



# MENU



| SHELL COVE

PLEASE ORDER AT THE COUNTER

## BRUNCH

### EGGS AS YOU LIKE <sup>v</sup> gfor 10

Served on sourdough toast (see extras)  
Poached (1540kJ) / Scrambled (2000kJ) / Fried (2090kJ)

### TOASTIES

- Cheese & Tomato <sup>v</sup>(1830kJ) 7
- Ham & Cheese (2010kJ) 9
- Ham Cheese & Tomato (2060kJ) 10
- Chicken & Avo (3110kJ) 12

### BREKKIE WRAP

Bacon, scrambled eggs, hash brown, tomato relish, lettuce, hollandaise sauce in spinach wrap (3370kJ) 13  
**Add cheese (+276kJ) +1 / avo (+994kJ) +2**

### BREKKIE BURGER

Bacon, fried egg, hash brown, lettuce, house tomato relish, tomato, aioli on a soft milk bun (3370kJ) 13  
**Add cheese (+276kJ) +1 / avo (+994kJ) +2**

### HOUSE BAKED GRANOLA <sup>v</sup>

House baked granola, rose water poached strawberry, coconut chia pudding, deli style yogurt (2580kJ) 15

### OMELETTE <sup>v</sup> gfor

Roasted mushrooms, braised tomato, tempura batter bits, chives and mozzarella served with toasted bread (2250kJ) 17  
**Add sous vide chicken (+718kJ) / sous vide marinated salmon (+561kJ) +5**

### CRUSHED AVO DELIGHT <sup>v</sup> gfor

Crushed avo, tomato salsa, green balsamic, poached egg, whipped Persian fetta, chilli, chives with toasted sourdough (2640kJ) 16

### GRILLED HALLOUMI BENNY <sup>v</sup> gfor

Spiced eggplant, tomato, raisin, coriander, grilled halloumi, sautéed kale, Spanish onion, poached eggs, and hollandaise on a toasted English muffin (2340kJ) 17

**Or, swap the halloumi for smoked salmon (+561kJ) / ham (2920kJ) or bacon! (3210kJ)**

### ZUCCHINI FRITTERS <sup>v</sup>

Zucchini & fetta fritters, house tomato relish, tomato salsa, chives, whipped Persian fetta, poached egg, fine herbs (1450kJ) 17

### TRUFFLE MUSHROOM BRUSCHETTA <sup>v</sup> gfor

Mushrooms, avocado, spring onion, chilli, eschalots, truffle, thyme and burrata on toasted sourdough (2630kJ) 18

### ALL THINGS GREEN <sup>gfor</sup>

Brown rice, poached egg, asparagus, okra, broccolini, garlic, kale, eshallot, edamame, furikake, with kombu sauce (1670kJ) 18  
**Add sous vide chicken (+718kJ) +5**

### VEGAN SAVORY PANCAKE <sup>v</sup> gfor

Sesame pancake, slow braised cauliflower, potato, pumpkin falafel, crispy chick peas, mint coconut yogurt, pomegranate, dill, spring onion (3070 kJ) 17

### BREAKFAST GNOCCHI

House made potato gnocchi, roasted tomato, chorizo, chilli, shallots, parmesan snow, poached egg, crispy potato skins (3590kJ) 19  
**Or, swap the chorizo for sous vide chicken! (+718kJ)**

### OKONOMIYAKI BENEDICT

Sous vide house marinated salmon, okonomiyaki, kewpie mayo, squid legs, poached egg, roe, hollandaise, soft herbs, corn salsa, katsuobushi (bonito flakes) (2720kJ) 21

### BIG BREAKFAST

Two eggs your way, chorizo, bacon, hash browns, crushed avo and roasted mushroom with toasted sourdough (4440kJ) 22

#### EXTRAS

Poached Egg (345kJ) / Hash Brown (553kJ) /	3	Grilled Chicken (718kJ) / Grilled Bacon (1310kJ) / Grilled Halloumi (722kJ) / Smoked Salmon (561kJ)	5
Sautéed Kale (67kJ) / Mushrooms (160kJ) / Avocado (994kJ) / Chorizo (1310kJ) / Ham (453kJ)	4	Potato Chips (1192kJ)	5
		Sweet Potato Chips (809kJ)	7

<sup>v</sup> vegetarian option <sup>gf</sup> gluten free <sup>gfor</sup> gluten free on request

The average adult daily energy intake is 8700kJ

Please notify staff of any food allergies.  
10% surcharge on public holidays.

