

**EGGS AS YOU LIKE** <sup>v gfor</sup> 10  
Served on sourdough toast (see extras)  
Poached (1540kJ) / Scrambled (2000kJ) / Fried (2090kJ)

**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

**OMELETTE** <sup>v gfor</sup> 16  
Roasted mushrooms, braised tomato, tempura batter bits, chives and mozzarella served with toasted bread (2250kJ) 16  
Add chicken (+718kJ) / ham (+453kJ) / smoked salmon (+561kJ) +4

**CRUSHED AVO DELIGHT** <sup>v gfor</sup> 17  
Crushed avo, tomato salsa, green balsamic, poached egg, whipped Persian fetta, chilli, chives with toasted sourdough (2640kJ) 17

**CAULIFLOWER SHAKSHUKA** <sup>v</sup> 17  
Slow braised cauliflower, potato, tomato, coriander, onion, spices, chives, whipped feta and eggs served with toasted sourdough (1520kJ) 17

**SLOW BRAISED PULLED PORK SHAKSHUKA** <sup>gfor</sup> 20  
Braised pork, chorizo, cherry tomatoes, onions, pinto, kidney, and borlotti beans, baked egg, and dukkah with toasted sourdough (2570kJ) 20

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

**ALL THINGS GREEN** <sup>gfor</sup> 18  
Brown rice, poached egg, avocado, edamame, broccolini, furikake, broccoli, sautéed kale with kombu sauce (2430kJ) 18  
Add grilled chicken (+718kJ) +5

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

**ROASTED PUMPKIN SALAD** <sup>v</sup> 17  
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 gf</sup> 19  
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

**B.L.A.T.** <sup>gfor</sup> 14  
Bacon, lettuce, smashed avo, tomato, house sweet chilli mayo on sourdough (3070kJ) 14

**PERI PERI CHICKEN WRAP** 14  
Grilled marinated chicken breast, cucumber, corn, onion, lettuce, tomato, house peri peri mayo on a spinach tortilla (2400kJ) 14  
Add chips (+1192kJ) +4

**CHICKEN SCHNITZEL WRAP** 14  
Panko crumbed chicken breast fillet, lettuce, avo, tomato, English cheddar cheese, sweet chilli mayo on a spinach wrap (3240kJ) 14  
Add chips (+1192kJ) +4

**CRISPY FRIED CHICKEN BURGER** 18  
Crispy fried chicken fillet, lettuce, coleslaw, kewpie mayo, Japanese BBQ sauce on a soft milk bun with chips (5090kJ) 18

**GRILLED WAGYU BEEF CHEESEBURGER** 19  
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

**CHICKEN SCHNITZEL** 18  
Panko crumbed chicken breast fillet, cabbage slaw, chips, and creamy mushroom sauce (3780kJ) 18

**FISH & CHIPS** 18  
Crispy battered flathead fillets, chips and tartar sauce (3330kJ) 18

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

KID'S MENU	
<i>Served with Kid's AJ (+480kJ)</i>	
<b>Kid's Brekkie</b>	
Scrambled egg, hash brown, with toast (1590kJ)	10
<b>Kid's Chicken Nuggets</b>	
With chips, tomato sauce (2650kJ)	10
<b>Kid's Fish &amp; Chips</b> (2200kJ)	10

EXTRAS	
Poached Egg (345kJ) / Hash Brown (553kJ) / Roasted Tomato (86kJ)	3
Sautéed Kale (67kJ) / Mushrooms (160kJ) / Avocado (994kJ) / Chorizo (1310kJ) / Ham (453kJ)	4
Grilled Chicken (718kJ) / Grilled Bacon (1310kJ) / Grilled Halloumi (722kJ) / Smoked Salmon (561kJ)	5
Potato Chips (1192kJ)	5
Sweet Potato Chips (809kJ)	7

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.

<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

# DRINKS



| SHELL COVE

PLEASE ORDER AT THE COUNTER

## 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)

upsized +0.7

### SPECIALTY

Chai Latte (910kj) 4.4  
Green Tea Latte (929kj)  
Taro Latte (1470kj)  
Red Velvet Latte (1530kj)  
Turmeric Latte (1040kj)

upsized +0.7

Babycino (133kj) 1.5

### 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)

#### DOUBLE MINT

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

#### LEMONGRASS GINGER

Lemongrass and ginger blend to restore minerals (2kj)

#### CHAMOMILE LAVENDER

A floral bouquet with sweet honey notes that soothe (2kj)

#### MASALA CHAI

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

The average adult daily energy intake is 8700kj | <sup>df</sup> Dairy free

## 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

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

<b>BLENDED CHOCOLATE</b> 7.5	<b>BLENDED 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

**RED** | Watermelon & strawberry (665kj) 9

### FRUITY SMOOTHIE

**STRANANA** 7.5  
Strawberry, banana, milk & honey (1290kj)

**PASSION TANGO** <sup>df</sup> 7.5  
Pineapple, passionfruit, banana & mango (1330kj)

**SUMMER SUNSET** <sup>df</sup> 7.5  
Pineapple, mango, strawberry & kiwi (1290kj)

**BLACK POTION** <sup>df</sup> 8  
Activated charcoal, blackcurrant, blackberry, cherry, blueberry & banana (1240kj)

**AÇAÍ** <sup>df</sup> 8.5  
Açaí, blueberry, blackberry, banana (1420kj)

### MILKSHAKE

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

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