

# BREAKFAST MENU

Welcome to The Highlands Restaurant. We are proud supporters of producers in the New England area and our menu features some local food heroes and house favourites prepared by our exceptional kitchen team.

We hope that you have a pleasant experience with us.

## OUR LOCALLY SOURCED INGREDIENTS

- ❖ **River Gum Glen Innes** Free Range Eggs
- ❖ **Smeaton's** Bakery Bread
- ❖ **Campbell's Butchery** Meat
- ❖ **Deano's Springwater Smoked Trout**
- ❖ **The Super Strawberry** Jams & Fresh Strawberries
- ❖ **Supporters of The Glen Initiative Garden,**  
*an inclusive community project of Glen Industries*
- ❖ **Our own Herb and Vegetable Garden**



**THE HIGHLANDS**  
RESTAURANT

**EGGS ON TOAST – 13.50** <sup>GFO</sup>

2 eggs your way served with 2 pieces of sour dough toast  
- add bacon +4

**EGGS BENNY – 19** <sup>GFO VGO</sup>

Fresh spinach, 2 poached eggs, sour dough toast, your choice of  
bacon or smoked salmon

**BACON & EGG TURKISH ROLL – 18**

Bacon, fried eggs, melted cheese & tomato relish on Turkish

**AVOCADO SMASH – 18.50** <sup>GFO</sup>

Sour dough toast topped with avocado, fetta, poached egg &  
asparagus, drizzled with hollandaise  
- add extra poached egg +2 - add grilled haloumi +4.5  
- add smoked salmon +4 - add smoked trout +6

**BREKKIE BAGEL – 16.5**

Scrambled egg, bacon & tomato relish

**SALMON BAGEL – 18.5**

Smoked salmon, avocado, capers, fetta & dill sauce

**BREAKFAST BRUSCHETTA – 18** <sup>GFO</sup>

Turkish topped with bacon, roasted cherry tomatoes, wilted spinach,  
poached eggs & balsamic glaze

**BIG BREAKFAST – 24** <sup>GFO</sup>

Eggs your way, 2 rashers of bacon, thick beef sausage, hash brown,  
grilled tomato, buttery mushrooms & toasted Turkish

**OMELETTE – 20.50** <sup>GFO</sup>

3 egg omelette, choose your filling from mushroom, Spanish onion,  
tomato, bacon, cheese, served with sour dough toast

**HEALTHY BAKED BEANS – 15.5** <sup>VG GFO</sup>

House made beans on Turkish with sauteed spinach & fetta  
- add poached egg +2

**BUTTERMILK PANCAKES – 15**

2 stack of pancakes with butter & pure maple syrup or mixed berry  
compote & cream  
- add bacon +4

**CINNAMON & RAISIN FRENCH TOAST – 19**

Brioche bread served with bacon, pure maple syrup and fresh berries

*GFO – Gluten Free Option available    VG – Vegetarian    VGO – Vegetarian Option Available*

*Please notify wait staff of any food allergies prior to ordering. We will do our best to accommodate but all menu items may contain allergen traces and we do not accept responsibility.*

## **SOMETHING LIGHT**

### **TOAST – 7.50** <sup>GFO</sup>

2 pieces of toast with spreads

### **LODGE GRANOLA – 14** <sup>GFO VGO</sup>

House made toasted fruit and nut granola topped with fresh fruit & Greek yoghurt

### **ACAI BOWL – 13.50** <sup>GFO VGO</sup>

Acai bowl topped with apple, strawberry, banana, muesli & shredded coconut

## **KIDS (Under 12)**

### **1 EGG ON TOAST – 8** <sup>GFO</sup>

An egg served with white or wholemeal toast

### **SPAGHETTI & CHEESE JAFFLE – 7.5**

Served in white or wholemeal bread

### **RAISIN TOAST – 8.5**

Toasted brioche raisin bread with honey cinnamon butter

### **CEREAL BOWL – 5.50** <sup>VGO</sup>

Your choice of cereal with milk – Just Right, Cornflakes, Weetbix, Nutrigrain or Coco Pops

### **BE WELL GREENS BOWL – 15** <sup>GFO VG</sup>

Smoothie Bowl with banana, mango, spinach, greens powder, coconut water, vanilla protein, chia seeds, muesli, coconut & seasonal fruit

### **EGG & BACON ON TOAST – 11.50** <sup>GFO</sup>

An egg with bacon served on white or wholemeal toast

### **MAPLE PANCAKE – 10**

1 pancake with maple syrup & 1 scoop of vanilla ice cream

## **SIDES / EXTRAS**

House made tomato relish | poached egg | wilted spinach | ice cream – 2

Sautéed mushrooms | hollandaise | grilled tomato | hash browns | avocado | bacon | beef sausage | Danish feta – 4

House baked beans, smoked salmon, grilled haloumi – 4.5

Smoked Trout – 6

## HOT DRINKS

Hill Roasters Premium quality, fresh roasted (Coffs Harbour)

Long black, flat white, cappuccino, latte – **4.25 cup | 5 mug**

Chai latte, Belgian hot chocolate, mocha mug – **5**

Dirty Chai – **5.50**

Espresso, piccolo latte – **3.5**

Caramel or Vanilla Syrup / extra shot / decaf – **0.5**

Soy, Almond, Lactose Free, Coconut milk – **1**

## T2 TEAS – loose leaf tea in a pot - **5**

English Breakfast          Earl Grey          China Jasmine Green

French Earl Grey          Darjeeling          Lemongrass Ginger

Melbourne Breakfast          Chai          Peppermint

Madagascan Vanilla          Green

## COLD DRINKS

Bottled Juices – apple, orange, tropical, green or pineapple – **6**

Bundaberg range – ginger beer, sarsaparilla, passionfruit – **5**

Soft drink – coke, diet coke, sprite, fanta, lemon squash – **4**

Milk Shakes – chocolate, strawberry, caramel syrup **Sml 6 | Lge 8**

Bottled still water – **3.50**

## CHILLED COFFEE & DRINKS

Iced Latte – **5**

Iced Long Black – **5**

Iced Coffee, Iced Chocolate – **6.50**

Iced Mocha – **7**

Iced Chai – **5**

Iced Dirty Chai – **5**

## SUPERFOOD DRINKS

**Choc Almond** – Almond milk, chocolate protein, almond butter, ice **9**

**Blueberry Delight Smoothie** – almond milk, blueberries, vanilla protein, cinnamon – **9**

**Banana & Berry Choc Smoothie** – banana, mixed berries, chia seeds, choc protein, water – **9**

**Tropo Smoothie** – coconut water, coconut milk, banana, mango, protein – **9**

**Energy Fizz** – with B vitamins and naturally derived caffeine (green tea + ginseng).  
Flavours - citrus, pomegranate, strawberry, blood orange – **4**

**Greens Glow Shot** – Superfood greens powder, Collagen Skin Boost, Gut Health – **6**

### **Super Food Extras:**

Frozen Spinach | Frozen Kale | Shredded Coconut | Flax seeds – **0.50**

Coconut yoghurt | Acai | Greens - spirulina | Cacao | Chia seeds | Peanut or Almond Butter - **1**

Collagen skin boost | gut health – prebiotic + probiotic | muesli – **2.50**

Energy Fizz | Avocado | MCT Oil – **4**

**Protein:** Daily protein boost (tasteless) | vanilla | chocolate | coffee | keto friendly vanilla or choc – **2**

**\*\* All protein powders are vegan, dairy free & gluten free \*\***