



SPROUT EDEN ALL DAY MENU

PLEASE INFORM US OF ANY ALLERGIES OR FOOD INTOLERANCES WE SHOULD KNOW ABOUT

BIG BREAKFAST 22.00

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

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

EGGS FLORENTINE 20.50

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

EGGS ROYALE 23.50

2 local free range eggs poached with salmon gravlax on a toasted panini drizzled with Hollandaise sauce *

SMALL APPETITE BREAKFAST 11.00

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

BREAKFAST BURRITO 14.00

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

BACON & EGG ROLL 14.50

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

B.L.T. * 16.00

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

TOAST 6.50 * 2 slices with your choice of spread or **FRUIT TOAST 7.50** 2 slices

CHIA & FRUIT POT 8.50

Chia is soaked overnight in almond milk & topped with fresh fruit Vegan & Gluten Free

SOUP OF THE DAY 11.50

Please see the blackboard or ask staff for today's flavour, served with toast *

FISH CHOWDER - our famous one - made with smoked & white fish served with toast* 16.00

SALMON GRAVLAX BRUSCHETTA * 19.50

Toasted ciabatta with house-made salmon pate & locally made salmon gravlax, red onion, rocket, garlic mayo

HAM & CHEESE CROISSANT 8.50

Tasty cheddar with prime ham, toasted

BANANA BREAD or PEAR & RASPBERRY BREAD 7.00

Toasted & served with butter or with ricotta & local honey add 3.50

BAKED VEGGIE STACK V & gluten free 9.50

Egg based layered roast vegetables bake

Add a colourful, crunchy garden salad 6.00

FRITTATA 9.50 gluten free

See our display cabinet or ask staff for current variety

Add a colourful, crunchy garden salad 6.00

V - Vegetarian Items marked * can be made *gluten free*

More over

SWEET POTATO & TURMERIC LOAF V 9.50

Almond-based gluten and dairy-free loaf served with tomato relish, garlic mayo or house vegan mayo
Add a colourful, crunchy garden salad 6.00

SAVOURY MUFFINS - A VARIETY - including a Vegan one :) 8.00

See our display cabinet/ask staff for current varieties
Add a colourful, crunchy garden salad 6.00

LASAGNA 9.50

A hearty slice of beef lasagna with a rich tomato sauce
Add a colourful, crunchy garden salad 6.00

WALNUT & BLACK BEAN BURGER 18.50 Vegan *

In a Turkish roll filled with house beetroot hummus, garlic aioli & salad

ATLANTIC SALMON SALAD 22.50 Gluten free

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

SANDWICH - priced accordingly, your choice of fillings from:

chicken, ham, cheese, salad, egg, salmon, salami, avocado, tomato, lettuce, onion, mayonnaise, tomato relish *

V - Vegetarian Items marked * can be made *gluten free*

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

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, and more.
Add a colourful, crunchy garden salad to any of these items for 6.00.

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

HOT & COLD DRINKS

We offer a large range of coffees, teas, hot chocolates, and chais. See the blackboard above the barista station for the full list.

In addition to Tilba Real Dairy full cream and low fat Jersey cows milk, we also have soy, almond, coconut, lactose-free & oat milks available.

In the cold cabinet opposite the counter, there is a selection of locally made kombucha & kefir, together with commercially made drinks.

Fresh fruit & vegetable juices, fruit smoothies & milkshakes, iced coffees/chocolates/chai & house-made cordials are also available.

Smoothies include rhubarb (a popular Sprout invention; made with locally grown rhubarb!), mixed berry & banana & other seasonal fruits, as available.

Milkshakes include vanilla, chocolate, strawberry, lime, coconut, mango, caramel

Please ask if there is anything else you would like & we will do our best to meet your request!