All day MENU

SHELL COVE

PLEASE ORDER AT THE COUNTER OR SCAN THE QR CODE

BRUNCH

EGGS AS YOU LIKE V GFOR — 14
Served on sourdough toast (see extras)
Poached (1540kJ) / Scrambled (2000kJ) / Fried (2090kJ)

BREKKIE BURGER — 17
Bacon, fried egg, hash brown, lettuce, homemade tomato relish, tomato and aioli on a soft milk bun (2790kJ)
Swap bacon to grilled halloumi cheese upon request (2740kJ)
Add cheese (+276kJ) +1 / Add avocado (+994kJ) +2 /
Wrap option available

BREKKIE WRAP — 18
Bacon, scrambled eggs, hash brown, tomato relish, lettuce and hollandaise sauce in a spinach wrap (3370kJ)
Swap bacon to grilled halloumi cheese upon request (2440kJ)
Add cheese (+276kJ) +1 / Add avocado (+994kJ) +2

GRANOLA YOGURT BOWL V — 19
Poached strawberries and rhubarb, homemade baked granola, Greek yogurt, berries (2600kJ)

EGG SALAD TOAST CHEF'S PICK — 19
Cultured smoked umami spread, Japanese style egg salad, roe, chives on a toasted Shokupan (2940kJ)

ULTIMATE BREAKFAST WRAP — 21
Grilled pork chorizo patty, scrambled eggs, hash brown, lettuce, pickles, tomato salsa, spicy pineapple jalapeno relish, aioli, mozzarella cheese, wrapped in a spinach tortilla (3380kJ)

TURKISH EGGS — 22
Grilled pork chorizo, slow roasted cherry tomato, poached eggs, lemon & dill labneh, Aleppo butter, toasted focaccia (3530kJ)

CRUSHED AVOCADO ON TOAST V — 23
Slow roasted cherry tomato, parsley, whipped Persian fetta, homemade chilli oil, pickled eschalots, poached eggs, toasted sourdough (2330kJ)

MUSHROOM SCRAMBLED EGGS ON CRUMPET V — 24
Chilli jam, Sauteed king trumpet mushroom, asparagus, whipped Persian fetta, and shiitake mushroom XO, toasted sourdough crumpet (2210kJ)

CHILLI SCRAMBLED EGGS ON CRUMPET V — 24
Slow braised eggplant relish, chilli oil, pan roasted tomato, parsley, grilled halloumi, toasted coconut, soft herbs, toasted sourdough crumpet (2860kJ)

TEMPURA CORN FRITTERS V — 24
Crispy tempura corn fritters, crushed avocado, tomato salsa, tomato relish, whipped Persian fetta, poached egg, soft herbs, parmesan snow (2840kJ)

TRUFFLE MUSHROOM OMELETTE V CHEF'S PICK — 25
Mixed mushrooms, asparagus, parsley, eschalots, garlic, truffle butter, creamy mushroom sauce, chilli oil, parmesan snow, toasted focaccia (3230kJ)

GRILLED HALLOUMI BREAKFAST BOWL V CHEF'S PICK — 26
Grilled halloumi, roasted pumpkin, tomato salsa, crispy chickpeas, soft boiled egg, avocado, roasted sesame dressing, hummus, toasted sourdough (4300kJ)

EGGS BENEDICT — 26
Poached eggs, crushed avo, sauteed spinach, hollandaise, toasted sourdough crumpet, fine herbs
Choice of Salmon (2630kJ) / Bacon (3370kJ) / Halloumi V (3260kJ)

BREAKFAST GNOCCHI CHEF'S PICK — 26
Homemade potato gnocchi, roasted tomato, pork chorizo, chilli, parsley, parmesan snow, poached egg (2810kJ)
Swap the chorizo for chicken (2530kJ)

LEAF BREKKIE V — 26
Two poached eggs, grilled halloumi, hash browns, mushrooms, Sauteed spinach, crushed avocado and roasted tomato with toasted sourdough (3530kJ)

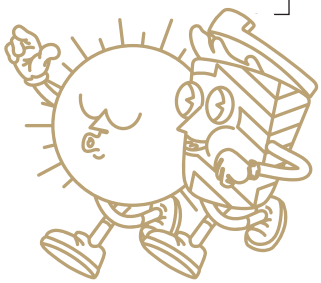
BIG BREAKFAST — 28
Two eggs your way, cultured smoked umami spread, grilled pork chorizo, bacon, hash browns, smoked umami potato croquettes, roasted mushrooms served with toasted sourdough
Poached (4340kJ) / Scrambled (4440kJ) / Fried (4470kJ)

