

BRUNCH

TOAST WITH BUTTER AND CONDIMENTS

Sourdough (856kJ) / Quinoa Soy Linseed (1419kJ)	6
Gluten Free (856kJ)	7
Fruit Loaf with Ricotta & Honey (2150kJ)	7

served with strawberry jam (150kJ) / peanut butter (273kJ) / vegemite (35kJ) **add extra condiment +0.5**

TOASTIES

Served on sourdough

Ham & Cheese (2010kJ)	10
Ham Cheese & Tomato (2060kJ)	11

EGGS AS YOU LIKE ^{v gfor} 12

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

BREKKIE WRAP 14

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

BREKKIE BURGER 14

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

GRILLED CHICKEN & MUSHROOM TOASTIE 15

Grilled chicken breast, English cheddar cheese, chives, caramelized onion & mushroom relish, and truffle mayo on sourdough bread (3660kJ)

MUSHROOM & ZUCCHINI OMELETTE ^{v gfor} 18

Shiitake mushroom, king brown mushroom, zucchini, garlic, eschalot, chive, miso, mozzarella, shiitake XO, fine herb salad served on a toasted sourdough (2660kJ)

CRUSHED AVO & TOMATO DELIGHT ^{v gfor} 18

Crushed avo, cherry tomato salsa, green balsamic glaze, poached egg, whipped Persian fetta, yuzu gel, pickled eschalots, chives with toasted sourdough (2230kJ)

GRILLED HALLOUMI BENNY ^{v gfor} 19

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

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

ZUCCHINI FRITTERS ^v 19

Tempura zucchini fritter, tomato & avocado salsa, tomato relish, tzatziki, poached egg, fine herb & radish salad (1230kJ)

TRUFFLE MUSHROOM BRUSCHETTA ^{v gfor} 19

Mushrooms, avocado, spring onion, chilli, eschalots, truffle, thyme and fired egg on toasted sourdough (1620kJ)

ALL THINGS GREEN ^{gfor} 20

Brown rice, poached egg, asparagus, okra, broccolini, garlic, kale, eschalot, edamame, furikake, with kombu sauce (1670kJ)

Add chicken (+718kJ) +4

BREAKFAST GNOCCHI 20

House made potato gnocchi, roasted tomato, chorizo, chilli, shallots, parmesan snow, poached egg, crispy potato skins (3590kJ)

Or, swap the chorizo for chicken! (+718kJ)

BIG BREAKFAST 23

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

OKONOMIYAKI BENEDICT 24

Sous vide marinated salmon, okonomiyaki pancake, tempura octopus legs, poached egg, roe, corn salsa, hollandaise, katsuo-bushi (bonito flakes) (2660kJ)

BELGIAN WAFFLE ^v 19

Seasonal berries, açai compote, vanilla ice cream, pistachio, whipped vanilla ricotta, Belgian chocolate sauce (3260kJ)

Add extra ice cream (+645kJ) +3

EXTRAS

Poached Egg (345kJ) / Hash Brown (553kJ) / Roasted Tomato (86kJ)	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) with aioli	6
		Sweet Potato Chips (809kJ) with aioli	7
		Extra Aioli sauce	0.5



MENU

 | SHELL COVE

PLEASE ORDER AT THE COUNTER

SALADS

ROASTED PUMPKIN SALAD ^v 18

Roasted pumpkin, pepita seeds, whipped Persian fetta, tomato, avo, salad leaf, roasted Spanish onion, balsamic glaze (2300kJ)

Add avo (+994kJ) +4 Add chicken (+718kJ) +5

Add halloumi (+722kJ) +5 Add smoked salmon (+561kJ) +5

ROASTED CAULIFLOWER VEGAN BOWL ^{v gf} 18

Braised cauliflower, roasted mushrooms, harvest corn, roasted pumpkin, quinoa, edamame, tahini dressing (1370kJ)

GRILLED CHICKEN SALAD ^{gf} 19

Grilled chicken breast, green apple, onion, quinoa, avocado, soft boiled egg, carrots, shredded green coral lettuce, parmesan snow, honey mustard dressing (1990kJ)

