

OCEANS BREAKFAST

UNTIL 11:45AM

EGGS BENEDICT

2 poached eggs, wilted spinach, hollandaise sauce on sourdough V 20
on corn & zucchini fritters GF V 24.5
add bacon 4
add smoked salmon 6

AVO-LICIOUS

smashed avo on sourdough topped with a salad of spinach and wild rocket, cherry tomatoes, spicy seeds, mung bean, raspberry vinaigrette VG 19
add 2 poached eggs 6

OCEANS BIG BREAKFAST

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

BREKKY BRUSCHETTA

2 poached eggs, smashed avo, marinated feta, sliced tomato, basil oil, almond dukkha on wholemeal miche V 22
add bacon 4

GOURMET STEAK WRAP

tender steak, caramelised onion, roasted red capsicum, cheddar cheese, rocket, aioli, wrapped in a toasted tortilla, side of mushroom sauce 22
add hash brown 3

SURFER'S WRAP

bacon, fried egg, halloumi, spinach, sliced tomato, smashed avo, aioli 21

BACON & EGG ROLL

bacon, fried egg, choice of aioli, bbq or tomato sauce 11.5
add cheese or chilli jam 1
add smashed avo 3
add hash brown 3

CHILLI SCRAMBLE

scrambled eggs cooked with chilli flakes & parsley on sourdough with manchego & chilli oil V 22

WILD MUSHROOM OMELETTE

french style with 3 eggs, sautéed mix mushroom, spinach, topped with truffle herbs, ricotta, rocket & basil oil V GF 24
add sourdough 2

CORN & ZUCHHINI FRITTERS

stacked fritters, 2 poached eggs, smashed avo, labneh, chilli jam, basil oil V GF 24
add bacon 4

OCEANS SHAKSHUKA

2 poached eggs in a rich fragrant sauce of chickpeas, red capsicum & roast tomatoes topped with feta served with pita & labneh GF 22
add la boqueria chorizo 5

RICOTTA PANCAKES

thick ricotta pancakes, mascarpone, seasonal berries, maple syrup V 24
add bacon 4

OCEANS WAFFLES

belgian waffles, mascarpone, maple syrup & seasonal berries V 22.5
add bacon 4

ACAI BOWL

sorbet style acai, granola, shaved coconut & seasonal fruits VG 18
add nutella 2
add peanut butter 2

GRANOLA BOWL

oats, almonds, honey, coconut, sesame seeds, cranberries, apricots, greek yoghurt, almond milk, seasonal fruits, raspberry coulis V 19.5

FOR THE MINI'S

JUST FOR THE LITTLE GUYS 12 & UNDER ONLY

KIDS EGGS ON TOAST

1 egg cooked your way on sourdough V 10
add bacon 4
add hash brown 3

KIDS PANCAKES

thick pancake, nutella, seasonal berries 16
add bacon 4

BUILD YOUR OWN

TOAST

sourdough or wholemeal miche served with honey, raspberry jam or vegemite 10
gluten free or turkish bread add 1

EGGS & TOAST

eggs your way, sourdough or wholemeal miche 16
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
la boqueria chorizo 5 each
smoked salmon, sauteed mushrooms, halloumi 6 each

TREAT YOURSELF

finish your breakfast with something sweet from our cabinet!

10% surcharge on Sundays & 15% on public holidays
V=vegetarian | VG=vegan | GF=gluten free | DF=dairy free
Please advise our staff of any dietary requirements or allergies. While we take every care, our kitchen handles nuts, seafood, shellfish, sesame, wheat, eggs and dairy. The decision to consume a meal is at the responsibility of the diner.

TO DRINK



COFFEE AND HOT DRINKS

small 5.5 | large 6.5

flat white, cappuccino, latte, long black,
mocha, hot chocolate, chai latte, dirty chai
short black, piccolo, macchiato 5.5

SPECIALTIES

iced latte, iced long black, oceans
magic 6.5

prana chai tea, tumeric latte 7.5
japanese matcha (hot or iced) 8
cold brew 7.5

COLD FOAM

iced long black with sweet cream cold
foam 10
choice of *chocolate, vanilla or caramel*

UPGRADES

bonsoy, almond, oat +1
decaf +1
extra shot +1
vanilla, hazelnut, caramel +0.5

LOOSE LEAF TEA

english breakfast, earl grey,
peppermint, oriental jasmine green,
lemongrass & ginger 5.5

WATER

purezza sparkling unlimited per person
3.5

COLD PRESSED JUICE

SUMMER BERRY

strawberry, lemon, apple, mint 9.8

C MONSTER

orange, apple, carrot, ginger, tumeric 9.8

DAILY GREENS

kale, apple, cucumber, celery, pineapple,
spinach, ginger, lime 9.8

KIDS JUICE

orange, apple, cranberry or pineapple 6.5

SOFT DRINKS

coke, diet coke, coke zero, fanta, sprite,
solo, creaming soda 6.5
bundaberg ginger beer 7.5

SPIDER

soft drink with a scoop of ice-cream 9.8

OCEANS MOCKTAILS

BERI-DELICIOUS

mixed berries, grenadine, fresh lime, mint,
cranberry juice, soda 12

PASSION PUNCH

passionfruit, pineapple, fresh lime, mint,
simple syrup, soda 12

VIRGIN MOJITO

lime juice, simple syrup, fresh mint, soda 12

FOR THE ADULTS

FROM 10AM
ASK OUR STAFF TO SEE FULL DRINK MENU

MORNING BUBBLES

colli vincentini prosecco, Italy 14

MIMOSA

prosecco, orange juice 18

MILK BAR

OCEANS SHAKE

chocolate, strawberry, vanilla, caramel
or coffee 9.75
kids size 9

ICED DRINKS

coffee, mocha or chocolate 9.75

SMOOTHIES

BANANA, MIXED BERRY OR MANGO
with milk, ice cream and yoghurt 9.75
kids size 8

ACAI SMOOTHIE

acai, banana, water 10

FRAPPES

MIXED BERRY OR MANGO (DF)
made with ice and apple juice
COFFEE, CHOCOLATE, MOCHA OR CHAI
made with milk, ice cream, ice and
whipped cream 9.75

OCEANS

NARRABEEN

10% surcharge on Sundays & 15% on public holidays
V=vegetarian | VG=vegan | GF=gluten free | DF=dairy free
Please advise our staff of any dietary requirements or allergies. While
we take every care, our kitchen handles nuts, seafood, shellfish, sesame,
wheat, eggs and dairy. The decision to consume a meal is at the
responsibility of the diner.