

# BREAKFAST

## HOME BAKED CROISSANT (V)

Served with butter & homemade strawberry jam

## BANANA BREAD (V)

Toasted & served with fresh ricotta & honey

## TOAST (GFO,V)

White, Artisan Sourdough, Soy Linseed & Quinoa Sourdough or Gluten Free Bread.  
Served with butter & jam, marmalade, vegemite or honey

## HAM & CHEESE CROISSANT

Double-smoked ham & cheddar cheese

## SEASONAL FRUIT BOWL (VEO)

Mixed seasonal fruits topped with vanilla infused Greek style yoghurt

## ROCKS CAFÉ ORGANIC GRANOLA (V)

Maple-roasted oats, mixed nuts & seeds topped with vanilla infused Greek style yoghurt & mixed berry compote

## MIXED SEEDS & OATS PORRIDGE (VE)

Chia seeds, sunflower seed, rolled oats, almond milk, caramelised dates, almond & canadian maple syrup

## THE ROCKS CAFÉ RICOTTA HOTCAKES (V)

Fresh strawberries, blueberry jam & mascarpone with Canadian pure maple syrup

## AVOCADO ON TOAST (VEO,GFO)

Soft poached egg, avocado, feta & tomato salsa on soy linseed & quinoa sourdough

## EGGS ON TOAST (GFO,V)

Two eggs, your choice of scrambled, fried or poached with grilled tomato on toast

## MUSHROOM ON TOAST (GFO,V)

Roasted mushroom, soft poached egg, grana padano, grilled tomato & truffle oil on sourdough.

## 6.5 EGGS FLORENTINE (GFO,V)

Soft poached eggs on an English muffin with wilted spinach & hollandaise sauce

## 10.5 HAM BENEDICT (GFO)

Soft poached eggs on an English muffin with double-smoked ham, wilted spinach & hollandaise sauce

## 6 SALMON ROYALE (GFO)

Soft poached eggs on an English muffin with Tasmanian smoked salmon, wilted spinach, baby capers & hollandaise sauce

## 12.5 ZUCCHINI, CARROT & SWEET CORN FRITTER (V)

Soft poached egg, crushed avocado, grilled tomato & house relish

## 14 OMELETTE (GFO,VO)

Smoked salmon, asparagus, zucchini, basil & goats cheese

## 16 THE ROCKS CAFÉ BREAKFAST BURGER (GFO)

Maple glazed smoked bacon, fried egg, cheddar, rocket & house relish

## 17 BREAKFAST HEALTH BOWL (GF)

Tasmanian hot smoked salmon, avocado, quinoa, spinach, tomato, toasted papitas, pickled radish with fresh herbs & butter milk dressing

(All eggs are free range)

## 17 ADDITIONAL ITEMS (EACH)

Egg, Grilled Tomato, Wilted Spinach, Toast

Ricotta, Feta, Cheddar, Haloumi or Goats Cheese

Roasted Mushroom, Crushed Avocado, Bacon

Pork & Fennel Sausage, Smoked Ham

13.5 Tasmanian Smoked Salmon

20

V | Vegetarian

VO | Vegetarian option available

VE | Vegan

VEO | Vegan option available

GF | Gluten free

GFO | Gluten free option available

16

21

22

20

22

14

23.5

3

3.5

4

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