### 7.00AM - 11.30AM <br> please pay a order at the counter

Thick Cut Toast (2)
White or Wholemeal
Raisin, Turkish, Sourdough
Choice of 1 Spread: Strawberry Jam, Blueberry Jam,
Vegemite, Peanut Butter, Honey or Nutella
Extra Spread \$0.50 each
House-made Toasted Banana Bread
With Berry Butter
GF Banana Bread
With Butter

Toasted Pear \& Raspberry Bread
With Berries \& Yoghurt

House-made Granola GF
Served with milk, honey yoghurt \& seasonal fruit Specialty milks add $\$ 1.00$

## Acai Bowl GF DF

Topped with seasonal fruits \& house-made granola Add Peanut Butter \$2.00

## Croissant

Butter with Strawberry or Blueberry jam
Ham \& Cheese

Breakfast Bagel
Schmear of cream cheese, pesto, bacon, fried egg, avocado \& spinach

## Bacon \& Egg Roll GFA

With choice of Sauce: BBQ, Tomato, Chilli Jam or Relish

Bacon \& Free Range Eggs GFA
On toasted sourdough. 2 Eggs: Poached, Scrambled or Fried

## Free Range Eggs GFA

On toasted sourdough. 2 Eggs: Poached, Scrambled or fried

## Seasalt Big Breakfast GFA

2 rashers of bacon, 2 free range eggs, grilled
tomatoes, chipolata sausages, mushroom, toasted
sourdough \& hashbrowns
Eggs: Poached, scrambled or fried

## Smashed Avo GFA

Avocado on sourdough with rocket, tomato \& onion salsa, feta, poached egg \& balsamic glaze

## Hashbrown Stack

Hashbrown, avocado, rocket, bacon, poached egg \& balsamic glaze

Eggs Benedict
$\$ 5.00$
\$5.50

Poached eggs on english muffins, baby spinach, topped with hollandaise sauce
With Ham
With Bacon $\$ 24.00$
With Salmon

## Sautéed Mushroom GFA

Grilled mushroom in garlic butter \& Dukkah with Spanish onion, baby spinach topped with poached egg. Served with toasted sourdough

## Paleo Stack GF

Seasonal Vegetables topped with poached egg, feta \& balsamic glaze
Add Avocado
Add Bacon \$4.00
Add Smoked Salmon

## Corn and Zucchini Fritter

Deep Fried Fritter served with bacon or smoked salmon. With a poached egg, on a bed of spinach topped with hollandaise sauce

## Belgium Waffles

Topped with ice cream, banana \& strawberries
Choice of salted caramel sauce or chocolate fudge

Ham, Cheese \& Tomato Omelette
Served with toasted sourdough

Share Plate
(Extra Plate \& Cutlery for a shared main meal)

SIDES
Change to GF Bread or Roll
Grilled Tomato, Egg \& Feta, Baked Beans,
Chipolata Sausages(3), Hash Browns(2)
Mushroom, Avocado, Bacon, Ham

Haloumi, Smoked Salmon

## KIDS BREAKFAST

12 years \& under
*all kids meals come with water, popper or kids milkshake (add 80c for specialty milk)

## Bacon \& Egg

Rasher of bacon, poached or fried egg on thick cut toast
Scrambled Egg + \$2.00

## Chipolata Sausages

With poached or fried egg on thick cut toast
Scrambled Egg + \$2.00

## Waffle

With ice cream \& your choice of chocolate, caramel,
11.30AM-2.00PM

Entree
Garlic Bread
Add Cheese
Coconut Prawns (5)
With Mango Salsa
Brushetta
Toasted Turkish topped with Pesto, Diced tomato \& onion, Feta. With Balsamic glaze.

Plate of Fresh Prawns (8)
With seafood sauce \& lemon
Freshly Shucked Oysters
1 dozen
$1 / 2$ dozen
Add Mornay, Kilpatrick or Asian ( $1 / 2$ dozen)
Add Mornay, Kilpatrick or Asian (1 dozen)
Sides - With Choice of Sauce: BBQ, Tomato, Aioli

Small Chips
Large Chips
Sweet Potato Fries with Aioli
Mains
Share Plate - Extra Plate \& Cutlery for a shared main meal)

Seasalt Salad GF, N
Mixed Salad with feta, roasted sweet potato, sundried tomato, roasted almonds \& Seasalt special dressing.
Add your choice of one: Fresh Prawns (5), Salt and Pepper Squid (5), Halloumi, Smoked Salmon, or Grilled Chicken.

