

# SEED ESPRESSO / SPRING 2018



**Breakfast** (7am – 11am/Wed – Fri) (8am – 11am/Sat – Sun)

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## WITH US OR TAKEAWAY

**Toastie** – Serrano ham + Provolone

7.5

**Trumpet** – House made nutella + banana cream (v)

6

**Fresh croissant** (v)

5

+ serrano ham & provolone

9

**Roasted granola** – seasonal fruit, house yoghurt (v)

10

**Bacon + egg roll** – wood grilled bacon, egg, grilled cheese sauce, tomato jam

12

**Health bowl** – grilled broccolini, puffed buckwheat, kale, seeds, soft egg (v)

16.5

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## WITH US

**Toast** – two slices, house made Nutella (v)

5.5

**Bacon + eggs** – 2 eggs your way, wood grilled bacon, ciabatta, tomato jam

15.5

**Eggs benedict** – soft eggs, hollandaise, toasted ciabatta

– with serrano ham

15.5

– with house smoked salmon

17.5

**Full English** – 2 eggs your way, wood grilled bacon, pork chorizo, mushroom, kale,

grilled cheese sauce on toasted ciabatta

22

**Pancake** – Buttermilk, banana & ricotta with maple, house creme fraiche (v)

16.5

**Bacon bone ramen** – duck leg, miso, whole wheat noodle, soft egg, condiments

19

**New Season Asparagus** – Truffled parmesan custard, poached egg, hazelnut

19

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## EXTRA'S

bacon

5

avocado

4.5

chorizo	5	wood grilled haloumi	
6.5			
mushrooms	4	kale	3
extra egg	2	toasted ciabatta (2)	3
house smoked salmon	6	toasted gluten free bread (2)	
3			
Black pudding	5	Serrano ham	5

.....\*All breads and pastries lovingly hand made and baked in house daily.

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**COFFEE** by Barossa Coffee Roasters

cup with milk	4.5
mug with milk	5.5
without milk	3.5
babycino	free

**MILK** by Fleurieu Milk Co

hot chocolate	4.5 / 5.5
extra shot	add 1
soy	add 1
decaf	add 1

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**TEA** by T-Bar

English breakfast
masala chai
earl grey blue flower
chamomile

1 cup pot	3.5 / 2 cup pot	5
peppermint		
dynas-t green tea		
jasmine dragon eye		
japan genmaicha		

.....\*  
**OUR DAILY COLD PRESSED** 6.5

Everchanging, ask waitstaff

**JUICE** by mountain fresh 6

apple	tropical
Orange	apple + guava

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**SMOOTHIE / FRAPPE** 8

Banana + house nutella smoothie
3 berry coconut smoothie
Mango, passionfruit + lychee frappe

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**BREKKY BOOZE**

Baron Jacques Cremant de Bourgogne NV	glass	16
Aperol spritz		12
Bellini		12
Bloody Mary		
12		

•Our menu contains allergens and is prepared in a kitchen that handles nuts, shellfish + gluten. Whilst all reasonable efforts are taken to accommodate guests' dietary needs, we cannot guarantee that our food will be allergen free.

•1% surcharge incurred for credit card transactions. 10% surcharge incurred Sundays & Public Holidays