



## SPROUT EDEN ALL DAY MENU

***Please inform us if you have any food allergies or intolerances***

**BIG BREAKFAST** 22.50

2 local free range eggs, bacon, wilted spinach, grilled tomato & toast \*

**BACON & EGGS** 18.00

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 & served with warm ham on a toasted panini drizzled with Hollandaise sauce \*

**EGGS FLORENTINE** 21.50

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

**EGGS ROYALE** 24.50

2 local free range eggs, poached & served with Eden Smokehouse Atlantic salmon gravlax on a toasted panini drizzled with Hollandaise sauce \*

**BIG DADDY ROLL** 20.50

Bacon, sausage, fried egg & hash brown drizzled with house sauces & served in a Turkish roll, with a side of relish

**SMALL APPETITE BREAKFAST** 10.00

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

**TOAST \* or SWEET CROISSANT** 6.50

2 slices of sourdough, ciabatta, multigrain or gluten free, or a sweet croissant  
Served with butter & local honey, jam or marmalade, real peanut butter or Vegemite

**FRUIT TOAST** 7.50

2 slices of fruit & nut sourdough or raisin sourdough served with butter or vegan spread

**BREAKFAST EXTRAS** - *add any of the following or make up a plate from:*

Eden Smokehouse Atlantic salmon gravlax curl | Eden Smokehouse hot-smoked Atlantic salmon |  
Eden Smokehouse Smoked chicken breast 5.00 ea

Bacon | Sausage | Ham | Garlic mushrooms | Local free range egg | Wilted baby spinach |  
Avocado 4.00 ea

Grilled or fresh tomato | Local tomato relish | Hollandaise 3.00 ea

**BACON & EGG ROLL** 16.50

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

**B.L.T.** 17.00

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

**BREAKFAST BURRITO** 14.00

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

**MUESLI POT** 10.50

Local gluten free toasted muesli with house fruit compote & your choice of milk

GF V Vegan if you chose plant milk

**SALMON GRAVLAX BRUSCHETTA** 22.50

Toasted ciabatta topped with house-made salmon pate, Eden Smokehouse Atlantic salmon gravlax, red onion, rocket & garlic mayo \*

**VEGAN BURGER** 18.50

Our current variety will be listed on the blackboards or please ask our friendly staff Vegan \*

**ATLANTIC SALMON SALAD** 23.50

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

**SANDWICH or ROLL \* toasted or not & priced according to your choice of fillings**

house roasted chicken, leg ham, tasty cheese, salad, egg, salmon, salami, avocado, tomato, lettuce, onion, mayonnaise, tomato relish, toasted or not

**SEASONAL SPECIALS** - will be displayed on our specials boards or please ask our staff

**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, frittatas, muffins & much more. Add a colourful, crunchy garden salad to any of these items for 6.00.

**SWEET** - cakes, slices, biscuits - something for everyone! Adding whipped cream is free :)

**DRINKS** - *see the separate drinks menu for our hot and cold beverage choices*

***If there is something else you would like, we will do our best to meet your request!***

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