

BREAKFAST

HOME BAKED CROISSANT (V) Served with jam	6
BANANA BREAD (V) Toasted, with ricotta	9.5
TOAST (GFO, V) White, sourdough, soy linseed & quinoa sourdough or gluten free bread. Served with butter & jam, marmalade, vegemite or honey	5.5
HAM & CHEESE CROISSANT Double-smoked ham & cheese	11
MIXED SEEDS & OATS PORRIDGE (VE) Chia seeds, sunflower seeds, rolled oats, toasted almond, caramelized dates, almond milk and maple syrup	14
THE ROCKS CAFE RICOTTA HOTCAKES (V) Served with ricotta, fresh strawberries & maple syrup	16
AVOCADO ON TOAST (VEO, GFO) Crushed avocado, a soft poached egg, feta cheese, grilled tomato on soy linseed & quinoa sourdough	18
ROASTED MUSHROOM (GFO, V) Soft poached eggs, wilted spinach, grilled tomato, parmesan & truffle oil and toast	18
BREAKFAST BURGER (GFO) Bacon, fried egg, tomato, cheese & house relish on a brioche bun	14
EGG FLORENTINE (GFO, V) Soft poached eggs, wilted spinach & hollandaise sauce on an English muffin	14
HAM BENEDICT (GFO) Soft poached eggs, wilted spinach, double smoked ham & hollandaise sauce on an English muffin	19
SALMON ROYALE (GFO) Soft poached eggs, wilted spinach, baby capers, smoked salmon & hollandaise sauce on an English muffin	20
THE ROCKS CAFE CLASSIC OMELETTE (GFO, VO) Double smoked ham, tomato & cheese served with grilled tomato and toast	18
EGGS & TOAST (GFO, V) Two eggs of your choice of scrambled, fried or poached served with grilled tomato & toast	13
EXTRAS (EACH) Egg, grilled tomato, wilted spinach, hash brown	\$3
Roasted mushroom, avocado, bacon, ham	\$5
smoked salmon, grilled chorizo	\$6

V | Vegetarian

VE | Vegan

GF | Gluten free

VO | Vegetarian option available

VEO | Vegan option available

GFO | Gluten free option available