

# BREAKFAST

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### sourdough toast 10

served with butter and your choice of seasonal jam,  
peanut butter, marmalade or vegemite **V / DFA**

### house made granola 18

co-yo, seasonal fruit, chia, toasted nuts + seeds **N / GF / DF / VG**

### choc cherry sunrise bowl 21

blended frozen cherry, banana, strawberry, coconut milk,  
peanut butter topped with fresh banana + toasted coconut flakes  
**DF / VG / N**

### free ranged eggs on sourdough 17

poached, fried, scrambled or soft boiled **DFA / GFA**  
smashed avo +6 (V), bacon +6 (GF),  
spiced pork sausage +6 (GF),  
crispy potato +6 (V/VG/DF),  
snowy river smoked trout +14 (GF/DF)

### bacon + egg roll 19

fried egg, cheese, chilli jam + mayo on a sonoma milk bun **GFA / DFA**  
extra fried egg +3 (GF/DF/V)  
smashed avo +6 (GF/DF/VG)

### fraser isle spanner crab omelette 32

bean sprouts, coriander + oyster sauce **GF / DF**  
rice +6 (GF/DF/V), roti +6 (2PC/V/DFA)  
sourdough +6 (2PC/V)

### son in law eggs 12

soft boiled eggs, fish sauce caramel, sour herbs,  
fresh lime, fried garlic chips + rice **GF / DF**

### breakfast roti 'martabark' 12

dry spiced potato curry + cucumber relish **DF / V / VG**  
soft egg +3 (V)

### prawn congee 32

prawn meat, tom yum broth, green shallot + soft egg **GF / DF / SF**

### brekky bowl 20

crisp soft tofu, pickled papaya, avocado, cucumber, eschalot,  
chilli, herbs + lime dressing **GFA / DF / VGA / VA / N**  
snowy river smoked trout +14 (GF/DF),  
spiced pork sausage +6 (GF), soft egg +3 (V)

### fried rice 18

baby corn, snake beans, egg + green shallot **GF / DF / VGA**  
soft egg +3 (V)

**GF** GLUTEN FREE **GFA** GLUTEN FREE AVAILABLE **V** VEGETARIAN **VG** VEGAN  
**DFA** DAIRY FREE AVAILABLE **N** CONTAINS NUTS **DF** DAIRY FREE  
**VA** VEGETARIAN AVAILABLE **S** SESAME **SF** SHELLFISH

Please be advised we use peanuts and shellfish in our kitchen. Whilst every effort is made to accommodate dietary needs, we cannot guarantee our food will be 100% allergen free, please inform your server if you have an allergy.

FROM 7AM-11.30AM

## PASTRIES

### croissant v 7

### peanut butter cookie v 6

### chocolate brownie v 7

### vanilla slice v 9

lemongrass custard

### pandan lamington v 9

## SWEET THINGS

### banana roti 12

fresh banana + sweet coconut cream **V / DFA**

### caramel coconut cake 16

sweet coconut cream **V / DF**  
scoop of vanilla ice cream +5

## ICED DRINKS

### balmoral mont blanc 8

iced single origin espresso + sweet cold foam

### yuzu cold brew 7

single origin cold brew + yuzu syrup, topped with soda

### matcha cloud 8

coconut water + ceremonial grade matcha cloud

### shaken strawberry matcha 11

iced ceremonial grade matcha + strawberry cold foam

### blueberry + brown sugar matcha 11

iced ceremonial grade matcha, blueberry  
compote + brown sugar cold foam

### iced earl grey 8

iced early grey, fresh lemon + mint

### iced latte 7

allpress espresso, vanilla syrup, ice + milk  
scoop of vanilla ice cream +3

TURN OVER FOR MORE DRINKS

# breakfast

## SMOOTHIES

### AG1 recovery smoothie 13

AG1 supplement, banana, almond milk,  
berries + peanut butter **DF / VG / N**

### balmoral breakfast smoothie 13

banana, date, oats, honey, dairy milk + peanut butter **GF / DFA / N**

ADD SUPPLEMENT TO ANY SMOOTHIE

vanilla whey protein powder 3.5

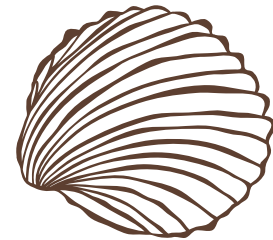
collagen powder 4

## COLD DRINKS

ginger + turmeric  
tombucha' kombucha 9

apple + pomegranate  
tombucha' kombucha 9

fresh young drinking coconut 10



## COLD PRESSED JUICE

straight oj 11  
pineapple + mint 11  
carrot + ginger 11

## SHAKES KIDS 7 / REG 10

strawberry  
milo + chocolate  
vanilla malt

We accept Amex, Visa and Mastercard. 12.5% surcharge on Sunday, 20% on public holidays. 10% Gratuity fee for group bookings of 8+. Please note you will be charged up to 1.54% for Visa and Mastercard and 2.2% for Amex. All menus and pricing are subject to change.

The  
Boat  
house  
BALMORAL  
BEACH