BURGERS & SANDWICHES

B.L.A.T. ^{gfor} 14

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

Add chips (+1192kJ) +4

CHICKEN FAJITA WRAP 15

Grilled marinated chicken, mixed peppers, onion, avocado, lettuce, tomato, melted mozzarella cheese, peri peri mayo on a spinach wrap (1940kJ)

Add chips (+1192kJ) +4

CHICKEN SCHNITZEL WRAP 15

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

Add chips (+1192kJ) +4

CRISPY FRIED CHICKEN BURGER 19

Crispy fried chicken fillet, lettuce, coleslaw, kewpie mayo, Japanese BBQ sauce on a soft milk bun with chips (5090kJ)

GRILLED WAGYU BEEF CHEESEBURGER 20

Wagyu beef patty, house tomato relish, lettuce, tomato, melted cheddar cheese, sour pickles, tempura onion, special burger sauce served on a milk bun with chips (6280kJ)

^v vegetarian option ^{gf} gluten free ^{gfor} gluten free on request
The average adult daily energy intake is 8700kJ

MAINS

CHICKEN SCHNITZEL 20

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

FISH & CHIPS 20

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

MUSHROOM RISOTTO ^v 24

Shitake mushroom, king brown mushroom, porcini mushroom, miso, eschalots, chives, garlic, parmesan snow, truffle butter (2550kJ)

Add chicken (+718kJ) +4

SALMON RICE BOWL 25

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

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

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.

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) 6.5

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) 6.5

ESPRESSO

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

upsized +0.8

SPECIALTY

Chai Latte (910kj) 4.5
Green Tea Latte (929kj)
Taro Latte (1470kj)
Red Velvet Latte (1530kj)
Turmeric Latte (1040kj)

upsized +0.8

Babycino (133kj) 1.5

BELGIAN HOT CHOCOLATE / MOCHA

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

HOT CHOCOLATE 5	MOCHA 5
White (979kj)	White (937kj)
Milk (1250kj)	Milk (933kj)
Dark (1080kj)	Dark (924kj)

upsized +1.0

upsized +1.0

Decaf (2kj) / Extra Shot (2kj)	+0.6
Almond Milk (231kj) / Soy Milk (361kj)	+0.7
FLAVOUR Caramel (270kj), Hazelnut (274kj), Vanilla (274kj), Mint (280kj)	+0.7

ORGANIC LOOSE LEAF TEA

Temperature controlled, brewed to perfection. 5.3

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)

COLD BEVERAGE

ICED ESPRESSO

Iced Long Black (4kj) 6
Iced Latte (1050kj) 6
Iced Coffee (1450kj) 7
Salted Caramel Affogato (1370kj) 6.5

BLENDED

Coffee (1700kj) 7.5
Chai Latte (910kj) 7.5
Green Tea Latte (908kj) 7.5

BLENDED CHOCOLATE 8	BLENDED MOCHA 8
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) 6.5

LEMONGRASS & GINGER

Caffeine-free cold tisane with fresh lemon zest (402kj) 6.5

EGYPTIAN ICE

Liquid Turkish delight (439kj) 6.5

COLD PRESSED JUICE

ORANGE | Straight orange juice (600kj) 9

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

FRUITY SMOOTHIE

STRANANA 8.5

Strawberry, banana, milk & honey (1290kj)

PASSION TANGO ^{df}

Pineapple, passionfruit, banana & mango (1330 kj) 8.5

SUMMER SUNSET ^{df}

Pineapple, mango, strawberry & kiwi (1290kj) 8.5

BLACK POTION ^{df}

Activated charcoal, blackcurrant, blackberry, cherry, blueberry & banana (1240kj) 8.5

AÇAÍ ^{df}

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

MILKSHAKE

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

WHEY Protein (502kj)	+2
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Make it a THICKSHAKE (1290kj)	+2
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The average adult daily energy intake is 8700 kj | ^{df} Dairy free