

HI TIDE

on the esplanade

CAFE - BAR - RESTAURANT

BREAKFAST / 7am until 11.30am

EGGS ON TOAST / 10

two fried, poached *or* scrambled eggs on sourdough [V]

EGGS BENEDICT / 18

toasted sourdough, two poached eggs, grilled bacon *or* shaved leg ham, spinach leaves + house hollandaise

SIGNATURE BIG BREAKFAST / 22

two eggs your way, crispy bacon, chipolatas, grilled tomato, garlic mushrooms, hash browns, house spiced beans + sourdough

SWEET POTATO + ZUCCHINI HASH BROWNS / 20

poached egg, smoked salmon, feta, smashed avocado + rocket [GF]

GARLIC MUSHROOMS / 16

with spinach + rocket leaves, truffle oil + sheep's feta on toasted sourdough [V]

BRUSCHETTA / 17

toasted sourdough, scrambled eggs, diced tomato, onion + basil bruschetta, feta + aged balsamic [V]

TROPICAL FRENCH TOAST / 15

vanilla bean ricotta, passionfruit pulp + maple syrup [V]

SUNRISE BUTTERMILK PANCAKES / 17

lemon mascarpone, berry compote, maple syrup + candied almonds

FRUIT + YOGHURT BOWL / 10

tropical fruit salad of the season + natural yoghurt [V/GF]

TOAST / 6

two slices of raisin *or* sourdough toast + honey *or* house jam [V]

FOUR MILE BIRCHER BOWL / 15

house bircher muesli of oats, chia seeds, pepitas, cinnamon + coconut milk, with fruits, natural yoghurt + shredded coconut

SIDES + EXTRAS

upgrade to gluten free toast / 2

two eggs your way, bacon, pork chipolatas, garlic mushrooms, grilled tomato, potato hash browns, house spiced beans, *or* wilted spinach / 4

smoked salmon, sheep's feta, *or* smashed avocado / 5

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BEVERAGES

ESPRESSO BAR

30ml espresso / 3.3

small coffee (30ml espresso) / 4

regular coffee (60ml espresso) / 4.5

mug coffee (60ml espresso) / 5

(flat white, latte, cappuccino, macchiato, long black, piccolo)

hot chocolate + marshmallows / 4.5

mocha *or* chai latte / 4.5 (small) 5 (regular)

soy milk, decaffeinated *or* extra shot / +0.5

LOOSE LEAF TEAS / 4

choose from english breakfast, earl grey, chamomile, peppermint, local daintree, green, lemon + ginger *or* daintree chai

ICED BAR

iced latte, with 60ml espresso, ice + milk / 4.5

- chocolate, with chocolate, milk, ice cream + cream / 6

- coffee, with 60ml espresso, milk, ice cream + cream / 6

- tea, shaken with honey + lemon / 5

vanilla thick shake / 6

- add chocolate, strawberry *or* caramel swirl / +0.5

WATERMELON COOLER / 8

fresh watermelon juice + mint

SMOOTHIE OF THE DAY / 7

ask wait staff for today's smoothie special

coke, diet coke, lemonade *or* lemon squash / 3.5

bundaberg ginger beer (375ml) / 4.5

lemon, lime + bitters / 4.5

soda water, tonic water *or* dry ginger ale / 3

orange, pineapple *or* apple juice / 4

cranberry, ruby red grapefruit *or* mango juice / 4.5

mix up to three juices / 4.5

BOTTLED WATER / 7

lurisia water, sparkling *or* still (750ml)
