# All day menu OPEN 7 DAYS

Order & pay at your table by scanning the QR code.

When placing your order at the Cashier, please mention your table number.

PLEASE NOTIFY OUR STAFF OF ANY ALLERGIES WHEN ORDERING

BACON & EGG ROLL Fried egg, grilled bacon, two hash browns, house-made tomato relish & rocket on a toasted milk bun SWAP TO GF BUN 1.5	MEM   VIS 15.9   17.9
BACON & EGGS (GFO) Two eggs cooked your way, grilled bacon, oven-roasted tomato & toasted sourdough	15.9   17.9
<b>BIG BREAKFAST</b> Two eggs cooked your way, grilled bacon, two hash browns, baked beans, chipolatas, field mushroom, oven-roasted tomato & toasted sourdough	25.9   27.9
EGGS BENEDICT (GFO) Toasted English muffin, wilted baby spinach, poached eggs, béarnaise sauce & crunchy gremolata ADD BACON 6.5   MUSHROOM 5.5   HALLOUMI 6.0	15.9   17.9
SMASHED AVO (V) Toasted pumpkin sourdough, smashed avo, beetroot hommus, pumpkin smash, cherry tomatoes, pickled red onion, goats cheese & dukkah ADD POACHED EGG 2.5   BACON 6.5	23.9   25.9
OMELETTE (GFO) Field mushrooms, cherry tomatoes, baby spinach, red onion & cheese with toasted sourdough & house-made relish	20.9   22.9
<b>BREAKFAST BAGEL</b> Fried egg, grilled bacon, avocado, Swiss cheese, two hash browns & maple aioli	19.9   21.9
ROSTI STACK (V) Potato rosti, beetroot hommus, wilted baby spinach, field mushroom & grilled halloumi with a poached egg, béarnaise & sriracha sauce	21.9   23.9





V = VEGETARIAN
GFO = GLUTEN FREE OPTION
I = IMPORTED SEAFOOD
NO CHANGES TO MENU

ARE YOU A MEMBER?

Join at the cashier when you place your order

Your purchase today will assist saving lives on Kurrawa Beach.

<b>TURKISH EGGS</b> Poached eggs served over creamy garlic yoghurt with fresh herbs, warm chilli butter & toasted Turkish bread	MEM   VIS 16.9   18.9
SHAKSHUKA (V) (GFO) Middle Eastern inspired dish of simmering tomatoes, onion, garlic, eggplant, zucchini, capsicum, spices, poached eggs, goats cheese & toasted sourdough	19.9   21.9
MEXICAN STYLE BREAKFAST BRUSCHETTA  Toasted sourdough topped with a zesty fresh Pico de Gallo mix of diced tomato, red onion, coriander, lime juice & jalapenos, finished with a poached egg & balsamic glaze	16.9   18.9
CANADIAN BREAKFAST Buttermilk pancakes, grilled bacon, fried eggs & maple syrup	19.9   21.9
BUTTERMILK PANCAKES With maple syrup & glazed cherries ADD ICE CREAM 2.0   FRESH BANANA OR STRAWBERRIES 3.0	17.9   19.9
<b>BIRCHER MUESLI (V)</b> Swiss-style Bircher muesli, crushed hazelnuts, mixed berries, apple, berry compote & maple syrup	12.9   14.9
FRUIT TOAST Served with your choice of preserves	7.9   8.9
ACAI BOWL (V) (GFO) With toasted granola & seasonal fruit ADD: PEANUT BUTTER 2.0 • NUTELLA 2.0 • BISCOFF 2.0 COCONUT CHIPS 1.0 • GLUTEN FREE GRANOLA 2.0	17.9   19.9

## **CREATE YOUR OWN**

2.5 Baked beans

Bacon	6.5	Avocado	5.0	Hashbrowns	5.0	Side salad	5.0
Chipolatas	5.0	Halloumi	6.0	Grilled chicken	7.0	House relish	3.0
Duo of eggs	5.0	Field mushroom	5.5	Sourdough toast	5.0	Béarnaise	2.5

