

SEA BAR CAFE

BREAKFAST(ALL-DAY)

Mango Passionfruit Bircher Muesli (V) Overnight soaked rolled oats, mango, greek yoghurt, fresh berries, apple, granola crunch	16
Paleo Granola (V), (VE), (GF) House-baked paleo granola, coconut yoghurt, caramelised pineapple, seasonal fruits & berries	18
Acai Bowl (V), (VE), (GF) Paleo granola, fresh banana, seasonal berries, coconut flakes, chia seeds & peanut butter	19
Chilli Crab & Prawn Scrambled Eggs (GFO) Creamy scrambled eggs, XO sauce, blue swimmer crab, chopped prawns, chilli oil & coriander on sourdough with lemon wedge	23
Jumbo Bacon & Egg Roll (GFO) Double bacon, fried eggs, choice of your sauce on Turkish Hollandaise +1 Add Avo +3, Hash brown +3	15
DY Big Brekkie (GFO) Eggs your way, avocado, sausage, feta, bacon, roasted tomato, mushroom, spinach, hash brown with sourdough	27
Omelette with 3 Toppings (GFO) Served with sourdough, Choose up to 3 toppings - Ham, Cheese, Onion, Tomato, Chorizo, Salmon, Capsicum, Mushrooms, Bacon, (Each Extra toppings +1)	22
Benedict (GFO) Poached eggs, wilted spinach, house hollandaise on sourdough with a choice of bacon/smoked salmon/double smoked ham/halloumi cheese	21
Mother Clucker Fried chicken with poached eggs, maple bacon, crispy kale and hollandaise sauce on brioche	25
Smashed Avo & Poached Egg (V),(GFO) Smashed avocado, poached egg, baby tomatoes, fresh herbs, fetta, pomegranate, pistachio dukkha on sourdough with lemon wedge	18
Brekkie Stack (GFO) Crispy bacon, hash brown, avocado, roasted tomato, eggs your way on sourdough & house tomato relish	22
Corn Fritters (GF) Gluten free corn fritters, tomato relish, garlic labneh, avocado, poached egg, snow pea & dukkah salad with a choice of bacon or smoked salmon	23
Middle Eastern Bowl (V, GF) Sautéed broccolini, kale, spinach, spiced seeds, almonds, avocado, turmeric cauliflower, quinoa, beetroot hummus, poached egg on sourdough	21
Chumpy's Halloumi Stack (GFO) Sautéed mushroom and spinach with halloumi, avocado, house tomato relish, dukkah and a poached egg on soy lindseed	22
Chilli Parmesan Scrambled Eggs (V, GFO) Creamy scrambled cooked with tomatoes, onion, chilli, coriander on sourdough Add Smoked salmon or chorizo +6	16
BLT Bacon, lettuce, tomato & aioli on turkish	14
Ricotta & Blueberry Pancake Passionfruit ricotta, fresh banana, toasted almond, berry compote, Canadian maple syrup	21

Nutella Brioche French Toast House made vanilla & chocolate loaf, nutella, strawberries & candied walnuts	21
Breakfast Burrito Scrambled eggs, cheese, hashbrown, BBQ sauce with a choice of bacon or halloumi	19
Eggs & Toast Eggs your way with sourdough	12

LUNCH(FROM 11 AM)

Wagyu Cheese Burger Grilled wagyu patty, bacon, cheddar cheese, caramelized onion, tomato, pickle, lettuce, aioli, smokey BBQ sauce on a milk bun with fries (Sweet potato fries + 1)	22
KFC Burger Southern fried chicken with cheese, lettuce, tomato, cucumber and sriracha mayo on a milk bun with fries (Sweet potato fries + 1)	22
Chicken BLT Sandwich Grilled chicken, cheese, bacon, lettuce, tomato, caramelised onion & aioli on sourdough	18
Fish Tacos Trio of tacos, beer battered flat head, kale & corn slaw, pickled cabbage, sour cream, sriracha mayo & lemon wedge	21
Falafel and Holloumi Wrap Housemade falafels, beetroot hummus, tomato, onion, baby spinach & tahini dressing	16
Vegan Falafel Bowl (V), (VE), (GF) Broccolini, roasted cauliflower, kale quinoa tabouli, pickled beetroot & cabbage, beetroot hummus, cranberries, almond dukkha, avocado, tahini dressing, housemade falafel	25
Californian Bowl (GF) Teriyaki cured and seared salmon fillet, avocado, pickled ginger, wakame, black rice, snow peas & cabbage slaw, mango chutney, furikake & flying fish roe	29
Pumpkin & Quinoa Salad (V), (GF) Roasted pumpkin, candied walnut, baby spinach, pickled beetroot, fresh herbs, feta, tomato, kale pesto, citrus dressing	20
Grilled Chicken, Halloumi & Avocado Salad (GF) Mixed leaf salad, cucumber, cabbage slaw, fennel, cranberry, seeds, almond, baby tomatoes & roasted sesame dressing	26
Healthy Fish & Chips Grilled seasonal fish with sweet potato chips, kale & quinoa salad, lemon wedge & tahini yoghurt	28
Seafood Platter Seasonal grilled fish, garlic prawns, squid, chips, smoked salmon, tartare sauce & lemon wedge	39
Prawn Linguine Confit garlic, chilli, tomatoes, basil pesto, rocket, olive oil & lemon wedge	29
Salt & Pepper Calamari Roasted pineapple, fennel, raddish, fresh herbs, mix leaf salad, aioli & lemon wedges	22

