



## **BREAKFAST**

UNTIL 11:45AM

### **Eggs Benedict**

Poached eggs, wilted spinach & hollandaise

On sourdough V 18

On corn & zucchini fritters GF V 23

Add bacon 4

Add smoked salmon 6

### **Green Bowl**

Sautéed kale & spinach, quinoa with pickled red cabbage, carrot & miso dressing, sprouts, smashed avo, toasted seeds & 2 poached eggs V GF VGP 20

### **Breaky Chilli Dog**

Chipolata sausage, Oceans hot sauce, aioli & pecorino *"not to spicy, but you can crank it up"* 16

### **Brekky Bruschetta**

Poached eggs, smashed avo, marinated feta, sliced tomato, basil oil & almond dukkha on wholemeal miche V GFP 19

Add bacon 4

### **Mushroom & Halloumi Stack**

Baked field mushrooms on potato rosti, wilted spinach, topped with with halloumi, chermoula & toasted seeds V GFP 23

Add poached egg 3

### **Surfer's Wrap**

Bacon, fried egg, halloumi, spinach, sliced tomato, smashed avo & aioli 19

### **Ricotta Pancakes**

Thick ricotta pancakes, mascarpone, seasonal berries & maple syrup V 22

Add bacon 4

### **Oceans Waffles**

Belgian waffles, mascarpone, maple syrup & seasonal berries V 22

Add bacon 4

### **Bacon & Egg Roll**

Bacon, fried egg & choice of sauce GFP 9.5

Add cheese 1

Add smashed avo 3

Add hash brown 3

### **Garden Omelette**

Three eggs, cherry tomatoes, goat's cheese with wild rocket, fresh chilli & basil oil V GFP 23

### **Corn & Zucchini Fritters**

Stacked fritters, 2 poached eggs, smashed avo, labna, chilli jam & basil oil V GF 23

### **Acai Bowl**

Sorbet style Acai, house made nutty granola, shaved coconut & seasonal fruits GFP VGP 16

### **Bircher Museli**

Rolled oats soaked in almond milk, dried fruit, served with natural yoghurt, julienne apple, passionfruit & almonds V VGP 19

## **FOR THE MINI**

JUST FOR THE LITTLE GUYS 12 & UNDER ONLY

### **Kids Eggs & Toast**

1 egg cooked your way on sourdough V GFP 9.5

Add bacon 4

Add hash brown 3

### **Kids Bacon & Egg Roll**

Bacon, fried egg, tomato sauce GFP 9.5

### **Kids Ricotta Pancakes**

Thick pancake, nutella, seasonal berries 12

## **Oceans Big Breakfast**

Eggs your way, bacon, chipolata sausage, roast cherry tomatoes, wilted spinach, sauteed mushrooms, hash brown & sourdough 28

## **BUILD YOUR OWN**

### **Toast**

Sourdough or wholemeal miche served with honey, raspberry jam or vegemite 9.5

Gluten free or turkish bread add 1

### **Eggs & Toast**

Eggs your way, sourdough or wholemeal miche 15

Gluten free or turkish bread add 1

### **Extras**

Hash brown, chilli jam, roast cherry tomatoes, extra egg, wilted spinach 3 each

Chipolata sausage, bacon, smashed avo, marinated feta, fritter 4 each

Smoked salmon, sauteed mushrooms, halloumi 6 each

NO SUBSTITUTIONS

Please advise staff of all allergies and dietary requirements

**Check out the cabinet for something small and delicious**

[www.oceansnarrabeen.com.au](http://www.oceansnarrabeen.com.au)

V = VEGETARIAN VG = VEGAN GF = GLUTEN FREE P = POSSIBLE

# OCEANS

NARRABEEN

## TO DRINK

### Barista

Short black, piccolo, macchiato 4.5  
Flat white, cappuccino, latte, long black,  
hot chocolate, mocha, chai latte,  
iced latte, iced long black sml 4.5 lrg 5  
Oceans Magic - double ristretto 3/4 latte 5  
Prana chai tea, turmeric Latte 6  
Cold brew 6

Bonsoy/almond/oat 1  
Decaf 1  
Extra shot .5  
Vanilla/hazelnut/caramel .5

Affogato; double shot with ice-cream 9

English breakfast, earl grey, peppermint, oriental  
jasmine green, honey dew green, lemongrass &  
ginger, oolong rose, chamomile blossom 5

### Water

Purezza sparkling unlimited per person 5

### Cold Pressed Juice

SUMMER BERRY  
Strawberry, lemon, apple & mint 9.5  
C MONSTER  
Orange, apple, carrot, ginger & turmeric 9.5  
DAILY GREENS  
Kale, apple, cucumber, celery, pineapple, spinach,  
ginger & lime 9.5

### Kids Juice

Orange, apple 6

### Soft Drinks

Coke, diet coke, coke zero, fanta, sprite, solo,  
creaming soda 5  
Bundaberg ginger beer 6

### Spider

Soft drink with a scoop of ice-cream 8

## FOR THE ADULTS FROM 10AM

### Bailey's Milkshake

Shot of Bailey's, chocolate syrup or coffee shot,  
milk, ice-cream 16

### Margarita

Tequila, cointreau, lime with a salt rim 19

### Aperol Spritz

Aperol, Prosecco, soda, fresh orange 16

### Mimosa

Prosecco & orange juice 13

## MILK BAR

AVAILABLE TILL 5PM

### Milkshakes

Chocolate, strawberry, caramel, vanilla, coffee 8.5  
Kids size 7.5

### Thickshakes

Chocolate, strawberry, caramel, vanilla, coffee 9

### Iced Drinks

Coffee, mocha, chocolate, chai 9

### Smoothies

Banana, mixed berry or mango  
Made with milk, ice cream and yoghurt 9  
Kids size 7.5

### Chi Smoothie

Lemon, mango, banana, spirulina, spinach 9.5

### Acai Smoothie

Acai berry, banana and apple juice 10

### Frappes

Mixed berry or mango DF  
coffee, chocolate, mocha with whipped cream 9.5

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requirements

[www.oceansnarrabeen.com.au](http://www.oceansnarrabeen.com.au)

10% surcharge sun days & 15% public holidays  
Credit charges apply