



MENU



| SHELL COVE

PLEASE ORDER AT THE COUNTER

BRUNCH

TOAST WITH BUTTER AND CONDIMENTS

Sourdough (856kJ)	7
Soy Linseed (1419kJ)	7
Gluten Free (856kJ)	7
Fruit Loaf with Ricotta & Honey (2150kJ)	8

Served with strawberry jam (150kJ) / peanut butter (273kJ) / Vegemite (35kJ)
Add extra condiment +0.5

EGGS AS YOU LIKE ^V ^{GFOR} 13

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

GRANOLA YOGURT BOWL ^V 16

Poached strawberries and rhubarb, homemade baked granola, Greek yogurt, berries, rose petals (2600kJ)

BREKKIE BURGER 17

Bacon, fried egg, hash brown, lettuce, homemade tomato relish, tomato and aioli on a soft milk bun (3370kJ)

Add cheese (+276kJ) +1 / avocado (+994kJ) +2

BREKKIE WRAP 17

Bacon, scrambled eggs, hash brown, tomato relish, lettuce and hollandaise sauce in a spinach wrap (3370kJ)

Add cheese (+276kJ) +1 / avocado (+994kJ) +2

TOASTIES

Ham & Cheese (2010kJ)	11
Ham Cheese & Tomato (2060kJ)	13

CRUSHED AVO ON TOAST ^V ^{GFOR} 19

Crushed avocado, poached eggs, cherry tomato, parsley, whipped Persian fetta, pickled eschalots, balsamic glaze, chilli flakes on toasted sourdough (2130kJ)

CHILLI SCRAMBLED EGGS ON TOAST ^V 22

Caramelised onion & mushroom relish, homemade spicy mayo, chilli flakes, jalapeños, grilled halloumi, toasted coconut, fine herbs, toasted focaccia (3580kJ)

ZUCCHINI FRITTERS ^V 20

Tempura zucchini fritters, avocado, tomato salsa, romesco, poached egg, fine herb salad (1520kJ)

MUSHROOM SCRAMBLED EGGS ON CRUMPET ^V 19

Chilli jam, sautéed king trumpet mushroom, asparagus, whipped Persian fetta, and shiitake mushroom XO on a toasted homemade crumpet (2210kJ)

GRILLED HALLOUMI BENNY ^V ^{GFOR} 21

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

Swap the halloumi for smoked salmon (2050kJ) ham (2610kJ) or bacon (3690kJ) upon request

TRUFFLE MUSHROOM BRUSCHETTA ^V 22

Mushrooms, avocado, parsley, chilli, eschalots, truffle butter, thyme, whipped Persian fetta, poached egg on toasted focaccia (2400kJ)

THREE CHEESE OMELETTE ^V 22

Parmesan cheese, cheddar cheese, mozzarella cheese, coriander, onion, braised eggplant, tomato salsa, toasted focaccia (2450kJ)

ALL THINGS GREEN ^{GFOR} 24

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

Add chicken (+718kJ) +6

SMOKED SALMON BENNY ON OKONOMIROSTI 24

Japanese style rosti, smoked salmon, poached eggs, avocado, roe, corn salsa, hollandaise, fine herbs (2430kJ)

Swap the salmon for ham (2630kJ) or bacon (2900kJ) upon request

BREAKFAST GNOCCHI 25

Chorizo bolognese, pan-roasted tomato, eschalots, garlic, parsley, parmesan snow, poached egg, crispy potato skins (2770kJ)

Swap the chorizo for chicken (2790kJ) upon request

LEAF BREKKIE ^V 25

Two poached eggs, grilled halloumi, hash browns, mushrooms, sautéed kale, smashed avocado and roasted tomato with toasted sourdough (3760kJ)

BIG BREAKFAST 25

Two eggs your way, chorizo with baked beans, bacon, crushed avocado, roasted mushrooms and hash browns served with toasted sourdough (3640kJ)

