

## all day breakfast

north beach wollongong

### pastries & baked goods

#### luxe muffins 6.

bran muffin with blueberry & ricotta

**almond croissant.** millers local bakehouse 8

### toast

turkish 6 / luxe sourdough 7

nonies seedy brown (gf) 8

fruit turkish 8

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

### banana bread 9

+ sweet ricotta and honey 12.5

### açai bowl (vg) 18

açai, banana, fresh seasonal fruit, 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

#### winter brekkie bowl (gf, v) 20

roasted sweet potato, quinoa, hummus, greens,  
with a lemon dressing  
+ poached egg 3.5 + meredith feta 4 + halloumi 5.5

#### sweet baby carlos (hangover roll) 17

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

#### benni w leg ham 19

#### semmi w smoked salmon 22

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 24

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

#### the big reg 24

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

#### kangaroo valley pastured eggs 12

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

### sides

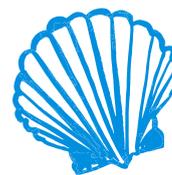
hollandaise / smokey tomato relish / spinach 3  
meredith feta / tomato / mushrooms / avocado 5  
halloumi / hash brown (2) / smoked ham / bacon 5.5  
smoked salmon 8.5

### 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



## lunch

north beach wollongong

### starters & share plates

**sourdough** w balsamic extra virgin olive oil 8

**potato scallops** with aioli (2 per serve) 6

**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 (gf) 2 per serve

grilled fish, pico de gallo, cabbage,  
coriander sour cream, blue corn tortilla

### burgers & rolls

**crumbed mushroom burger** (vg) 20

vegan mayo, mixed leaf, pickled  
red onion and tomato on a vegan bun with chips

**fresh prawn roll** 23

mixed leaf, red onion, kewpie mayo, celery  
on a long roll served with potato crisps

**cajun fish burger** 22

cajun crusted barramundi, tartare, cabbage and  
pickles on a milk bun served with chips

**classic cheese burger** 20

beef patty, american cheese, pickles and drunken  
sailor tomato relish on a milk bun with chips

**mexicano chicken burger** 23

chipotle chicken, tomato, guacamole, cabbage  
on a milk bun served with chips

### salads

**asian fusion salad** by @ballet.body (v,df,gf) 19

brown rice w coconut cream, avo, mushrooms,  
eggplant, red cabbage, carrot, asparagus, lemon  
+ chicken 7 + salmon fillet 13 + halloumi 5.5

**med salad** (v, gf) 20

roast zucchini, eggplant, capsicum, tomato,  
spinach, olives, onion, capers  
+ feta 5 + chicken 7 + salmon fillet 13

**roast spiced cauliflower** (gf) 20

crispy chickpeas, red onion, spinach,  
cranberries, almonds, yogurt dressing  
+ chicken 7 + salmon fillet 13 + halloumi 5.5

### mains

**classic beer battered fish n chips** 23

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

**prawn & pancetta risotto** (gf) 29

tomato, peas and parmesan

**chargrilled sirloin steak** (gf) 28

with chips and chimichurri

**chicken & mushroom pie** 22

topped with puff pastry and served  
with salad & chips

**fish of the day** 30

check with your waiter

**potato and leek soup** (gf, vg) 16

served with grilled sourdough

### 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!  
**pure pops.** all natural ice blocks 4.5