

neptune

Breakfast menu

Classics

Hunter Valley Free Range Eggs

The way you like them
served with white, wholemeal, sourdough, soy linseed, rye or gluten free bread 7

Sides

Roasted tomato, mushrooms, hash brown, fries, fetta, bacon, grilled halloumi, capsicum, onions, hollandaise 3
smoked salmon, lamb cutlet, grilled turkey, beef sausages, baby spinach, kalamata olives 4

Bacon & Egg Burger

On a brioche bun and served with hash browns 11

Smoked Salmon Burger

Haloumi, soft poached egg, avocado, baby spinach with hollandaise sauce on a brioche bun 16

Neptune Breakfast

Bacon & eggs served with mushrooms, grilled tomato, hash brown on toast 14

The Grand Breakfast

Lamb cutlet, bacon, beef sausages, eggs, halloumi, hash brown, roasted tomato with sourdough 20

French Toast

With bacon, canadian maple syrup & ricotta cheese 15

Eggs Benedict

Choice of 2 english muffins with our signature hollandaise sauce
Bacon 13, double smoked ham 13, turkey 15, smoked salmon florentine 16

Omelette

Choice of any four fillings served w toasted sourdough 16

Fillings

Tomato, mushrooms, fetta, bacon, grilled halloumi, capsicum, cheddar cheese, onions
smoked salmon, turkey, beef sausages, baby spinach, kalamata olives

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Something Different

Protein Power

5 scrambled egg whites, Tasmanian smoked salmon, avocado, poached baby spinach 19

Mediterranean Breakfast

Scrambled eggs, sauteed mushrooms, european natural yoghurt, roma tomatoes, fetta, zataar and olive oil, kalamata olives & cucumbers served with hot pita bread 18

Breakfast Bruschetta

Poached eggs, smoked salmon, fetta, avocado smashed with a tomato salsa on soy linseed 17

Quinoa Breakfast Salad

Soft poached eggs, kale, quinoa, avocado, pomegranate, fetta & cherry tomatoes 18

Neptune Stack

Grilled halloumi, poached egg, cherry tomatoes, baby spinach, olives, sautéed mushrooms on ciabatta 17

Zataar & Halloumi Wrap

Served with sides of fresh tomatoes, cucumbers & olives house yoghurt 11

Grilled Haloumi

with cucumber, tomato, asparagus, kalamata olives 17

Acai Bowl

Amazon acai blended with banana and served with local berries, chia seeds, coconut flakes & granola 17

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Light Bites

Buttermilk Pancakes

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|---|----|
| Choice of banana, strawberries, nutella with canadian maple syrup | 11 |
| blueberry & fresh ricotta | 13 |

Fresh Fruit Salad

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| Seasonal local fresh fruit with a dash of yoghurt & passionfruit couli | 11 |
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Muesli

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| Granola muesli served with fresh fruit & full cream yoghurt | 11 |
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Banana Bread

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| Toasted with ricotta & fresh strawberries | 7 |
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Toasted Sandwiches

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|---|----|
| Double smoked ham, tomato, cheddar cheese | 9 |
| BLT with house mayo | 12 |

Fruit Toast

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| Served with honey | 5.5 |
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Artisan Toast

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| White, wholemeal, sourdough, soy linseed, rye, gluten free with honey, vegemite, peanut butter or jam | 4 |
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Hot Drinks

Serious Coffees

Short black, long black, latte, flat white, cappuccino, macchiato 4

Hot Chocolate, Mocha, White Chocolate 4.5

Chai Latte

Perfect winter warmer 4.5

Vienna Coffee, Chocolate or Mocha 5

Gourmet Coffee

Hazelnut, vanilla, caramel, irish cream, cinnamon 5.5

Affagato

2 Shots of coffee, Icecream 7

Pot of Tea

English breakfast, earl grey, camomile, peppermint, green with honeydew 4

Soy and Almond Milk available

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Cold Drinks

Freshly Squeezed

Choice of beetroot, orange, apple, strawberries, kale, ginger, watermelon, pineapple, carrot & celery, tomato

7

Juices

Orange, pineapple, apple

4

fresh lemonade, cranberry & mango

5

Coffee Frappe

Greek style

6.5

Coffee Frappiato

2 Shots of coffee, sugar, milk, ice blended

6.5

Soft Drinks

Bottle 330ml Coke, diet coke, coke zero, fanta, sprite, lift, soda water

4.5

Iced Tea

Natural, peach, mango, raspberry

6

Smoothies

Banana, strawberry, blueberry, mango or mixed fruit

7

Iced

Chocolate coffee or mocha

6

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Mocktails & Shakes

Thick shake

salted caramel, nutella, peanut butter, mocha, Chocolate, vanilla, caramel, strawberry & coffee 7

Milk Shake

6

Green smoothie

Kale, avocado, mint, spinach, celery, cucumber, almond milk 8

Peachy Mango

Peach syrup, mango & orange juice with banana, blended with ice 7

Fresh Fruit Frappe

Seasonal fruits, pineapple juice & grenadine blended with ice 7

Lemon Mint Frappe

Fresh lemonade blended with ice & fresh mint 7

House Blend Soda

Lychee and fresh strawberries poured over ice cubes with soda water 8

Strawberry Sunset

Fresh strawberries, pineapple with a dash of grenadine blended with ice 7

Brighton Sunrise

Apple and orange juice blended with ice, lime, honey & a dash of grenadine 7

Protein shake

Blueberries, coconut water, banana, whey protein blended 8

Catering Available