EXTRAS

Poached Egg (345kJ) / Hash Brown (553kJ)	3	Grilled Chicken (718kJ) / Grilled Bacon (1310kJ) / Grilled Halloumi (722kJ) / Smoked Salmon (561kJ)	6
Sautéed Kale (67kJ) / Mushrooms (160kJ) / Avocado (994kJ) / Chorizo (1310kJ) / Ham (453kJ)	4	Potato Chips (1192kJ)	7
		Sweet Potato Chips (809kJ)	9

KID'S MENU

Kid's Brekkie Scrambled egg, hash brown and toast (1590kJ)	12
Kid's Chicken Nuggets With chips and tomato sauce (2650kJ)	12
Kid's Fish & Chips Battered flathead, chips and tomato sauce (2200kJ)	16
Kid's Waffle With ice cream, chocolate sauce, strawberries (2780kJ)	12

^Vvegetarian ^{GF}gluten free ^{GFOR}gluten free on request • The average adult daily energy intake is 8700kJ
 Please notify staff of food allergies • Sorry, we can't remove or swap ingredients • 10% public holiday surcharge • Halal Chicken



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BURGERS & SANDWICHES

MEDITERRANEAN GRILLED CHEESE TOASTIE ^v 16

Roasted pumpkin, cherry tomato, melted cheese, kale, corn, romesco, caramelised onion & mushroom relish, toasted focaccia (2270kJ)

GRILLED CHICKEN & MUSHROOM TOASTIE 17

Grilled chicken breast, English cheddar cheese, chives, truffle mayo, and caramelized onion & mushroom relish on toasted focaccia (3510kJ)

B.L.A.T. ^{GFOR} 16

Bacon, lettuce, smashed avocado, tomato and homemade sweet chilli mayo on toasted focaccia (2720kJ)

Add chips (+1192kJ) +4

VEGETARIAN WRAP ^v 17

Grilled halloumi, spiced eggplant, lettuce, tomato, coriander, raisin, Spanish onion and aioli on a spinach wrap (2940kJ)

Add chips (+1192kJ) +4

FAJITA CHICKEN & SALAD WRAP 17

Marinated fajita chicken, grilled peppers, onion, avocado, tomato salsa, leafy greens, mozzarella cheese and homemade spicy mayo (mild) in a spinach wrap (2410kJ)

Add chips (+1192kJ) +4

EGG & CHORIZO ROLL 18

Scrambled eggs, chorizo bolognese, parmesan, bread roll, chives (3310kJ)

CHICKEN SCHNITZEL WRAP 18

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

Add chips (+1192kJ) +4

KOREAN STYLE FRIED CHICKEN SANDWICH 24

Crispy fried chicken, Asian Coleslaw, leafy greens, Japanese mayo, Gangjeong (sweet spicy) sauce, toasted focaccia with chips (4630kJ)

GRILLED DOUBLE CHEESEBURGER 24

Grilled beef patties, homemade bacon jam, lettuce, tomato, melted cheese, pickle and special burger sauce served on a milk bun with chips (5830kJ)

EXTRAS

Poached Egg (345kJ) / Hash Brown (553kJ)	3	Grilled Chicken (718kJ) / Grilled Bacon (1310kJ) / Grilled Halloumi (722kJ) / Smoked Salmon (561kJ)	6
Sautéed Kale (67kJ) / Mushrooms (160kJ) / Avocado (994kJ) / Chorizo (1310kJ) / Ham (453kJ)	4	Potato Chips (1192kJ)	7
		Sweet Potato Chips (809kJ)	9

SALADS

SUPERFOOD SALAD ^{VGFOR} 22

Corn, avocado, onion, chilli, tomato, crispy chickpeas, kale, edamame, barley, roasted pumpkin, toasted seeds, honey mustard dressing (1790kJ)

Add avocado (+994kJ) +4 Add halloumi (+722kJ) +6

Add chicken (+718kJ) +6 Add smoked salmon (+561kJ) +6

ROASTED VEGGIE SALAD ^{VOR} 22

Roasted pumpkin, grilled broccolini, grilled asparagus, avocado, edamame, poached egg, whipped Persian fetta, pistachio, hummus, tahini dressing (1820kJ)

