

B R U N C H Served Until 3:00pm

FULL BUTTER CROISSANT Served Warm With Preserves	5.
PAIN AU CHOCOLAT Served Warm	5.5
BIRCHER MUESLI Yoghurt, Berry Compote (DF*)	10.
PIKELETS Maple Syrup, Banana, Cream	10.
TOASTED BAGEL Cold Smoked Salmon, Capers, Tomato, Cream Cheese (DF*)	13.
RAW ENERGY SALAD Beetroot, Carrot, Kale, Raisins, Pomegranate Vinaigrette, Seeds, Nuts (GF) (DF)	14.5
MEDITERRANEAN BRUSCHETTA Fresh Corn, Tomato, Avocado, Basil Pesto, Two Poached Eggs, Crumbled Ricotta, Five Grain Toast (GF*)	15.
FREE RANGE EGGS ON TOAST Poached, Scrambled Or Fried, Toasted Buttered Ciabatta (GF*) (DF*)	11.5
THE COVE OMELETTE Tomato, Red Onion, Spinach, Capsicum, Feta (GF)	16.
EGGS BENEDICT Soft Poached Free Range Eggs, Wilted Spinach, Toasted Ciabatta And Hollandaise Sauce (GF*)	13.5
w/ Bacon (GF*)	18.5
w/ Cold Smoked Salmon (GF*)	18.5
CREAMED MUSHROOMS Spinach, Blue Cheese, Toasted Five Grain Bread (GF*)	16.5
MEXICAN (DIY) BURRITO Pulled Pork, Spiced Beans, Scrambled Eggs, Jalapeno's, Sour Cream, Wilted Spinach, Guacamole	19.5
SIDES	5.
Cold Smoked Salmon (50g) (GF) (DF)	Crispy Bacon (GF) (DF)
Hash Browns (2) (GF) (DF)	Avocado (When Available)(GF) (DF)
Eggs - poached, scrambled or fried (GF) (DF*)	Mushroom (GF) (DF*)
Chicken, Pork & Fennel Sausage (GF) (DF*)	Warm Pulled Pork 60g (GF) (DF)
VERY HEALTHY SMOOTHIES	7.9
CUCUMBER EXTRAVAGANZA	Cucumber, Apples, Mango, Spinach And Freshly Squeezed Orange Juice
BERRY BONANZA	Spinach, Blueberries, Banana, Strawberries, Coconut Water
MANGO TUMERIC FIESTA	Mango, Blueberries, Banana, Peanut Butter, Coconut Water
RASPBERRY DELIGHT	Raspberries, Blackberries, Vanilla Yoghurt, Honey, Coconut Water
ACTIV8OR	Banana, Peanut Butter, 50mls Of Light Milk And 50mls Of Coconut Water And A Big Scoop Of Protein Powder.
Add Protein powder	2.

(GF) - Gluten Free • (DF) - Dairy Free • (*) - Can be made allergen free