Sump-tion Buffet Breakfast

Available between 6am & 10am

Full Co	38							
Pancakes		French toast	Grilled To	mato	Mushrooms			
Bacon		Pork Sausage	Beef Sausage		Hash browns			
Boiled eggs		Scrambled eggs	Baked beans					
Continental Buffet Breakfast Choose from 28								
Bakery								
Crumpets		Selection of Danish	Croissant		English Muffins			
Bagels		White Bread	Grain Bread		Fruit Loaf			
Cereals								
Granola		Cornflakes	Sultana Bran		Weetbix			
Cold Counte	er							
Cheese selection		Meat selection	Natural Yoghurt		Berry Yoghurt			
Seasonal fruit salad		Berry Shooters	Chia Seed Pudding					
Hot & Cold Drinks								
Coffee		Tea (Harney & Sons)	Orange Juice		Apple Juice			
Iced Tea		Fruit infused Water						
	Baris	rista Coffee (Additional Charge) Re		Regular	Large			
		Black / Long Black / Ameri		5	-			
	Short Macchiato / Long Macchiato			5.5	-			
	Cappuccino / Flat White			6	6.5			
	Latte			-	6.5			
	Mochaccino			6	6.5			
Hot Chocolate				6	6.5			
Chai Latte				6	6.5			

Alternative Milk - Oat, Soy, Almond & Coconut

Coffee Syrup - Caramel, Vanilla & Hazelnut

Coffee Additions

Extra Shot

Sump-tion | A LA CARTE BREAKFAST

Available between 6am & 11am

(gf, vg)

20

Fruit Bowl

Fruit bowt	(gr, vg)	20							
A selection of seasonal fruits with coconut yogh									
Fluffy Pancakes <i>or</i> French Toast									
Served with grilled banana, crispy bacon and maple syrup									
Full Gumption	(gf*)	30							
Two eggs the way you like, bacon, tomato, sausages, mushrooms, hash brown, toasted white bread and baked beans									
Two Eggs the Way You Like	(gf*)	19							
Served with grilled tomato on toasted country grain bread									
Vegan Bircher Muesli	(vg)	19							
Served on coconut yoghurt with oat milk, berries & fruit									
English Porridge	(v, low GI)	20							
Traditional style porridge, cooked in low fat milk with blueberries & cinnamon									
Creamy Mushrooms on Toast	(v, vg*, gf*)	22							
Mushrooms cooked in a light cream sauce served on grilled country grain bread with roquette									
Three Egg Omelette	(gf*)	20							
Served with toasted country grain bread. Choose three fillings: ham, cheese, mushroom, onion, tomato, spinach									
Eggs Benedict	(gf*)	26							
two poached eggs served on English muffin with hollandaise sauce. Choice of the following: shaved ham, smoked salmon or spinach & mushroom									
Barista Coffee	Regular	Large	Additional Sides						
Short Black / Long Black / Americano	5	-	Crispy bacon	9					
Short Macchiato / Long Macchiato	5.5	-	Carrage						
Cappuccino / Flat White	6	6.5	Sausage	9					
Latte	-	6.5	Two fried, size 7 free- range eggs	9					
Mochaccino	6	6.5	Grilled tomato	6					
Hot Chocolate	6 6.5								
Chai Latte	6	6.5	Creamy mushrooms	9					
Coffee Additions		Toast (white, country grain, rye)	5						
Alternative Milk – Oat, Soy, Almond & Coconut		1	Fruit cup	9					
Coffee Syrup – Caramel, Vanilla & Hazelnut		1	·						
Extra Shot		1	Two hash browns	8					