



BREAKFAST

NORTH BEACH WOLLONGONG

PASTRIES & BAKED GOODS

luxe muffins 6.

bran muffin with blueberry & ricotta

almond croissant. millers local bakehouse 8
check our display for other pastries!

toast

turkish 6 / sonoma sourdough 7

nonies seedy brown (gf) 8

sonoma apple & currant 8

condiments: drunken sailor jam,
marmalade, peanut butter, vegemite or honey

banana bread 9

+ sweet ricotta and honey 12

açai bowl (vg) 18

açai, banana, fresh berries, shaved coconut,
mint, chia seeds and granola

berry granola bowl (vg) 17

house made granola, mixed berries, berry coconut
yoghurt, raspberry cocoa and sorrel

seasonal fruit plate 14

+ natural yoghurt 3 | + coconut yoghurt 4
+ house made granola 3.5

the sunrise (since '04) 15

house made bircher, seasonal fruits and
low-fat yoghurt

meredith bigs 18

whipped meredith's goats curd, sliced avocado,
heirloom tomatoes, parsley, toasted seeds
on sourdough + poached egg 3.5 + bacon 5

the breakfast roll 17

bacon, fried egg, smokey tomato relish
and spinach on a milk bun with a hash brown
*sub bacon for halloumi

chilli scramble 18

crispy shallots, spring onion, coriander,
chilli jam on sourdough

FROM THE DISPLAY

ham, cheese & tomato toastie 12

smoked salmon bagel 16

philly cream cheese, capers, dill, rocket

green nourish bowl (gf, vg) 19

quinoa, roast zucchini, crispy zucchini flowers, beans
kale, edamame, green goodness dressing
+ poached egg 3.5 + meredith feta 4 + halloumi 5

sweet baby carlos (hangover roll) 17

bacon, fried egg, sausage, hashbrown,
sweet baby ray's smokey bbq sauce on a milk bun

benni w leg ham 19

semmi w smoked salmon 21

poached free range eggs on sourdough or
turkish with spinach and hollandaise

buttermilk pancakes 20

w maple syrup, fresh strawberries or banana
+ bacon 5 + sweet ricotta 3.5

salmon croquettes 23

oven baked salmon, two poached eggs,
meredith feta and house hollandaise

the big reg 24

eggs, avocado, mushrooms, tomato, spinach,
halloumi, smashed chats and sonoma
sourdough toast (sorry no alterations)

kangaroo valley eggs 12

poached, fried or scrambled, with toast:
sourdough, turkish, nonies seedy brown (gf)

sides

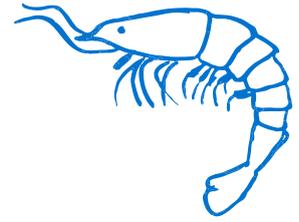
hollandaise / smokey tomato relish / spinach 3
meredith feta / tomato / mushrooms / avocado 5
halloumi / hash brown (2) / smoked ham / bacon 5.5
smoked salmon 7.5

SWEETS

cakes (by the slice)

and a selection of baked goodies
you should ask your waiter about!

pure pops. all natural ice blocks 4.5



starters & share plates

sonoma sourdough 8
w extra virgin olive oil

salt & vinegar potato scallops 6 (2 per serve)
with aioli

the picnic plate 26
salumi, pickle, ravenous shards,
cheese, dips, seasonal fruit

salt & pepper squid (gf) 17
served with asian slaw and squid ink aioli

baja fish tacos 18 (2 per serve)
battered fish, oak lettuce, pico de gallo,
chipotle, slaw, blue corn tortilla

burgers & rolls

crumbed mushroom burger (vg) 20
herb garlic vegan aioli, oak lettuce, pickled
red onion and tomato on a vegan bun with chips

fresh king prawn roll 23
oak lettuce, red onion, aioli, celery with crisps

southern chook 21
southern fried (gf) chicken, mustard pickles,
iceberg lettuce, chilli mayo on a milk bun with chips

classic cheese burger 20
wagyu patty, american cheese, pickles and drunken
sailor tomato relish on a milk bun with chips

salads

med salad (v, gf) 18
roast zucchini, eggplant, capsicum, tomato,
spinach, olives, onion, capers
+ feta 5 + halloumi 5 + chicken 6 + salmon fillet 10

roast spiced cauliflower (gf) 19
crispy chickpeas, red onion, spinach,
cranberries, almonds, yogurt dressing
+ chicken 6 + salmon fillet 10 + halloumi 5

beetroot & goats cheese salad (gf) 19
roast & pickled beetroots, rocket, walnuts and herbs
+ chicken 6 + salmon fillet 10 + halloumi 5

flatbread caprese 18
stracciatella, heirloom tomatoes, balsamic, basil

mains

classic beer battered fish n chips 23
beer battered market fish with house made
chunky tartare, lemon and chips

prawn & pancetta risotto 29
tomato, peas and parmesan

chargrilled sirloin steak (gf) 28
with chips and chimichurri

fantastic fish pie 20
local fish, creamy fennel and leek, baby spinach
topped with puff pastry

EXTRA

chips with ketchup or aioli 8

diggies side salad garden leaves, tomato 8
and cucumber with french vinaigrette

hey sweets

orange and almond cake (gf, df) 9
weekly cake special 9

*see fridge display for more baked goodies!
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