

HI TIDE

on the esplanade

CAFE - BAR - RESTAURANT

BREAKFAST / 7am until 11.30am

EGGS YOUR WAY / 11

Toasted ciabatta / house relish

RASPBERRY HOTCAKE / 18

Caramelised banana / coconut yoghurt / coconut chips

ALMOND CHIA PUDDING / 16

Maple granola / seasonal fruits

SMASHED AVOCADO / 15 / add 2 poached eggs 19

House corn bread / charred corn / chilli lime salsa

SEASONAL GREENS / 20

Smoked salmon / hummus / almonds / poached eggs

CROQUE MADAME / 19

Egg dipped ciabatta / shaved leg ham / swiss cheese / fried egg
+ piccalilli

CRISPY POLENTA / 18

Roast mushrooms / fried egg / rocket / lemon & sage brown butter

BAKED RICOTTA / 17

Pepper jam / scrambled eggs / croutes

FRIED BROWN RICE / 17

Kimchi / sweet soy / fried egg / pickled cucumber salad

EGGS BENEDICT / 19

Ciabatta / wilted spinach / poached eggs / hollandaise
Choice of ham / bacon / salmon

PORK AND FENNEL SAUSAGE PATTIE / 22

Chive hash brown / red pepper relish / onion jam / poached eggs

TOAST WITH SPREADS / 7

SIDES

gluten free toast / 2

eggs / avocado / roast tomato / mushrooms / toast / 4

Bacon / smoked salmon / pork sausage pattie / 5