To maintain the integrity of the dish, **no changes** to the dish are permitted.  
Chicken dishes are Halal-friendly.



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## SANDWICHES & BURGERS

### B.L.A.T. <sup>gfor</sup>

Bacon, lettuce, smashed avo, tomato, house sweet chilli mayo on sourdough (3070kJ) 14

### CHICKEN SCHNITZEL WRAP

Panko crumbed chicken breast fillet, lettuce, avo, tomato, English cheddar cheese, sweet chilli mayo on a spinach wrap (3240kJ) 14

### PERI PERI CHICKEN WRAP

Grilled marinated chicken breast, cucumber, corn, onion, lettuce, tomato, house peri peri mayo on a spinach tortilla (2400kJ) 14

### OPEN STEAK SANDWICH <sup>gfor</sup>

Grilled scotch fillet, fried egg, caramelised onion and mushroom relish, baby wild rocket, melted cheese, truffle mayo served on sourdough (2700kJ) 18

### GRILLED WAGYU BEEF CHEESEBURGER

Wagyu beef patty, marinated bacon, lettuce, house relish, tomato, cheddar cheese, tempura onion ring, special burger sauce served on a milk bun with chips (6090kJ) 19

### EBI KATSU BURGER

House prawn katsu, shredded cabbage, house yuzu mayo served on a milk bun with chips (4420kJ) 20

## SALADS

### ROASTED PUMPKIN SALAD <sup>v</sup>

Roasted pumpkin, pepita seeds, whipped Persian fetta, tomato, avo, salad leaf, roasted Spanish onion, balsamic glaze (2300kJ) 17  
Add avo (+994kJ) +4 Add chicken (+718kJ) +5  
Add halloumi (+722kJ) +5 Add smoked salmon (+561kJ) +5

### SUPERFOOD SALAD <sup>v</sup>

Corn, avo, onion, chilli, tomato, chickpeas, cucumber, quinoa, roasted pumpkin, kale, seeds, honey mustard dressing (1490kJ) 19  
Add halloumi (+722kJ) / grilled chicken (+718kJ) / smoked salmon (+561kJ) +5

## MAINS

### CHICKEN SCHNITZEL

Panko crumbed chicken breast fillet, cabbage slaw, chips, and creamy mushroom sauce (3780kJ) 18  
Make it parmigiana! (+280kJ) top with tomato ragu and mozzarella +3

### FISH & CHIPS

Crispy battered flathead fillets, chips and tartare sauce (3330kJ) 18

### SALMON RICE BOWL

Teriyaki marinated salmon, brown rice, edamame, avo, greens, kewpie mayo, furikake, chives (3850kJ) 23

#### KID'S MENU

Served with Kid's AJ (+480kj)

##### Kid's Brekkie

Scrambled egg, hash brown, with toast (1590kJ) 10

##### Kid's Chicken Nuggets

With chips, tomato sauce (2650kJ) 10

##### Kid's Fish & Chips (2200kJ)

10

##### Kid's Waffle

With ice cream, chocolate sauce, strawberries (2780kJ) 10

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# DRINKS



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## BREW BAR

### COLD DRIP COFFEE

A slow, four to six hour extracted coffee. Sweet, liquor like flavour with low acidity. Sold in a bottle. Served on ice. (2kj) 6

### HARIO V60

Hario V60 pour over gives the barista complete control over brewing extraction. This produces a clean after taste with a well rounded flavour of our single origin coffee. (2kj) 6

### ESPRESSO

Ristretto (2kj) 3.5  
Short Black (2kj)  
Long Black (4kj) 3.9  
Macchiato (61kj) 3.9  
Piccolo (197kj)  
Flat White (451kj)  
Latte (541kj)  
Cappuccino (451kj)

### FLAVOURED

Chai Latte (910kj) 4.2  
Green Tea Latte (929kj)  
Babycino (133kj) 1.5  
**upsized +0.7**

**upsized +0.7**

### BELGIAN HOT CHOCOLATE / MOCHA

We use Belgian couverture chocolate, high-quality chocolate that contains a higher percentage of cocoa.

