COFFEE/HOT DRINKS

ESPRESSO
One size $3.00

DOUBLE ESPRESSO
One size $3.50

MACCHIATO
Short or Long
One size $3.50

VIENNA
One size $4.50

AFFOGATO
One size $4.50

ICED LATTE/LONG BLACK
REGULAR $4.50 LARGE $5.50

COLD DRIP
REGULAR $4.50 LARGE $5.50

CAPPUCCINO
CUP $4.00 MUG $5.00 TSUNAMI $6.00

LONG BLACK
CUP $4.00 MUG $5.00 TSUNAMI $6.00

FLAT WHITE
CUP $4.00 MUG $5.00 TSUNAMI $6.00

MOCHA
White or Dark Chocolate
CUP $4.20 MUG $5.20 TSUNAMI $6.20

LATTE
REGULAR GLASS $4.00 MUG $5.00 TSUNAMI $6.00

HOT CHOCOLATE
CUP $4.00 MUG $5.00 TSUNAMI $6.00

TEA
English Breakfast, Earl Grey, Sencha, Chai, Lemongrass & Ginger, Forest Berry, Peppermint
$4.50

FLAVOURED LATTE
Lamington or Nutella
REGULAR $5.00 MUG $6.00 TSUNAMI $7.00

CHAI
Seven Spiced Sri Lankan Chai
CUP $4.00 MUG $5.00 TSUNAMI $6.00

PICCOLO LATTE
One size $3.50

BABYCINO
One size $1.00

TAKEAWAY COFFEES ..... LOW(SMALL) $3.50 | HIGH (MEDIUM) $4.50 | KING (LARGE) $5.50 | TSUNAMI (JUMBO) $6.50

EXTRAS ..... Extra Shot $0.50 | White/Dark Choc $0.20 | Bonsoy $0.80 | Almond Milk $0.50 | Lactose Free Milk $0.50 | Flavours $0.50

COLD DRINKS

	REGULAR	LARGE
HOUSE MADE ICED TEA (NO ADDED SUGAR) - Ask our staff for today's flavours	$5.90	$7.90
FLAVOURED FRAPPE WITH CREAM - Chocolate, Vanilla, Strawberry, Caramel, Coffee	$6.90	$7.90
FRESHLY SQUEEZED JUICE - with a choice of Orange, Pineapple, Apple, Watermelon, Ginger, Mint	$7.00	$8.90
SUMMER SMASH - Your choice of Lychee, Tropical, Watermelon or Pineapple blended with Coconut Water and Ice	$7.90	$8.90
MILKSHAKE- Chocolate, Caramel, Strawberry, Vanilla, Coffee	$5.70	$6.90
THICKSHAKE - Chocolate, Caramel, Strawberry, Vanilla, Coffee	$6.90	$7.90
KIDS DRINKS - Smoothies, Juices, Shakes		$4.90
SOFT DRINK - Coke, Coke Zero, Diet Coke, Sprite		$3.90

WATER	Sparkling Water	Tide Bottled Water
	$4.00	$3.00

TIDE

ROSTI STACK
Two crisp potato rostis with bacon OR smoked salmon, sour cream, chilli jam, avocado and rocket salad (GFO)
$17.90
ADD Two eggs $4.00

EGGS BENEDICT
With house made hollandaise sauce on brioche toast (GFO)
- Bacon
- Ham
- Avocado and Spinach (V)
- Smoked Salmon

$17.50

OMELETTE
Please see the specials board for this week's omelette (GFO)(V)
$17.50

FREE RANGE EGGS & TOAST
Two poached, scrambled or fried eggs served with thick cut toast (GFO) (V)
$11.90
ADD Bacon $4.00

GFO - Gluten Free Option Available .....
V - Vegetarian .....
Please Order at the Counter .....

GRANOLA BOWL
House made granola with greek yoghurt, mixed berry compote and fresh cut fruit (V)
$12.90

FRUIT SALAD
Fresh cut seasonal fruit with greek yoghurt (GFO) (V)
$11.90

THICK CUT TOAST
With your choice of jam, vegemite, peanut butter or honey (GFO)
$7.00

BEACHSIDE BOWL
Please see the specials board for this week's bowl (GFO)
$16.90

PANCAKE STACK
A stack of fluffy pancakes topped with banana, strawberries, nutella, maple syrup and vanilla ice-cream
$16.90

BIG BREAKFAST
Bacon, sausage, mushroom, grilled tomato, potato rosti, baby spinach and baked beans with two eggs (poached, scrambled or fried) and a piece of thick cut toast (GFO)
$22.00

TIDAL WAVE
Sautéed mushroom, tomato, red onion and shallots with grilled haloumi, two poached eggs and basil pesto on sourdough (GFO)(V)
$19.50
ADD Bacon $4.00

SMASHED AVOCADO
On sourdough or rye with rocket, tomato & feta salad and balsamic drizzle (GFO)(V)
$13.90
ADD Two eggs $4 ADD Bacon $4

CHORIZO BEANS
Home made baked beans in tomato sauce with chorizo, served on toasted pita bread with smashed avocado, two poached eggs and feta
$19.50

KIDS MENU

EGG ON TOAST - Poached, Scrambled or Fried $6.90
BAKED BEANS ON TOAST $6.90
KIDS TOAST - Served with Peanut Butter, Jam, Honey or Vegemite $4.50
PANCAKES - With Maple Syrup, Strawberries & Vanilla Ice-Cream $6.90

SOMETHING EXTRA...

SIDES $4.00
Bacon, Salmon, Sausage, ham, tomato, mushroom, avocado, rosti, baked beans, hollandaise sauce, grilled haloumi

RYE AND SOURDOUGH $1.00