EXTRAS

AIOLI SAUCE (414KJ) / CHILLI OIL (287KJ)	1
HOLLANDAISE SAUCE (414KJ) / HASH BROWN (553KJ)	3
POACHED EGG (345KJ) / CULTURED SMOKED UMAMI SPREAD (540KJ) CHEF'S PICK	3.5
SAUTEED SPINACH (251KJ) / HAM (453KJ) / MUSHROOMS (160KJ) /AVOCADO (994KJ) / SMOKED UMAMI POTATO CROQUETTES - 2 PCS (590KJ) CHEF'S PICK	4
GRILLED BACON (1310KJ) / PORK CHORIZO (1310KJ) / GRILLED HALLOUMI (722KJ)	6
GRILLED CHICKEN (718KJ) / SCRAMBLED EGGS (734KJ) / SMOKED SALMON (561KJ)	7
POTATO CHIPS (1192KJ)	9
SWEET POTATO CHIPS (809KJ)	12

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700KJ

LEAF CAFÉ & CO



V vegetarian GF gluten free GFOR gluten free on request CHEF'S PICK chef's pick • Please notify staff of food allergies
• Sorry, we can't remove or swap ingredients • 15% public holiday surcharge • Halal chicken

All day MENU

SHELL COVE

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BURGER, SANDWICHES AND MORE

TOASTIES

Cheese & Tomato V (1830kJ)	10
Ham & Cheese (2010kJ)	11
Ham Cheese & Tomato (2060kJ)	13
Grilled Chicken, Cheese & Avocado (3110kJ)	16

CHEESE MELTS

Mushroom & Tomato V (1560kJ)	14
Ham & Pineapple (1920kJ)	15
Chicken & Avocado (2580kJ)	16

MEDITERRANEAN GRILLED CHEESE TOASTIE V · CHEF'S PICK · **19**
Roasted pumpkin, tomato salsa, melted cheddar cheese, corn, aioli, caramelised onion & mushroom relish, served on toasted focaccia (3270kJ)

B.L.A.T. GFOR **19**
Bacon, lettuce, crushed avocado, tomato and homemade sweet chilli mayo, served on toasted focaccia (3530kJ)
Swap bacon with halloumi V **(3440kJ)**

GRILLED HALLOUMI WRAP V **20**
Roasted pumpkin, avocado, crispy chickpeas, raisins, tomato salsa, eggplant, coriander, grilled halloumi, shredded lettuce, aioli in a spinach wrap (2100kJ)

CHICKEN FAJITA WRAP **20**
Marinated fajita chicken, grilled peppers, onion, avocado, tomato salsa, baby cos, mozzarella cheese, smokey chipotle mayonnaise (mild) in a spinach wrap (2610kJ)

CHICKEN SCHNITZEL WRAP **20**
Panko crumbed chicken breast fillet, English cheddar cheese, lettuce, avocado, tomato, and sweet chilli mayo in a spinach wrap (3240kJ)

CHICKEN CAESAR SALAD SANDWICH **20**
Grilled chicken breast, baby cos, grilled bacon, parmesan snow, egg salad, Caesar dressing, served on toasted focaccia (3640kJ)

GRILLED CHICKEN & MUSHROOM TOASTIE · CHEF'S PICK · **21**
Grilled chicken breast, English cheddar cheese, chives, truffle mayo, and caramelised onion & mushroom relish on toasted focaccia (3510kJ)

VEGETARIAN BURGER V **23**
Grilled halloumi cheese, tempura corn fritter, lettuce, tomato, caramelised onion & mushroom relish, aioli, served on a toasted milk bun with a side of chips (4530kJ)

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700KJ

SALADS

ROASTED CAULIFLOWER VEGAN BOWL V · CHEF'S PICK · **24**
Braised cauliflower, roasted mushrooms, harvest corn roasted pumpkin, edamame, cous cous, roasted sesame dressing (1460kJ)
Add avocado (+994kJ) +4 / Halloumi (+722kJ) +6 / Chicken (+718kJ) +7 / Smoked salmon (+561kJ) +7

GRILLED CHICKEN SALAD **25**
Grilled chicken breast, green apple, onion, cous cous, cucumber, avocado, soft boiled egg, carrots, leafy greens, parmesan snow, honey mustard dressing (1960kJ)

DESSERTS

BELGIAN WAFFLE V **22**
Seasonal berries, caramelised nuts, strawberries & rhubarb compote, whipped vanilla mascarpone, vanilla ice cream, Belgian chocolate sauce (4730kJ)
Add extra ice cream (+645kJ) +3

BERRIES & NUTS PANCAKE V · CHEF'S PICK · **22**
Seasonal berries, vanilla ice cream, mixed caramelised nuts, toasted coconut, whipped vanilla mascarpone and genuine maple syrup (3700kJ)
Add extra ice cream (+645kJ) +3

FOR THE LITTLE ONES

available for 12 and under ☺

KID'S BREKKIE **12**
Scrambled egg, hash brown and toast (1590kJ)