5.0 Gluten free toast 6.0 Side of chips 5.0

### **ALL DAY MENU CAESAR SALAD** Cos lettuce, bacon, parmesan cheese, croutons & a poached egg with

creamy Caesar dressing

**ADD: CHICKEN 7.0 • AVOCADO 5.0** 

FISH TACOS (I)

Two flour tortillas with panko-crumbed flathead, cos lettuce, Pico de Gallo, coriander, jalapenos, chipotle mayo & lemon

ADD: CHIPS 5.0

**TOWER 28 BURGER** 

Grilled lean beef patty, fried egg, lettuce, cheese, tomato, beetroot, red onion & BBQ sauce on a milk bun

**ADD: CHIPS 5.0 SWAP TO: GLUTEN FREE BUN 1.5** 

CRAVING Check out our pizzeria menu, suitable for dine-in or takeaway!

REGULAR

4.9

6.0

6.0

6.0

6.1

6.1

6.4

6.0

LARGE

5.4

7.0

7.0

7.0

7.1

7.1

7.4

7.0

#### MEM | VIS

18.9 | 20.9

17.9 | 19.9

19.9 | 21.9

1.0

8.0

1.0

#### SWEET CHILLI CHICKEN WRAP

Crumbed chicken tenders, lettuce, cheese, tomato, red onion

& sweet chilli mayo **ADD: CHIPS 5.0** 

FISH & CHIPS (I)

14.9 | 16.9

Battered Alaskan pollock, crunchy chips, lemon & tartare sauce

**ADD: SIDE SALAD 5.0** 

**BOWL OF CHIPS** 

With aioli

**PANCAKES** 



MEM | VIS

KIDS MEALS

MEM | VIS

FISH FINGERS (I)

MEM | VIS

17.9 | 19.9

9.9 | 10.9

# **DRINKS MENU**

<b>HOT DRINKS</b>	SMALL
LONG BLACK	4.4
LATTE	5.0
FLAT WHITE	5.0
CAPPUCCINO	5.0
MOCHA	5.1
CHAI LATTE	5.1
MATCHA LATTE	5.4
HOT CHOCOLATE	5.0
ESPRESSO	3.5
SHORT MACCHIATO	4.1
LONG MACCHIATO	4.6
PICCOLO	4.3
AFFOGATO	5.8
TEA	3.7

English Breakfast, Earl Grey, Peppermint or Chamomile

**SHOW YOUR MEMBERS CARD FOR 50c DISCOUNT ON ALL COFFEES** 

**EXTRAS** 

Vanilla, Caramel,

**EXTRA SHOT** 

**ALTERNATIVE** 

Oat, Almond, Soy,

Lactose Free

**SYRUPS** 

Hazelnut

MILK

**COLD DRINKS** 

**ICED LONG BLACK** 

CHICKEN NUGGETS

**ICED LATTE** 6.2 | 7.2 **ICED CHAI** 6.7 | 7.7 7.9 | 8.9 **ICED MATCHA** STRAWBERRY ICED MATCHA 9.5 | 10.5

6.7 | 7.7 **ICED MOCHA ICED COFFEE** 8.0 | 9.0 **ICED CHOCOLATE** 

**MILKSHAKES** Chocolate, Strawberry,

8.0 | 9.0

MEM | VIS

5.0 | 6.0

6.5 | 7.5 Vanilla, Caramel

**ADD: PROTEIN 2.5** 

**SMOOTHIES** 

**MEM 11.0 | VIS 12.0** 

BANANA

Banana, froyo, honey, cinnamon & milk **ADD: DOUBLE ESPRESSO 1.4** 

**PEANUT BUTTER, NUTELLA, BISCOFF 2.0** 

REBOOT

Mango, pineapple, banana, passionfruit & apple juice

VITALITY

Strawberries, mango, raspberries, goji berries & apple juice

**ADD PROTEIN 2.5** 

FRESH JUICE MEM 11.0 | VIS 12.0

**CHOOSE UP TO 5 FRUITS** 

Orange, apple, pineapple, watermelon, carrot, ginger, celeru, beetroot, mint, lemon, cucumber