Add avocado (+994kJ) +4 Add halloumi (+722kJ) +6

Add chicken (+718kJ) +6 Add smoked salmon (+561kJ) +6

GRILLED CHICKEN SALAD ^{GF} 22

Grilled chicken breast, green apple, onion, quinoa, cucumber, avocado, soft boiled egg, carrots, leafy greens, parmesan snow, honey mustard dressing (1960kJ)

MAINS

FISH & CHIPS 22

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

ROASTED PORK BELLY & DUCK RICE BOWL 28

Roasted pork belly, smoked duck breast, broccolini, asparagus, garlic, eschalots, chilli, brown rice, fried egg (2610kJ)

MUSHROOM RISOTTO ^v 26

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

Add chicken (+718kJ) +4

DESSERT

BELGIAN WAFFLE ^v 20

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

Add extra ice cream (+645kJ) +3

BISCOFF TIRAMISU SOUFFLÉ PANCAKE 22

Biscoff mascarpone, crushed biscoff, seasonal berries, Belgian chocolate (4850kJ)

KID'S MENU

Kid's Brekkie
Scrambled egg, hash brown and toast (1590kJ) 12

Kid's Chicken Nuggets
With chips and tomato sauce (2650kJ) 12

Kid's Fish & Chips
Battered flathead, chips and tomato sauce (2200kJ) 16

Kid's Waffle
With ice cream, chocolate sauce, strawberries (2780kJ) 12

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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) 7

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) 7

ESPRESSO

Ristretto (2kj) 4
Short Black (2kj)
Long Black (4kj) 4.5
Macchiato (61kj) 4.5
Piccolo (197kj)
Flat White (451kj)
Latte (541kj)
Cappuccino (451kj)

upsized +0.8

SPECIALTY

Chai Latte (910kj) 5
Green Tea Latte (929kj)
Taro Latte (1470kj)
Red Velvet Latte (1530kj)

upsized +0.8

Babycino (133kj) 2

BELGIAN HOT CHOCOLATE / MOCHA

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

HOT CHOCOLATE 5.5	MOCHA 5.5
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)	+0.8
FLAVOUR Caramel (270kj), Hazelnut (274kj), Vanilla (274kj), Mint (280kj)	+0.8

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)	6.5
Iced Latte (1050kj)	6.5
Iced Coffee (1450kj)	7.5
Salted Caramel Affogato (1370kj)	7

BLENDED

Coffee (1700kj)	8
Chai Latte (910kj)	8.5
Green Tea Latte (908kj)	8.5

BLENDED CHOCOLATE 9	BLENDED MOCHA 9
White (3020kj)	White (2110kj)
Milk (2957kj)	Milk (2100kj)
Dark (2900kj)	Dark (2080kj)

HANDCRAFTED SODA

New Zealand Golden Kiwi & Mint (860kj)	7
Lychee (712kj)	7
Cranberry & Lime (759kj)	7

ORGANIC ICED TEA

BREAKFAST LEMON MINT 7.5
Ceylon Orange Pekoe Tea with fresh lemon juice & mint (611kj)

LEMONGRASS & GINGER 7.5
Caffeine-free cold tisane with fresh lemon zest (402kj)

EGYPTIAN ICE 7.5
Liquid Turkish delight (439kj)

COLD PRESSED JUICE

ORANGE Straight orange juice (600kj)	10
GREEN Apple, pear, spinach & kale (830kj)	10

FRUITY SMOOTHIE

AÇAÍ ^{df}	
Açaí, blueberry, blackberry, banana (1420kj)	9

PASSION TANGO ^{df}	
Pineapple, passionfruit, banana & mango (1330 kj)	9

SUMMER SUNSET ^{df}	
Pineapple, mango, strawberry & kiwi (1290kj)	9

MILKSHAKE

Chocolate (1690kj)	7
Vanilla (1540kj)	7
Salted Caramel (1470kj)	7
Strawberry (1550kj)	7
Banana (1290kj)	7

WHEY Protein (502kj)	+2.5
Make it a THICKSHAKE (1290kj)	+2.5

The average adult daily energy intake is 8700 kj | ^{df} Dairy free