, vg) 18

Chunky avocado on miche sourdough, with coriander, chilli flakes and fresh lime.

Add an egg? Salmon? Or goat's cheese?

FANCY BREKKY BRUSCHETTA.....(v) 18

Meredith marinated goat's cheese on miche bread with fresh Roma tomatoes, basil oil, olive oil and balsamic. Add an egg?

MUSHROOMS ON TOAST(v) 20

Sautéed mushrooms in confit garlic with basil pesto, smoked cheddar and truffle oil on sourdough. Add an egg, bacon or both?

SMOKED SALMON 23

Smoked salmon on miche sourdough with cream cheese, pickled onions, capers and dill. Add an egg? Or two?

KETO PLATE (gf, v) 24

A full serve of our signature eggs, truffle and spinach mushrooms, avocado and cherry tomatoes. Add salmon, bacon, halloumi or half a chicken breast?

SIDES

Poached egg.....3	Scrambled eggs.....5
Crispy bacon.....5	Truffle mushrooms5
Avocado4	1/2 chicken breast.....6
Smoked salmon6	Smoked ham.....4
Halloumi.....5	Spinach.....4
Goat's cheese5	Pastrami.....6

LITTLE NIPPERS

WEET BIX.....(v) 8

Served with milk and fruit

KIDS AVO (df, v, vg) 9

Mini avocado on toast

KIDS SCRAMBLED EGGS.....(v) 10

Mini scrambled on toast

CHEESY TOASTIE.....(v) 9

Seriously cheesy toastie, add ham? 2

MINI WAFFLE.....(v) 12

Single waffle with ice cream, strawberries and Nutella

KIDS APPLE JUICE(v) 4

CLASSIC THINGS

TOAST & SPREADS.....(v) 8

White/brown sourdough with your choice of seasonal jam, honey, Vegemite or peanut butter

AÇAÍ BOWL.....(df, v, vg) 22

Açaí, home-made granola, banana, seasonal berries, coconut chips, toasted seeds and edible flowers. Add peanut butter? 2

POWER SEED BIRCHER.....(df, v, vg) 17

Overnight oats soaked in apple juice, granola, sliced green apple, cinnamon and mixed seeds. Topped with coconut yoghurt and seasonal berries

WAFFLE STACK(v) 22

The stack! Belgian waffles with seasonal berries, maple syrup, vanilla ice cream and berry compote. Just yum!

EGGS BENEDICT.....(v) 18

Two free-range poached eggs on sourdough, spinach and Hollandaise. Don't mess with a classic. Add ham, salmon, bacon or halloumi?

TOASTED SAMBOS

MORNING SURF 14

Smoked bacon, free range fried egg, tasty cheese and smoky BBQ sauce on a milk bun

DOUBLE HAM..... 18

Double smoked ham, tasty cheese, Dijon mustard and smoked cheddar.

SPICY BIRD..... 19

Sous vide chargrilled chicken breast, cheese, tomato, spinach with a smoky chipotle mayo.

NEW YORKER..... 22

Pastrami, sauerkraut, pickles, Swiss cheese, Russian dressing, wholegrain mustard on miche. Our classic Reuben!

THREE CHEESE MUSHROOM(v) 19

Garlic truffle mushrooms with Swiss cheese, tasty cheese, basil pesto, parsley and smoked cheddar

BREKKY WRAP 15

Free-range scrambled eggs, bacon, tasty cheese, spinach and a lil bit chipotle mayo

Three Seagulls



Monday - Sunday
6.30am - 2.00pm

LUNCH (11am - 2pm)

BROWN RICE CHICKEN PLATE(df, gf) 25

Whole Sous vide and chargrilled chicken breast with brown rice, trio of quinoa, edamame, coriander, avocado and chilli sauce

Add an egg?... or two

GRILLED HALLOUMI SALAD(gf, v) 24

Grilled halloumi with mixed lettuce, cucumber, tomato, avocado, Spanish onions and Green Goddess dressing

Add chicken? Or salmon?

SEAGULL BURGER23

Sous vide chargrilled chicken breast, avocado, roma tomatoes, lettuce, tasty cheese with special seagull sauce and crisps served in a milk bun

Hungry? Add bacon +3

VEGAN BOWL(df, v, vg, gf) 25

Falafel, roasted pumpkin, beetroot hummus, mixed lettuce, quinoa, cucumber, mixed seeds, alfalfa sprouts, avocado and Green Goddess dressing

Go rogue... Add chicken?

POWER SMOOTHIES

Add 34g Whey Protein \$5

DETOX(df, gf, v, vg) 10

The perfect blend of blueberries, boysenberries and banana, with dates, added for natural sweetness

REBOOT(df, gf, v, vg) 10

The silky smooth blend packs a sweet punch with mango, pineapple, banana and passion fruit

NECTAR COLD PRESS JUICES

CLASSIC ORANGE 8

Cold pressed OJ

ICONIC GREENS 8

Apple, celery, spinach, kale, lemon and cucumber

WATERMELON LIME 8

Watermelon, apple, raspberry and lime

PINEAPPLE MINT 8

Pineapple, apple, orange, lemon and mint

COFFEE

Espresso4.5

With milk S 5 / L 5.8

Extra shot/decaf..... 80¢

Alertnate milk/syrups..... 90¢

Batch brew / Bottomless 5.5/8

Iced latte/choc/chai/mocha 6

Iced coffee w ice cream..... 7

Hot choc..... S 5 / L 5.8

Mocha..... S 5.2 / L 6

Sticky chai 5.8

Teas..... 4.8

Golden latte / Matcha 6

Cold brew / Iced long black 6

Babyccino / Puppaccino..... 2

PASTRIES N THINGS

Plain croissant(v) 6

Almond croissant..... (v) 8.5

Ham and cheese croissant..... 9.5

Muffin (gf) 7

Banana bread(v) 8

Butter Boy Cookie.....(v) 9

Muesli Cookie(v) 6

Protein ball (gf, v, vg) 4

Salted caramel slice (gf, v, vg) 5

FROM THE FRIDGE

Water 4

Coke bottle 6

Coke Zero bottle 6

Bobby's Lemon & Lime 6

Bobby's Passionfruit..... 6

Sip Coco Coconut Water 6

Sip Coco Watermelon 6

CLASSIC MILKSHAKES

Choice of Chocolate / Strawberry /
Vanilla / Caramel, whipped cream and
a marshmallow on top! The crowd
favourite..... 9



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