

ALL DAY MENU

TOAST & HOUSE PRESERVES (3 SLICES)	10
sourdough, multigrain, fruit loaf, crumpets, gluten free (df, v, veo)	
EGGS YOUR WAY ON TOAST (2 SLICES)	16
poached, fried or scrambled (gfo, dfo, v)	
SUPERSEED PORRIDGE	23
oats, chia, quinoa, cinnamon poached pears, blueberries, walnut granola crunch (v, veo, dfo, n)	
THE BREKKY BURGER	18
bacon, fried egg, mushroom, swiss cheese, relish, spinach (vo) add potato hash / 5	
SMASHED AVO BRUSCHETTA	26
tomato salsa, Persian feta, pepitas, basil pistou, poached egg, sourdough (2) (v, veo, gfo, n)	
THE ATLANTIC	26
Dr Marty's crumpets, smoked salmon, poached eggs, sautéed spinach, hollandaise, dill, lemon (gfo)	
CHILLI SCRAMBLED	26
Korean chilli paste, chorizo, sourdough, parmesan snow, fried shallots (vo, gfo)	
EGGS BENEDICT	26
smoked brisket, poached eggs, sautéed greens, hollandaise, potato hash (gf, dfo)	
CALIFORNIAN GREEN & GRAIN	26
sautéed greens, tri quinoa, pumpkin hummus, avocado, goji berries, feta, dukkah, poached egg (veo, gf, dfo, n)	
SANDBAR BIG BREAKFAST	28
eggs your way, bacon, pork & fennel sausages, roma tomatoes, sautéed baby spinach, mushrooms, potato hash, sourdough (2) (gfo, dfo)	
VEGGIE BREAKFAST	27
eggs your way, sautéed greens, mushrooms, roma tomatoes, potato hash, avocado, sourdough (2) (gfo, dfo, v, veo)	
CRISPY FRIED CALAMARI & TIGER PRAWNS	28
rainbow slaw, chips, sriracha mayo, lemon (gf, df)	
PRAWN TACOS (3)	26
flour tortilla, shredded cos, tiger prawn, chipotle mayo, pickled papaya, coriander, lemon	
CHEESE & BACON BURGER	27
beef pattie, American cheddar, butter pickles, caramelised onion, relish, tomato, cos, milk bun, chips (gfo, dfo)	
BBQ BRISKET SANDWICH	27
toasted ciabatta, rocket, gruyère, chimichurri mayo, chips (gfo, dfo)	
FISH & CHIPS	28
beer battered barramundi, salt & vinegar seasoning, rainbow slaw, lemon, tartare (gfo, df)	
VEGAN BOWL	26
brown rice, broccoli, cucumber, avocado, pickled daikon & ginger, soaked currants, falafels, sesame dressing, dukkah (ve, gfo, df, n)	
CHICKEN BOWL	28
togarashi, quinoa, broccoli, avocado, cucumber, spinach, green goddess dressing, feta, pepitas (vo, gfo, dfo)	
SALMON BOWL	28
grilled Atlantic salmon, brown rice, broccoli, kale, kimchi, furikake, edamame, toasted sesame dressing, lime (gf, df)	
HOT CHIPS	12
honey mustard mayo, ketchup (gf, v, df)	

Please note, a 10% surcharge applies on Sundays.
15% surcharge applies on public holidays.



OPEN DAILY FROM 8AM

175B BEACONSFIELD PARADE,
MIDDLE PARK 3206

SAVOURY SNACKS

BANANA BREAD (v)	6
fresh or toasted, butter	
HAM & CHEESE CROISSANT (v)	12
HAM, CHEESE & TOMATO TOASTIE (VO, GFO)	12
BEEF SAUSAGE ROLL	12
tomato sauce	
SPINACH & RICOTTA ROLL (V)	12
tomato sauce	
ITALIAN STYLE MEATBALL BAGUETTE	18
tomato, red onion, olives, herbs, mozzarella	
TANDOORI CHICKEN WRAP	18
baby spinach, feta, tomato, raita	
CHICKEN FOCACCIA (GFO, DFO, N)	18
rocket, tasty cheese, sun dried tomato, pesto	
VEGGIE FOCACCIA (V, GFO)	18
roast pumpkin, spinach, sun dried tomato, feta, pesto	
SMOKED SALMON BAGEL (GFO)	18
spinach, cream cheese, capers, dill	
add house salad or chips / 6	

OPTIONAL EXTRAS

HOLLANDAISE (GF, V)	3
EGG (GF, V)	4
POTATO HASH (V)	5
ROMA TOMATOES (GF, VE)	5
MUSHROOMS (GF, VE)	5
FRESH AVOCADO (GF, VE)	5
SAUTÉED SPINACH (GF, VE)	5
FETA (V)	5
BACON (GF)	6
PORK & FENNEL SAUSAGE (GF)	6
SMOKED SALMON (GF)	7
HOUSE SALAD (GF, VE)	6
SIDE CHIPS (V)	6

PLEASE ORDER AND PAY AT THE COUNTER.
DON'T FORGET TO QUOTE YOUR TABLE NUMBER!

DIETARIES

GF	Gluten Friendly	V	Vegetarian	DF	Dairy Free
GFO	Gluten Friendly Option	VO	Vegetarian Option	DFO	Dairy Free Option
N	Contains Nuts	VEO	Vegan Option		

Please be aware that all care is taken when catering for special requirements.
It must be noted that within the premises we handle nuts, seafood, shellfish, sesame seeds, wheat flour, eggs, fungi and dairy products. While customer requests will be catered for to the best of our ability, the decision to consume a meal is the responsibility of the diner.