

# SEED ESPRESSO / SPRING 2018



ALL DAY CASUAL DINING (7am - 2pm/Wed - Sun)

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## WITH US OR TAKEAWAY

<i>Toastie</i> - Serrano ham + Provolone	7,5
<i>Trumpet</i> - House made nutella + banana cream (v)	6
<i>Fresh croissant</i> (v)	5
+ serrano ham & provolone	9
<i>Roasted granola</i> - seasonal fruit, house yoghurt (v)	10
<i>Bacon roll</i> - wood grilled bacon, egg, grilled cheese sauce, tomato jam	12
<i>Fresh whole wheat shell pasta</i> - broccoli, speck, pangratto	17
<i>Health bowl</i> - grilled broccolini, puffed buckwheat, kale, seeds, soft egg (v)	16,5
<i>'Seed' burger</i> - dry aged beef served pink, jack cheese, butter lettuce, fries	19

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## WITH US

<i>Toast</i> - two slices, house made Nutella (v)	5,5
<i>Bacon + eggs</i> - 2 eggs your way, wood grilled bacon, ciabatta, tomato jam	15,5
<i>Eggs benedict</i> - soft eggs, hollandaise, toasted ciabatta	
- with serrano ham	15,5
- with house smoked salmon	17,5
<i>Full English</i> - 2 eggs your way, wood grilled bacon, pork chorizo, mushroom, kale, grilled cheese sauce on toasted ciabatta	22
<i>Pancake</i> - Buttermilk, banana & ricotta with maple, house creme fraiche (v)	16,5
<i>Bacon bone ramen</i> - duck leg, miso, whole wheat noodle, soft egg, condiments	19
<i>Papaya salad</i> - Salt + Pepper fish wing, Thai basil, peanuts, coconut, tamarind	17

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## EXTRA'S

bacon (2)	5	avocado	MP
house pork chorizo (1)	4,5	wood grilled haloumi	6,5
mushrooms	4	kale	3
extra egg	2	toasted ciabatta (2)	3
house smoked salmon (30g)	6	toasted gluten free bread (2)	3

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## DESSERT

<i>Dark choc tart</i> - house crème fraiche, macadamia, roasted white chocolate (v)	15
<i>Buttermilk panna cotta</i> - strawberry soup & sorbet (v, gf)	15
<i>Salted peanut butter ice cream sandwich</i> - banana curd, brandy snaps (v)	15

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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

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### 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
Dr Loosen 'Graacher Himmelreich' Kabinett 2016	glass	17

\*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