

# BREAKFAST MENU

## FULL BREAKFAST

### EGGS ON TOAST | 11.0

Eggs your way served with sourdough toast.  
(See the extras menu & build your own breakfast)

### BACON & EGGS | 15.5

Eggs your way, bacon, sourdough toast & tomato relish

### BREAKFAST ROLL | 11.5

Fried eggs, crispy bacon & tomato relish in a brioche bun

### ZUCCHINI SMASH | 17.5

Braised Zucchini smash, poached eggs, house baked beans, sourdough toast

### BLUE SWIMMER | 19.5

Blue swimmer crab scrambled eggs with chilli, shallots, cherry tomatoes, sourdough toast

### OMELETTE | 19.0

Traditional Omelette served with sourdough toast, with any 4 of the following ingredients.  
Ham | Cheese | Tomato | Bacon | Onion | Spinach | Fetta

### SMASHED AVOCADO | 21.5

Poached eggs, smashed avocado, charred corn, salsa, haloumi, roasted beetroot relish, sourdough toast

### PEPPERONATA | 18.5

Pork sausage, romesco sauce, fried eggs, rocket, sourdough toast

### SALMON BAGEL | 18.5

Smoked salmon, poached eggs, red onion, lemon cream cheese, capers

### GRANOLA | 17.5

House made biodynamic granola, Greek yogurt, fresh strawberries, orange blossom syrup

### RICOTTA PANCAKES | 19.5

House made ricotta pancakes, Nutella, mascarpone custard, pistachio & amaretto crumble

## SOMETHING LIGHTER

### TOAST | 5.5

Toasted Italian sourdough bread served with butter & your choice of;

#### VEGEMITE

#### STRAWBERRY JAM

#### MARMALADE

#### NUTELLA

#### HONEY

#### APRICOT JAM

#### PEANUT BUTTER

### RAISIN TOAST | 6.5

Toasted Artisan sourdough fruit toast served with butter

### CROISSANTS

Toasted croissants with your choice of fillings.

#### PLAIN - 6.0

#### CHEESE - 7.0

#### HAM & CHEESE - 8.5

#### HAM, CHEESE & TOMATO - 9.0

## BREAKFAST EXTRAS

BACON (TWO RASHERS)	4.5
SPINACH	3.0
MUSHROOMS	3.5
PORK SAUSAGE	4.5
SMOKED SALMON	4.5
TOMATOES	3.5
HALOUMI	4.0
AVOCADO SMASH	4.0
GLUTEN FREE BREAD	2.5
EGG	2.5

**BREAKFAST AVAILABLE MONDAY TO FRIDAY  
FROM 7.00-11.45AM**

# SMOOTHIES

## GO BANANAS

BANANA, OATS, HONEY, YOGURT & SOY MILK

## COCO MANGO

MANGO, MANGO SORBET & COCONUT MILK

## SMOOTHIE SPECIAL

ASK ABOUT OUR SEASONAL SMOOTHIE SPECIALS, SUBJECT TO AVAILABILITY

# COLD PRESS JUICES



## GREEN WITH ENVY

APPLE, CELERY, KALE, PINEAPPLE, CUCUMBER & GINGER

## VITAMIN A+C BOOSTER

ORANGE, CARROT & GINGER

## JUICE SPECIAL

ASK ABOUT OUR SEASONAL JUICE SPECIALS, SUBJECT TO AVAILABILITY

# MILKSHAKES & THICKSHAKES

Chocolate  
Strawberry  
Vanilla  
Banana  
Caramel  
Coffee

# COFFEES

Espresso	Chai Latte
Macchiato	Dirty Chai
Piccolo	Corretto
Caffe Latte	Espresso Martini
Cappuccino	Iced Latte
Flat White	Iced Long Black
Long Black	Vienna Chocolate
Mocha	Vienna Coffee
Hot Chocolate	Affogato
Italian Hot Chocolate	Frappe

# COFFEE EXTRAS

Mug size | Extra Shot | Decaf  
Skim | Zymil | Bonsoy | Almond Milk | Oat Milk  
Flavoured Coffee - Vanilla | Hazelnut | Caramel  
Whipped Cream

# TEAS

CUP of Tea | MUG of Tea | POT of Tea for One

ENGLISH BREAKFAST | GREEN | CHAI | EARL GREY | COCONUT | PEPPERMINT | CHAMOMILE | GINGER, LEMONGRASS, ECHINACEA + WHITE TEA

At Est Ovest our TEA of choice is

## « TEA TONIC »

Australia's healthiest tea range, Australian owned & made, Australian certified organic & Unbleached tea bags

# ICED DRINKS

Iced Chocolate  
Iced Coffee  
Iced Mocha  
Iced Latte