

SEED ESPRESSO / SPRING 2018



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

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

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

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.

.....*
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

.....*
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

.....*
SMOOTHIE / FRAPPE 8

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

.....*
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

SEED ESPRESSO / SPRING 2018



Lunch (11am - 2pm/Wed - Sun)

SEED TABLE / LET US DO THE THINKING

bread + olives + 3 shared courses + side dishes 55 pp

CHARCUTERIE 50g / ALL SERVED WITH HOUSE PICKLES + MELBA TOAST

Salumi Australia Finochiata / pure black pig salami / fennel / Byron Bay NSW (gf)	8
Boston Bay Smallgoods proscuitella / pure black pig / leg / Boston Bay SA (gf)	12
Boston Bay Smallgoods peccencia / pure black pig / loin / Boston Bay SA (gf)	12
Boston Bay Smallgoods coppa ham / pure black pig / neck / Boston Bay SA (gf)	8
Serrano Ham / Spanish prosciutto / pork / Spain (gf)	8
Parma Ham / Italian prosciutto / pork / Parma Italy (gf)	12

PLATES

Our whole wheat ciabatta, smoked cultured butter (v)	3pp
Warm olives, chilli, orange (v, gf)	10
Tin of Ortiz anchovy, garlic toast	18
Duck pate, house pickles, melba toast	16
King fish croquettes, aioli	2 per piece
Razor clams, nduja, peas, mint	4.5 per piece
Health bowl, grilled broccolini, puffed buckwheat, kale, seeds, soft egg (v)	16.5
Fresh whole wheat shells, broccoli, speck, lemon, garlic & parsley pangratto	16/26
Bacon bone ramen, duck leg, miso, whole wheat noodle, soft egg, condiments	19
Burger, ground beef, jack cheddar, pickle, butter lettuce, fries	19
Wood grilled market fish, marinated zucchini, lemon curd, bottarga (gf)	MP
Wood grilled spatchcock, buckwheat and blackened corn risotto, miso, chilli	31
Scotch fillet 250g, café de paris butter, red wine jus, shoestring fries (gf)	36
12-hour lamb shoulder, fig, pomegranate, vincotto (serves 2 - 4) (gf)	76

SIDES

Rocket, Reggiano, balsamic (v, gf)	10
Seed, grain & nut salad (v)	12
Shoestring fries (v, gf)	9

ALL DAY BREAKFAST AVAILABLE. PLEASE ASK WAITSTAFF.

CHEESE 50g

Brillat Savarin / triple cream / 6 weeks / cow's milk / Bourgogne, France (v)	14
Saint Agur / blue mould / 3 months / cow's milk / Velay, France (v)	14
Manchego - D.O / semi hard curado / 6 months / sheep's milk / La Mancha, Spain (v)	12

DESSERT

Dark chocolate tart, house crème fraiche, macadamia, roasted white chocolate (v)	15
Buttermilk panna cotta, strawberry soup & sorbet (v, gf)	15
Salted peanut butter ice cream sandwich, banana curd (v)	15

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JUICE by mountain fresh 6

apple	tropical
Orange	apple + guava

SMOOTHIE / FRAPPE 8

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

BRUNCH BOOZE

Aperol spritz	12
Bellini	12
Bloody Mary	12
Dr Loosen 'Graacher Himmelreich' Kabinett 2016	glass 17

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

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

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

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

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

COFFEE by Barossa Coffee Roasters

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babycino	free

MILK by Fleurieu Milk Co

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decaf	add 1

TEA by T-Bar

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