

COFFEE & TEA

flat white, latte, long black, espresso, piccolo, macchiato, hot chocolate, chai latte & cappuccino

mocha

tea

english breakfast, supreme earl grey, honey dew green, chamomile blossom, peppermint, lemongrass ginger

iced coffee

cream & ice cream

frappe

milkshake

chocolate | strawberry | caramel | vanilla

thickshake

chocolate | strawberry | caramel | vanilla

freedo espresso

freedo cappuccino

iced long black

iced latte

frappe, iced chocolate, iced chai

SOFT DRINKS

sparkling water | still water

green

coke | coke no sugar | fanta | sprite | lift

iced tea

peach / lemon / mango

SMOOTHIES

mango turmeric

mango, banana, turmeric, yoghurt & milk

mixed berry

seasonal berries, honey, yoghurt & milk

4.5

mango power

mango, vanilla protein, mint & coconut water

4.5

acai

banana, chia seeds, coconut yoghurt

9

peanut butter ^N

banana, peanut butter, vanilla protein, raw cacao & milk

9

honey avocado

banana, avocado, honey, vanilla gelato & milk

10

12

JUICES

5.5

immunity

range, apple, celery, ginger & lemon

5.5

antioxidant

orange, carrot & beetroot

4.5

green

apple, celery, cucumber, spinach & mint

5

tropical

orange, apple, pineapple & mint

9

5

5

6

ALL MEAT PRODUCTS ARE NOT HALAL-CERTIFIED.

A 10% SURCHARGE FOR SUNDAYS &

15% SURCHARGE ON PUBLIC HOLIDAYS.

A 1.5% SURCHARGE APPLIES TO ALL CARD

TRANSACTIONS.



Neptunes Breakfast Menu



cafeneptunes.com.au

LIGHT BREAKFAST

sourdough **V** **GF** **N**

white soy or linseed or gluten free bread or banana bread

croissant

plain

ham & cheese

ham, cheese & tomato

carrot cake **V** **N**

house spreads **N**

strawberry, nutella, vegemite & peanut butter

SAVOURY

bacon & eggs

two eggs to your way with bacon & toast

bacon & egg roll

milk bun with a soft fried egg, bacon, cheese, sliced tomato & BBQ sauce

bacon & egg wrap

scrambled eggs, bacon, spinach & BBQ sauce in toasted wrap

big breakfast

two eggs your way, bacon, beef sausage, tomato, hashbrown, mushrooms, spinach & toast

eggs on toast

eggs your way on sourdough toast

OMELETTE BAR

your choice of 4 toppings served with sourdough

ham, bacon, sujuk, chorizo, mushroom, onion, capsicum, tomato, olives, spinach, feta cheese & cheese

omelettes your way

egg white omelette

HEALTHY BOWL

fruit bowl

seasonal fruits

acai bowl

topped with banana, berries, toasted muesli, seasonal fruits & honey

healthy bowl

one poached egg, quinoa, spinach, avocado, halloumi, broccolini & pumpkin seeds

FAVOURITE CLASSICS

5 **egg benedict**

7 sourdough bread with wilted spinach, two poached eggs with hollandaise sauce

smoked salmon

22

7 ham

18

12 bacon

18

13 halloumi

18

8 **BLT**

16

2 crispy bacon, tomato, lettuce, cheese & mayo

add sunny side up egg for +\$2

breaky bruschetta

17

sourdough bread with diced tomatoes, onion, feta, two poached eggs & balsamic glaze

12 add bacon, ham, halloumi, avocado +\$2 | salmon +\$4

veggie breaky bowl

22

14 avocado, halloumi, mushroom, spinach & tomato falafal with sourdough bread

DESSERTS

pancake or waffle

18

your choice of

22 • maple, bacon, banana, ice cream or cream

• nutella, banana, strawberries & ice cream

12 • butterscotch sauce, strawberries, bischoff crumble, banana, ice cream or cream

KIDS MENU

kids pancake or waffle

10

1 pancake or waffle served with seasonal berries, banana, whipped cream & maple syrup

extra pancake or waffle +\$3 each

18 **kids cheese omelette**

10

20 egg omelette served with grated cheese, toast & hash brown or fresh fruit cup

kids french toast

10

15 golden brown toast sprinkled with powdered sugar & served with whipped cream, bacon or sausage

extra bacon or sausage +\$2 each

16 **kids big breakfast**

12

1 poached, fried or scrambled egg, crispy bacon or sausage with toast, hash brown & fresh fruit cup

CAKES | PASTRIES OF THE DAY

please ask our friendly staff for cake | pastries of the day

9

V VEGETARIAN DISHES
cheese contains animal rennet

GF GLUTEN-FREE ITEMS
traces may be present

N CONTAINS NUTS

Please advise your waiter of any allergies or dietary requirements.
We do not accept responsibility for unfavourable outcomes when modifying dishes.