



100% GLUTEN FREE MENU

OPEN MONDAY - FRIDAY 730AM-3PM CLOSED WEEKENDS



ALL-DAY BREAKFAST

Eggs On Toast \$16.9

Choose your favorite style of eggs, served on freshly toasted bread for a simple, satisfying breakfast tailored to your taste

Eggs Benny \$22.5

Dive into our classic poached eggs and homemade hollandaise on crisp sourdough, paired with savory ham for a perfect start.

Smashed Avo \$19.9

Fresh, zesty smashed avocado on crunchy toast, topped with feta and a sprinkle of chili flakes for a vibrant, healthy start to your day.

Bacon & Egg Burger \$17.9

A hearty combo of crispy bacon and a perfectly cooked egg, topped with melting cheese and rich BBQ sauce, all in a soft bun

Build Your Own Breakfast

Start with eggs on toast and build up from there with any of the selections below

- | | |
|-------------------|-----------------|
| Bacon \$5 | Avocado \$5 |
| Chorizo \$5 | Spinach \$4 |
| Smoked Salmon \$6 | Tomato \$4 |
| Tofu \$4 | Fetta \$4 |
| Extra Egg \$3 | Hash Brown \$3 |
| Mushrooms \$4 | Extra toast \$3 |

BUILD YOUR OWN BAGUETTES, SANDWICHES, CLUBS OR BOWLS

Choose from our array of fresh ingredients to build your perfect sandwich, baguette, club, or bowl. Whether you're in the mood for something light and refreshing or a hearty, everything-in-it feast, the power is in your hands. Your ideal meal awaits - crafted by you, for you.

| 1 | 2 | 3 | 4 | 5 | 6 |
|---|---|---|--|--|---|
| Choose your base Sandwich \$14.5 Baguette \$15.5 Club \$17.5 Bowl \$18.5 | Proteins & fats Choose 1 extra \$5 each Avocado, Chicken, Turkey, Smoked Salmon, Tuna, Ham, Bacon, Chorizo, Salami, Falafel, Egg. | Cheese - Choose 1 extra \$2 each Dairy Free, Fetta, Tasty Cheddar, American, Smoked | Base Salad Choose 3 extra \$1 each Tomato, Cucumber, Carrot, Red Onion, Cos Lettuce, Spinach, Mushroom | A Little Extra \$1.5 each Olives, Dill Pickle, Pickled Onion, Pickled Carrot, Sundried Tomato, Roast Capsicum, Jalapenos, Pineapple | Dress it - Choose 1 extra \$1 each Siracha, Blue Cheese, BBQ, Caesar, Thai Dressing, Mayo, Beetroot Relish, Mustard Pickle, Sweet Chili, Hollandaise |
| Includes 1 Protein 1 Cheese 3 Salads 1 Dressing | | | | | |

TOASTIES

Spinach, Cheese, Tomato \$12.5

A deliciously melty mix of fresh spinach, ripe tomatoes, and gooey cheese, grilled to perfection for a comforting bite.

Make it an open grill or add fries \$4

Ham, Cheese, Tomato \$12.5

Savor the classic blend of smoked ham, melted cheese, and juicy tomatoes in this toasty, golden sandwich, a true comfort delight.

Make it an open grill or add fries \$4

Turkey, Cranberry, Cheese \$14.5

Enjoy a delightful mix of tender turkey, sweet cranberry, and rich smoked cheese, all in a crisply toasted sandwich.

Make it an open grill or add fries \$4

Bacon, Salami, Cheese \$14.5

Indulge in a savory blend of crispy bacon, gooey cheese, spicy salami, and sweet caramelized onions in this hearty toastie.

Make it an open grill or add fries \$4

Avocado, Onion, Cheese \$12.5

A vibrant **vegan** delight with creamy avocado, zesty red onion, and sweet chilli, all melted together with dairy-free cheese.

Make it an open grill or add fries \$4



Smoked Salmon \$14.9

SA gourmet twist featuring smoked salmon, red onion, and spinach, layered with creamy feta for a luxurious and flavourful experience.

Make it an open grill or add fries \$4

Italian \$14.9

Savour the flavors of Italy with this sandwich, featuring ham, sun-dried tomatoes, olives, cheese, and fresh spinach for a Mediterranean touch.

Make it an open grill or add fries \$4

Vego \$14.9

A vibrant, **plant-based** delight with marinated tofu, crisp carrot, fresh coriander, and cos lettuce, spiced up with chili paste and a drizzle of sriracha.

Make it an open grill or add fries \$4

SWEET TREATS

Yogurt Cups \$8.5

Creamy yogurt paired with crunchy granola or fresh berries. Check our specials board for today's unique flavor offerings.

House Baked Muffins \$6

Freshly baked daily, our muffins are a treat. Visit the specials board to discover today's unique flavor.



Hearty Sweet Selections

Don't miss our cake fridge, showcasing a tempting array of freshly made, irresistible cakes. Perfect for pairing with your coffee or tea!

- Lemon Meringue
- Caramel Slice
- Cherry Slice
- Donuts
- Brownies
- Banana Bread

Check out today's selections

DRINKS

Fruit smoothie \$12

A selection of smoothies - ask your waiter for the full breakdown of the seasonal available mixes

42 Milkshake flavours \$10

Explore a world of taste with Captain MacGowan's 42 milkshake flavors. From classic to adventurous, there's a delightful choice for everyone!

Make it a Hard Shake add \$8

Iced - Coffee, Chocolate, Mocha \$8.5

Ask staff for the full breakdown of what's available Add Icecream \$1.5

Sparkling water \$5.5 Tea \$4.5

Ask your waiter for the full breakdown of what's available

Coffee

Freshly ground coffee beans brewed to your desired strength
Available Milks:
Full Cream, Skim, Lactose Free

XTRA Shot add \$1

Alt Milk - Almond, Soy, Oat add \$1

- Espresso \$4.5
- Long Black \$5
- Flat White \$5
- Latte \$5
- Cappuccino \$5



Takeaway Coffee
Small \$5 Large \$6



FOODINI

Got allergies or dietary restrictions? That's no problem you can scan the QR code and our Foodini listing will show you exactly what you can order safely, what can be modified and what you should avoid on our menu.