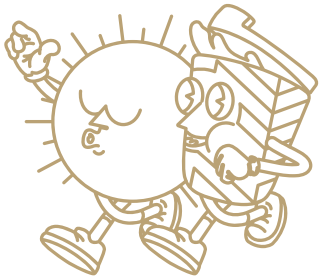
KID'S CHICKEN NUGGETS **12**
With chips and tomato sauce (2650kJ)

KID'S PIKELETS **12**
With seasonal fruits and ice cream (2160kJ)

KID'S WAFFLE **14**
With ice cream, chocolate sauce, strawberries (2260kJ)

KID'S FISH & CHIPS **16**
Battered flathead, chips and tomato sauce (2200kJ)

LEAF CAFÉ & CO



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Drinks MENU

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BREW BAR

COLD DRIP COFFEE 7.5
A slow, four to six hour extracted coffee. Sweet, liquor-like flavour with low acidity. Sold in a bottle. Served on ice. (2kJ)

HARIO V60 7
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)

ESPRESSO | UPSIZE +0.8
Ristretto (2kJ) / Short Black (2kJ) 4.5
Long Black (4kJ) / Macchiato (61kJ) / Piccolo (197kJ) / Flat White (451kJ) / Latte (541kJ) / Cappuccino (451kJ) 5.0

SPECIALTY | UPSIZE +0.8 5.2
Chai Latte (910kJ) / Taro Latte (1470kJ) / Green Tea Latte (929kJ) / Red Velvet Latte (1530kJ)

BELGIAN HOT CHOCOLATE | UPSIZE +1.5 6.2
We use Belgian couverture chocolate, high-quality chocolate that contains a higher percentage of cocoa.
White (979kJ) / Milk (1250kJ) / Dark (1080kJ)

MOCHA | UPSIZE +1.5 6.2
We use Belgian couverture chocolate, high-quality chocolate that contains a higher percentage of cocoa.
White (937kJ) / Milk (933kJ) / Dark (924kJ)

BABYCINO (133kJ) 2

EXTRAS

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 5.2
Temperature controlled, brewed to perfection.

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 Assam Tea base & honey (465kJ)

CHILLED BAR

ICED ESPRESSO
Iced Long Black (4kJ) / Iced Latte (1050kJ) 6.6
Iced Coffee (1450kJ) 7.6
Affogato (729kJ) 7

BLENDED 8.8
Coffee (1700kJ) / Chai Latte (910kJ) / Green Tea Latte (908kJ)

BLENDED CHOCOLATE 10
White (3020kJ) / Milk (2957kJ) / Dark (2900kJ)

BLENDED MOCHA 10
White (2110kJ) / Milk (2100kJ) / Dark (2080kJ)

HANDCRAFTED SODA 7
New Zealand Golden Kiwi & Mint (860kJ) / Lychee (712kJ) / Cranberry & Lime (759kJ)

KOMBUCHA & ORGANIC ICED TEA | 350ML

RUBY KOMBUCHA 7
Grapefruit and hibiscus (105kJ)

ZEST KOMBUCHA 7
Lemon and chrysanthemum (105kJ)

SUNNY MORNING 6.5
Ceylon Orange Pekoe Tea with fresh lemon juice & mint (428kJ)

HIBISCUS DAWN 6.5
Liquid Turkish delight (307kJ)

COLD PRESSED JUICE | 350ML 8

STRAIGHT OJ
Freshly pressed orange juice (420kJ)

CLEAN & GREEN
Apple, pear, spinach & kale (581kJ)

FRUITY SMOOTHIE 9

PASSION TANGO DF
Pineapple, passionfruit, banana & mango (1330kJ)

SUMMER SUNSET DF
Pineapple, mango, strawberry & kiwi (1290kJ)

WATERMELON CRUSH DF
Watermelon (589kJ)

STRANANA
Strawberry, banana, milk & honey (1290kJ)

PROTEIN SHAKE | WITH ALMOND OR OAT MILK 11.5

THE ENERGISER | 29G PROTEIN
Kiwi, spinach, avo, pineapple, coconut, banana, chia seed
Almond (1881kJ) / Oat (2069kJ)

BERRY BOOST | 32G PROTEIN
Acaí, gurarana, banana, chia seed
Almond (2322kJ) / Oat (2510kJ)

MILKSHAKE 7
Chocolate (1690kJ) / Vanilla (1540kJ) / Salted Caramel (1470kJ) / Strawberry (1550kJ) / or Banana (1290kJ)
WHEY Protein (502kJ) +2.5 / Make it a THICKSHAKE (1290kJ) +2.5

DF dairy free • The average adult daily energy intake is 8700kJ • Sorry, we can't remove or swap ingredients • 15% public holiday surcharge