



Sprout Eden All Day Menu

Please inform us if you have any food allergies or intolerances

BIG BREAKFAST 22.50

2 local free range eggs, bacon, wilted spinach, grilled tomato & toast *

BACON & EGGS 18.50

2 local free range eggs with bacon & toast *

EGGS ON TOAST 14.50

2 local free range eggs on toast V *

EGGS BENEDICT 21.50 half serve 13.25

2 local free range eggs, poached & served with warm ham on a toasted panini drizzled with Hollandaise sauce *

EGGS FLORENTINE 21.50 half serve 13.25

2 local free range eggs, poached & served with wilted baby spinach on a toasted panini drizzled with Hollandaise sauce V *

EGGS ROYALE 24.50 half serve 15.50

2 local free range eggs, poached & served with Eden Smokehouse Atlantic salmon gravlax on a toasted panini drizzled with Hollandaise sauce *

BIG DADDY ROLL 21.50

Bacon, sausage, fried egg & hash brown drizzled with house sauces & served in a Turkish roll, with a side of relish

SMALL APPETITE BREAKFAST 10.00

1 local free range egg with a half serve of bacon and 1 slice of toast *

TOAST * or SWEET CROISSANT 7.00

2 slices of sourdough, ciabatta, multigrain or gluten free, or a sweet croissant
Served with butter & local honey, jam or marmalade, real peanut butter or Vegemite

FRUIT TOAST 8.00

2 slices of fruit & nut sourdough or raisin sourdough served with butter or vegan spread

BREAKFAST EXTRAS - add any of the following or make up a plate from:

Eden Smokehouse Atlantic salmon gravlax curl | Eden Smokehouse hot-smoked Atlantic salmon |
Eden Smokehouse Smoked chicken breast 5.00 ea

Bacon | Sausage | Ham | Garlic mushrooms | Local free range egg | Wilted baby spinach |
Avocado 4.00 ea

Grilled or fresh tomato | Local tomato relish | Hollandaise 3.00 ea

BACON & EGG ROLL 16.50

Crispy smoked bacon, soft-fried local free range egg, local relish & grilled tomato in a Turkish roll *

B.L.T. 17.50

Crispy bacon with lettuce & tomato in a Turkish roll, house dressing & garlic mayo *
Add avocado 3.00

GF - Gluten Free V - Vegetarian Items marked * can be made gluten free **More over ...**

BREAKFAST BURRITO 14.50

Scrambled eggs, bacon, grated cheese, tomato & spring onions wrapped in a soft tortilla & toasted

MUESLI PARFAIT 11.00

Local gluten free toasted muesli layered with house fruit compote & yoghurt
GF V Vegan if you chose coconut yoghurt

PANCAKE STACK 13.50 for 3 or kid's serve 10.00 for 2

Topped with house made berry sauce **or** bananas & maple syrup, topped with cream or icecream

SALMON GRAVLAX BRUSCHETTA 22.50 half serve 14.00

Toasted ciabatta topped with house-made salmon pate, Eden Smokehouse Atlantic salmon gravlax, red onion, rocket & garlic mayo *

MUSHROOM BURGER 19.50

"Meaty" big flat mushroom with cheese, burger sauce & dill pickle & crunchy salad in a Turkish roll *

FISH CHOWDER - 22.50

Our famous one! Locally caught white fish, Eden Smokehouse smoked Australian salmon, garnished with their hot smoked Atlantic salmon & served with a slice of buttered toast
Chowder is GF - option of gf toast avail

ATLANTIC SALMON SALAD 23.50

A large salad topped with multiple-award-winning Eden Smokehouse hot-smoked Atlantic salmon
GF

SANDWICH or ROLL * priced according to your choice of fillings

house roasted chicken, leg ham, tasty cheese, salad, egg, salmon, salami, avocado, tomato, lettuce, onion, mayonnaise, tomato relish, toasted or not

MORE SEASONAL SPECIALS - will be displayed on our specials boards**FROM OUR DISPLAY CABINET**

The gorgeous goodies displayed inside our cold cabinet are either made in-house or locally & change so often that we don't get to put them on the menu!

Many items are gluten-free and/or vegan and include:

SAVOURY - a variety of toasted sandwiches/rolls, sandwiches, vegan/vegetable tarts, frittatas, muffins & much more. Add a colourful, crunchy garden salad to any of these items for 6.00.

SWEET - cakes, slices, biscuits - something for everyone! Adding whipped cream is free :)

DRINKS - see the separate drinks menu for our hot and cold beverage choices

If there is something else you would like, we will do our best to meet your request!

Please accept our apologies should your menu choice be unavailable. As almost everything is made on site, when we are exceptionally busy we just can't keep up with having it all at hand!

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