

# breakfast.

hand made bircher muesli with apple & berry compote	8.0
fresh fruit bowl with vanilla bean yoghurt	8.0
toasted sourdough with jam, marmalade or vegemite	6.0
warm banana bread with honey butter	6.0

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<b>wood fried brekkie pizza</b>	
bacon, sausage, spinach, mushroom & eggs	16.0

<b>ricotta pancakes</b>	
with caramelised banana & honey	14.0

<b>eggs benedict</b>	
with honey smoked ham, or salmon, poached eggs, spinach & hollandaise	16.0

<b>blat</b>	
bacon, lettuce, avocado and tomato on toasted turkish	14.0

<b>wild mushroom omelette</b>	
with pancetta, red onion & tarragon	14.0

<b>oceans big breakfast</b>	
bacon, sausage, mushrooms, tomato, potato hash & eggs your way served with toasted turkish bread	17.0

<b>diy eggs</b>	
2 eggs on toast	

<i>choose...</i>	<i>served on...</i>	
poached	sourdough	
fried	turkish	
scrambled		10.0

<i>on the side...</i>	
bacon	
sausage	
roast tomato	
mushrooms	
potato hash	4.0

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## for the little ones....

selection of cereals	4.0
vegemite toast	4.0
fruit salad	4.0



# drinks.

## fresh juices & morning cocktails

all 8.0

### pick me up

apple, orange, pineapple & guarana

### salvation

watermelon, banana, grapefruit & vitamin B

### veggie delight

carrot, celery, beetroot, spinach, ginger & echinacea

### jungle juice

mango, passionfruit, kiwi, rockmelon & ginseng

### oceans bloody mary

freshly spiced tomato juice with absolute vodka

### champagne cocktail

ask us for this week's special

## tea and coffee

### espresso varieties

espresso | cappuccino | flat white | café latte | long black 4.0

### tea

refresh –green tea & lemon

calm –chamomile

uplift –earl grey

relax –rooibus & vanilla

restore –green tea & jasmine

english breakfast

4.0

chai latte

4.5

hot chocolate

4.5

iced coffee

5.5

lite banana smoothie

6.0

## soft drinks

coke | diet coke | sprite | lift

3.5

cascade ginger beer

4.0

acqua panna mineral water, 500ml

6.0

san pellegrino sparkling mineral water, 500ml

6.0

