

SEED ESPRESSO / SPRING 2018



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

WITH US OR TAKEAWAY

<i>Toastie</i> - Serrano ham + Provolone	7.5
<i>Danish</i> - Orange marmalade, Pistacchio custard (v)	7.5
<i>Fresh croissant</i> (v)	5
+ serrano ham & provolone	9
<i>Roasted granola</i> - seasonal fruit, house yoghurt (v)	10
<i>Bacon + egg roll</i> - wood grilled bacon, egg, grilled cheese sauce, tomato jam	12
<i>Health bowl</i> - grilled broccolini, puffed buckwheat, kale, seeds, soft egg (gf,v)	16.5

WITH US

<i>Toast</i> - two slices, Orange marmalade, whipped jersey ricotta (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, house English muffin	
- with serrano ham	18
- with house smoked salmon	21
<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>Heirloom Tomatoes</i> - Burrata, basil, cabernet vinegar, poached egg, house rye (v)	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 handmade and baked in house daily.

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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	8
Salumi Australia Sopressa Milano / pure black pig / black pepper / Byron Bay NSW	9
Boston Bay Smallgoods proscuitella / pure black pig / leg / Boston Bay SA	12
Boston Bay Smallgoods peccencia / pure black pig / loin / Boston Bay SA	12
Boston Bay Smallgoods coppa ham / pure black pig / neck / Boston Bay SA	8
Serrano Ham / Spanish prosciutto / pork / Spain	8
Parma Ham / Italian prosciutto / pork / Parma Italy	12

PLATES

Our whole wheat ciabatta, smoked cultured butter (v)	3pp
Warm olives, almonds, chilli, orange (v, gf)	10
Tin of Ortiz anchovy, garlic toast	18
Duck pate, house pickles, melba toast	16
Razor clams, nduja, peas, mint (gf)	4.5 per piece
Health bowl, grilled broccolini, puffed buckwheat, kale, seeds, soft egg (v)	16.5
Fresh whole wheat shells, blackened corn, black garlic & speck 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
Korean fried chicken, fermented chilli sauce, pickled carrot, seaweed salad	19
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

BREAKFAST OPTIONS AVAILABLE. PLEASE ASK WAITSTAFF.

CHEESE 50g

Gres Champenois / Soft double cream / cows milk / France (v)	14
Gorgonzola Dolce / Blue mould / 16 months / cows milk / Italy (v)	14
Manchego - D.O / semi hard curado / 6 months / sheep's milk / La Mancha, Spain (v)	12

DESSERT

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

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

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

*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