Prawn \& Avocado Salad
Fresh Garden Salad with Prawn, Avocado \& Seafood Sauce

Quiche of the Week GFA
with your choice of chips or salad
Pasta of the Week
Check out our specials boards
Pulled Pork Tacos
Soft Shell with carrot, onion, dry slaw with bbq marinated pulled pork. Topped with aioli \& crispy fried shallots

From the Paddock
Chicken Schnitzel or Chicken Breast
Burger GFA
Chicken Schnitzel, lettuce, Swiss cheese, tomato, green tomato relish, Aioli sauce \& Chips
Add Avocado
Add Bacon

Black Angus Beef Burger GFA
$100 \%$ beef, lettuce, cheese, tomato, beetroot, caramelised onions, green tomato relish, BBQ sauce \& chips

Scotch Fillet Steak Sandwich on Turkish GFA
Lettuce, tomato, beetroot, caramelised onion, BBQ sauce aioli sauce \& chips
$\qquad$

PLEASE PAY \& ORDER AT The COUNTER
$\$ 8.00$ From the Sea
$\$ 2.00$ Catch of the Day
$\$ 17.00$ Check out our specials boards
Served with Salad \& Chips
Salt \& Pepper Squid
Fresh deep fried squid served with garden salad, sweet chilli \& aioli sauce, chips \& lemon

Battered Flathead Fillets \& Chips
Served with fresh garden salad, tartare sauce \& lemon

Grilled Barramundi GF, N
Served with mixed lettuce, cucumber, honey walnuts,
$\$ 29.00$

Grilled Teriyaki Salmon
$\$ 6.00$ Served with Rice \& Seasonal Vegetables
$\$ 30.00$
Seafood Basket
Prawn twister, salt and pepper squid, flathead fillet, prawn cutlet, chips, tartare sauce \& lemon.
Add a garden salad
Seafood Platter for 2
Fresh Oysters, Fresh Prawns, Fresh Bugs, Grilled
$\$ 120.00$ Barramundi, Smoked Salmon, Salt \& Pepper Squid, Fresh Seasonal Fruit, Seasalt Salad, condiments, lemon \& chips

Corn \& Zucchini Fritter
Deep Fried Fritter, Topped with smoked salmon, sour-cream, \$23.00 tomato \& onion salsa. On a bed of lettuce \& sweet chilli sauce

Seafood Chowder
Served with squid, salmon, mussels, prawn \& spinach in a
$\$ 29.00$
$\$ 16.00$

Price Varies
Prawn Mornay Crepe
Prawns in a white wine, cheese sauce topped with parmesan Cheese. Served with a garden salad
$\$ 24.00$

Smoked Salmon Bagel
$\$ 17.00$

Kids Lunch
12 years \& Under
*Kids meals come with water, popper or kids milkshake \& a chuppa chup or Zooper Dooper
Chicken Nuggets \& Chips
Fish Pieces \& Chips
Junior Cheese Beef Burger \& Chips
\$15.00
$\$ 15.00$
$\$ 15.00$
$\$ 22.00$

## Hot Beverages

## Loose Leaf Tea

English Breakfast, Earl Grey, Chai,
Blue Magic, Turmeric/Ginger, Berry
Green or G.L.E.W

Tea bags
English Breakfast, Earl Grey,
Peppermint, Chai, Chamomile or
Green Tea

## Coffee

Cappuccino, Flat White, Latte, Long
Black, Short Black, Chai, Piccolo, Hot
Chocolate or Macchiato

Specialty Coffee
Mocha, White Chocolate, Iced Latte, Turmeric, Matcha, or Dirty Chai

## Extras

Shot of Coffee
Specialty Milks
Soy, Almond, Lactose Free, Coconut
or Oat
Syrups
Caramel, Vanilla, Hazelnut
Malt
$\$ 0.80$
$\$ 0.80$
$\$ 0.80$
$\$ 0.80$
$\$ 1.50$
Baby Chino

Cold Pressed Juice

- Orange
- Cloudy Apple
- Orange \& Pineapple
- Pineapple \& Lemon
- Carrot \& Ginger
- Watermelon, Apple \& Pear
- Kale, Cucumber \& Celery
- Beetroot \& Apple
$250 \mathrm{ml} \$ 7.00$
1 Litre $\$ 22.00$


