

Breakfast

7.30am – 11.30am. All Day Weekends

Sprout's original pancakes

Buckwheat Pancakes gf, n **16.95**
Fruit, Cashew Cream, Coconut Syrup
^{add}
Bacon **5**

Paleo Granola gf, n, v **14.95**
Toasted Nuts, Seeds, Coconut, Berries
Dried Fruit, & Maple Syrup
^{served with}
Seasonal Fruit, Milk & Yoghurt
Coconut Milk or Yoghurt **vg 0.50**

Avo & Feta on Toast v **16.95**
Avocado & Marinated Feta
on Sourdough
^{add}
Poached Egg **4** Bacon **5**
GF Bread **4**

E + B Roll **14.95**
Egg, Bacon,
Rocket, Paprika Aioli
^{add}
Avocado **4** GF Bread **4**

Naked Breakfast gf, v, n **19.95**
Poached Eggs, Haloumi,
Sautéed Mushrooms, Pesto,
Avocado & Tomato Salsa
^{add}

Sourdough **1**
Gluten Free or Sprouted Bread **2**
Bacon **5**

Breakfast Bowl gf, v, df **18.95**
Poached Egg, Avocado
Sautéed Mushrooms, Roasted Pumpkin,
Fermented Veg, Quinoa Salad
Tahini Dressing

^{Vegan Option}
Falafel instead of Egg
^{add}
Sourdough **1**

Gluten Free or Sprouted Bread **2**
Bacon **5**

Eggs Your Way df **10.95**
Poached, Fried, Scrambled on Sourdough

Add sides to build your own brekkie:

^{Vegan Options Available}

Avocado, Sautéed Mushrooms,
Roast Tomato, Steamed Spinach,
Falafel, Fermented Veg, Haloumi **4**
Free Range Bacon **5**

Smoked Trout **8**

Gluten Free or Sprouted Bread **2** / slice

KIDS - Under 12's

Egg on Toast **6.95**
Poached, Soft Boiled or Scrambled

Avo on Toast **5.95**

E + B Toasted Sandwich **7.95**
Egg, Bacon, Tomato Sauce

Pancake gf **6.95**

Choose two toppings:

Maple Syrup, Ice Cream, Banana, Honey

In an effort to maintain our high standards, some ingredient substitutions may not be possible.

However you are welcome to add sides to any of our dishes.

Please ask our wait staff and they will do their utmost to accommodate your needs.

gf – gluten free, df – dairy free, v – vegetarian, vg – vegan, n – contains nuts

Our kitchen uses nut, gluten, dairy and egg products. We therefore cannot guarantee against any cross contamination of allergens.

Public Holiday Surcharge 10%