

BREAKFAST MENU



FULL BREAKFAST

EGGS ON TOAST | 12.9

Eggs your way served with sourdough toast. [Add Bacon +5.9]
(See the extras on the menu below & build your own breakfast)

BIG-EST BREAKFAST | 28.9

Eggs your way, bacon, mushrooms, cherry tomatoes & a hash brown, served with sourdough toast

BREAKFAST ROLL | 13.9

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

EGGS BENEDICT | 20.9

Poached eggs & grilled ham on toasted sourdough & topped with hollandaise sauce

BLUE SWIMMER | 22.9

Blue swimmer crab scrambled eggs with spicy nduja, onion, cherry tomatoes, parsley & sourdough toast

ITALIAN EGGS | 18.9

Eggs cooked in Napoletana sauce & sourdough toast
[Add Pork Sausage +5.9]

OMELETTE | 22.9

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

SMASHED AVOCADO | 22.9

Poached eggs, smashed avocado, cherry tomatoes, haloumi, roasted beetroot relish, balsamic glaze, sourdough toast

EGGS BOSCAIOLA | 20.9

Poached eggs, mushrooms & chopped bacon in a cream sauce, served on sourdough toast

EGGS ATLANTIC | 23.9

Toasted Bagel topped with smoked salmon, poached eggs, red onion, baby spinach, cream cheese & capers

GRANOLA | 17.9

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

WAFFLES | 22.9

Traditional Belgium Waffles topped with your choice of Nutella & Vanilla Gelato or Maple Syrup & Vanilla Gelato

SOMETHING LIGHTER

TOAST | 6.9

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

VEGEMITE

STRAWBERRY JAM

MARMALADE

NUTELLA

APRICOT JAM

PEANUT BUTTER

RAISIN TOAST | 7.9

Toasted Artisan sourdough fruit toast served with butter

CROISSANTS

Toasted croissants with your choice of fillings.

PLAIN - 7.9

CHEESE - 8.9

HAM & CHEESE - 9.9

HAM, CHEESE & TOMATO - 10.9

FRESH FRUIT SALAD | 12.9

Seasonal fresh fruit salad

[Add natural Greek yogurt +3.0]

BREAKFAST EXTRAS

BACON (TWO RASHERS)	5.9
BABY SPINACH	4.9
MUSHROOMS	3.9
HASH BROWN	4.9
PORK SAUSAGE	5.9
SMOKED SALMON	6.9
CHERRY TOMATOES	4.9
HALOUMI	5.9
AVOCADO SMASH	4.9
GLUTEN FREE BREAD	2.9
EGG	3.9

BREAKFAST AVAILABLE MONDAY - 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 AVAILABILTY

COLD PRESSED 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
Milks - Skim | Lactose Free | Soy | Almond | Oat
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 | GLEW -
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