## Chilled Beverages

Real Iced Coffee/Iced Chocolate<br>With Ice Cream \& Whipped Cream<br>Iced Fruit Frappe DF<br>Tropical, Strawberry Mint, Watermelon,<br>Sunrise or Greens

Fruit Smoothie
Banana, Mango, or Mixed Berry

## Milkshake

Strawberry, Vanilla, Chocolate, Caramel,
Banana, Lime or Coffee (80c extra)

## Thick Shake

Strawberry, Vanilla, Chocolate, Caramel, Banana, Lime or Coffee (80c extra)

## Kids Milkshake

Strawberry, Vanilla, Chocolate, Caramel, Banana, Lime

Specialty Milks in Chilled Beverages

## Cascade Sparkling Water

Lemon Lime Bitters or Ginger Beer

Sparkling Mineral Water
Mount Franklin
Small
Large
\$3.50

Soft Drink
Can
Bottle

## Kombucha

Variety of Flavours Available

## PLEASE PAY G ORDER AT THE COUNTER AVAILABLE FROM 10.00AM

Cassegrain Wines
Cassegrain Stone Circle,
Sparking Blanc de Blanc

Cassegrain, Season Spring
Rose

Cassegrain Stone Circle,
Semillon Sauvignon Blanc

Cassegrain Stone Circle,
Chardonnay

Cassegrain, Stone Circle,
Merlot

Cassegrain, Stone Circle,
Shiraz Viognier

Cassegrain Reserve, Falerne,
Cabernet Sauvignon/Merlot

## WHITE WINE

Rothbury Estate Semillion
Sauvignon Blanc, S.E Aust

Rothbury Estate Chardonnay
S.E Aust
$\$ 8.50 \quad \$ 10.50 \quad \$ 28.00$

Juliet Pinot Grigio, S.E Aust $\$ 9.00 \quad \$ 11.00 \quad \$ 30.00$

821 South Sauvignon Blanc,
Malborough, NZ

Hargots Plate Moscato, W.A \$8.50 \$10.50 \$28.00
Lindemans Early Harvest
Chardonnay. Low Alcohol
S.E Aust

## RED WINE

Rothbury Estate Cabernet
$\$ 28.00$
Merlot, S.E Aust

Rothbury Estate Little Berry
Shiraz, McLaren Vale, SA

BOTTLE
$\$ 33.00$
$\$ 36.00$
$\$ 9.50 \quad \$ 35.00$
$\$ 9.50 \quad \$ 35.00$
$\$ 9.50$
$\$ 37.00$
$\$ 9.50$
$\$ 38.00$
$\$ 59.00$

## SPARKLING WINE

Rothbury Estate Sparkling Cuvee, S.E
Aust. 750 ml

YellowGlen Sparkling White, S.E Aust. 200 ml

YellowGlen Sparkling Pink Rose, S.E Aust. 200 ml

BEER \& CIDER
Wicked Elf Pale Ale
Wicked Elf Endless Summer $\$ 9.00$
Stone \& Wood Pacfic Ale $\$ 9.00$

Corona
Carlton Dry $\quad \$ 8.00$
Great Northern $\$ 7.50$
Coopers Light $\$ 7.00$
Monteith Apple Cider $\$ 7.50$
Bucket of Coronas (4) $\$ 30.00$

## SPIRITS

Selection of Spirits \& Liquors available at the bar


## COCKTAILS

Strawberry Daiquiri
Mango Daiquiri
Espresso Martini
Mojito
Fruit Tingle
Vodka Fruit Frappe
Choice of one: Tropical, Sunrise, Strawberry Mint or Watermelon

## MOCKTAILS

Strawberry Daiquiri
ALL $\$ 10.00$
Mango Daiquiri


# COCKTAIL MENU 

PLEASE PAY G ORDER AT THE COUNTER AVAILABLE FROM 10.00AM
$\$ 16.00$
EACH

## Strawberry Dalaulri MANGO DAIQUIRI ESPRESSO MARTINI

 FRUIT Tingle MOJITO VODKA FRUIT FRAPPECholce of one:tropical, sunrise, strawberry mint or watermelon
(0) seasalt_portmac
f Seasalt cafe \& resturant port macquarie