<b>HOT CHOCOLATE</b> 4.9	<b>MOCHA</b> 4.9
White (979kj)	White (937kj)
Milk (1250kj)	Milk (933kj)
Dark (1080kj)	Dark (924kj)

**upsized +1.0**

**upsized +1.0**

Decaf (2kj) / Extra Shot (2kj)	0.5
Almond Milk (231kj) / Soy Milk (361kj)	0.7
<b>FLAVOUR</b>   Caramel (270kj), Hazelnut (274kj), Vanilla (274kj), Mint (280kj)	0.7

### ORGANIC LOOSE LEAF TEA

Temperature controlled, brewed to perfection. 4.5

### GOOD MORNING

Our luxurious take on English Breakfast Tea (2kj)

### EARL GREY BLUEFLOWER

Ceylon Orange Pekoe Black Tea infused with bergamot (2kj)

### GENMAICHA (KYOTO JAPAN)

Brothy Kyoto Green Tea with toasted rice (2kj)

### SILVER JASMINE (ZHEJIANG)

Silver tipped Green Tea, infused with jasmine blossoms (2kj)

### DIGESTIF

Mint, lavender and fennel seeds to aid digestion (2kj)

### HEAL

Lemongrass and ginger blend to restore minerals (2kj)

### WHITE PEONY (FUJIAN)

Lightly biscuity White Tea, high in antioxidants (2kj)

### MASALA CHAI

Authentic Indian recipe of spices with an Assam Tea base (465kj)

## COLD BEVERAGE

### ICED ESPRESSO

Iced Long Black (4kj) 5.5  
Iced Latte (1050kj) 5.5  
Iced Coffee (1450kj) 6.5  
Salted Caramel Affogato (1370kj) 6

### BLENDED

Iced Coffee (1700kj) 7  
Iced Chai Latte (910kj) 7  
Iced Green Tea Latte (908kj) 7

<b>ICED CHOCOLATE</b> 7.5	<b>ICED MOCHA</b> 7.5
White (3020kj)	White (2110kj)
Milk (2957kj)	Milk (2100kj)
Dark (2900kj)	Dark (2080kj)

### HANDCRAFTED SODA

New Zealand Golden Kiwi & Mint (860kj) 6.5  
Lychee (712kj) 6.5  
Cranberry & Lime (759kj) 6.5

### ORGANIC ICED TEA

#### BREAKFAST LEMON MINT

Ceylon Orange Pekoe Tea with fresh lemon juice & mint (611kj) 6

#### LEMONGRASS & GINGER

Caffeine-free cold tisane with fresh lemon zest (402kj) 6

#### EGYPTIAN ICE

Liquid Turkish delight (439kj) 6

### COLD PRESSED JUICE

**ORANGE** | Straight orange juice (600kj) 9

**GREEN** | Apple, pear, spinach & kale (830kj) 9

### FRUITY SMOOTHIE

**STRANANA** 7.5

Strawberry, banana, milk & honey (1290kj)

#### PASSION TANGO <sup>df</sup>

Pineapple, passionfruit, banana & mango (1330 kj) 7.5

#### SUMMER SUNSET <sup>df</sup>

Pineapple, mango, strawberry & kiwi (1290kj) 7.5

#### BLACK POTION <sup>df</sup>

Activated charcoal, blackcurrant, blackberry, cherry, blueberry & banana (1240kj) 8

#### AÇAÍ <sup>df</sup>

Açaí, blueberry, blackberry, banana (1420kj) 8.5

### MILKSHAKE

Chocolate (1690) / Vanilla (1540kj) / Salted Caramel (1470kj) / Strawberry (1550kj) / or Banana (1290kj) 6

Add WHEY Protein (502kj)	2
Add Extra Ice Cream (645kj)	1

<sup>df</sup> Dairy free

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700 KJ