SIDES

Mushroom | Spinach | Feta | Roasted Tomatoes 4
Hash Browns | Bacon | Avocado | Halloumi 5
Smoked Salmon | Grilled Chicken | Chorizo 6

Please Note: A 1.5% surcharge applies to credit card payments.
10% surcharge on Sundays and Public Holidays

SEA BAR CAFE

COFFEE

REGULAR LARGE	4.5 5
MOCHA CHAI HOT CHOCOLATE	4.5
AFFOGATO	7
BONSOY ALMOND OAT DECAF EXTRA SHOT FLAVOUR SHOT +0.5	
ICED LATTE	6
ICED MOCHA	9
Double espresso, chocolate, ice cream, milk, cream	
ICED CHOCOLATE	8
Chocolate, ice cream, milk	
ICED COFFEE	8
Double shot espresso, ice cream, milk	
ICED CHAI	8
Blended with ice cream & milk	
COFFEE FRAPPE	9
Blended with double shot espresso, vanilla syrup, ice cream, milk, ice	
TEA CRAFT	5
English breakfast tea Earl grey Chai Green tea Peppermint Lemongrass & ginger	

CHILLED DRINK

Coke Coke Zero Lemonade	4.5
Pink Lemonade Sparkling Mineral Water	5
Lemon Lime Bitters	6

FRESH COLD PRESSED JUICE

TROPIC LIKE IT'S HOT	8.5
Pineapple, apple & orange	
REFRESHER	8.5
Watermelon, mint, apple & lime	
GREEN CLEANSER	8.5
Spinach, celery, kale, apple, mint, lemon & ginger	
A-PEELING KICK	8.5
Orange, carrot, apple, ginger & lime	
STRAWBERRY MOJITO	8.5
Strawberries, lime, mint, apple & lemonade	
FRESH ORANGE JUICE	7

MILKSHAKES/SMOOTHIES

MILKSHAKES & THICKSHAKES	7.5 8.5
Chocolate Vanilla Caramel Strawberry	
CLASSIC SMOOTHIES	9
Banana Mango Mixed Berries	
ACAI SMOOTHIE	9.5
Acai berries blended with banana & coconut water	

PROTEIN SMOOTHIES

Made with WPI protein

GYM JUNKIE	12
Banana, paleo granola, chia seeds, coconut, oat milk	
BERRY POWER	12
Mixed berries, honey, chia seeds, coconut water	

THE BAR

BEER	9
Asahi Corona Coopers Pale Ale	
CIDER	9
Hillbilly Crushed Apple	
SPIRITS	9
Vodka Gin Bourbon Scotch	
COCKTAILS	14
Mimosa Aperol Spritz	

WINE GL/BTL

TRENTHAM ESTATE	11
Brut Piccolo(200ml) Sparkling Murray Darling, NSW	
SEE SAW	13
Prosecco Piccolo(200ml) Orange, NSW	
CASA LLUCH	9/50
Organic Rose (Dry) Rose Valencia, Spain	
TRENTHAM RIVER RETREAT WHITE	7/29
Pinot Grigio Murray Darling, NSW	
THE BETTER HALF	9/50
Sauvignon Blanc Marlborough, NZ	
CHAIN OF PONDS	9/50
Chardonnay Adelaide, SA	
KILIKANOON KILLERMAN'S RUN	10/55
Shiraz Clare Valley, SA	
KILIKANOON	9/50
Cabernet Sauvignon Clare Valley, SA	
CHAIN OF PONDS	10/55
Pinot Noir Adelaide Hills, SA	

VE: Vegan

V: Vegetarian

GF: Gluten Free

GFO: Gluten Free Option

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