

## 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) 11
- Ham Cheese & Tomato (2060kJ) 12

### EGGS AS YOU LIKE <sup>v gfor</sup> 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 <sup>v gfor</sup> 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 <sup>v gfor</sup> 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 <sup>v gfor</sup> 20

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 <sup>v</sup> 20

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

### TRUFFLE MUSHROOM BRUSCHETTA <sup>v gfor</sup> 20

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

### ALL THINGS GREEN <sup>gfor</sup> 21

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

**Add chicken (+718kJ) +6**

### BREAKFAST GNOCCHI 21

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 24

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

### BELGIAN WAFFLE <sup>v</sup> 19

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

**Add extra ice cream (+645kJ) +2**

#### EXTRAS

Grilled Chicken (718kJ) / Grilled Bacon (1310kJ) / Grilled Halloumi (722kJ) / Smoked Salmon (561kJ)	6
Poached Egg (345kJ) /	3
Hash Brown (553kJ) / 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 <sup>v</sup> 19

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

Add avo (+994kJ) +4 Add chicken (+718kJ) +6

Add halloumi (+722kJ) +6 Add smoked salmon (+561kJ) +6

### ROASTED CAULIFLOWER VEGAN BOWL <sup>v gf</sup> 19

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

### GRILLED CHICKEN SALAD <sup>gf</sup> 20

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. <sup>gfor</sup> 15

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

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

### CHICKEN FAJITA WRAP 16

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

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 21

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)

<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

## MAINS

### CHICKEN SCHNITZEL 22

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

### FISH & CHIPS 21

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

### MUSHROOM RISOTTO <sup>v</sup> 24

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

Add chicken (+718kJ) +4

### SALMON RICE BOWL 26

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

### PRAWN SPAGHETTI 27

Pan-seared prawns, eschalots, chilli, roasted cherry tomatoes, garlic, chives, shellfish bisque, squid ink spaghetti (2060kJ)

### 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) 13

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.

<b>HOT CHOCOLATE</b> 5	<b>MOCHA</b> 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
<b>FLAVOUR</b>   Caramel (270kj), Hazelnut (274kj), Vanilla (274kj), Mint (280kj)	+0.7

### ORGANIC LOOSE LEAF TEA

Temperature controlled, brewed to perfection. 4.7

#### 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

<b>BLENDED CHOCOLATE</b> 8	<b>BLENDED MOCHA</b> 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

Strawberry, banana, milk & honey (1290kj)

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

Pineapple, passionfruit, banana & mango (1330 kj) 8

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

Pineapple, mango, strawberry & kiwi (1290kj) 8

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

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

#### AÇAÍ <sup>df</sup>

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 | <sup>df</sup> Dairy free