breakfast

RAISIN TOAST	V	vgo 7.0	0	7.75
Thick cut raisin too	ıst	whipped cinnamon by	utter	

BANANA BREAD V 9.00 10.00 House baked banana bread, with whipped butter

GRANOLA MUESLI V 18.00 20.00 Homemade buckwheat granola, seasonal fruit, vanilla yoghurt, milk

EGGS ON TOAST V GFO 14.00 15.5 3 eggs cooked your way, 2 pieces of sourdough, rocket, cherry tomatoes

BEACH BREAKFAST OF 20.00 22.20 2 eggs cooked your way, bacon, hash browns, tomatoes, sourdough

BMD BREKKY BURGER 20.00 22.20 Bacon, fried egg, cheese, rocket, tomato relish, hash browns, toasted bun

SHAKSHUKA GFO 20.00 22.20 Beans and chorizo in a simmering spicy

tomato sauce topped with a fried egg and a trio of cheeses served with toasted Turkish bread

BREAKFAST SERVED 7AM - 10:30AM 7 DAYS A WEEK

A 15% SURCHARGE APPLIES ON PUBLIC HOLIDAYS

CROISSANT BENEDICT V 20.00 22.20 2 poached eggs, spinach, hollandaise sauce, toasted croissant

add free range ham 4.50 5.00 add bacon 7.00 7.75

BISCOFF PANCAKES V

3 buttermilk pancakes with seasonal berries, caramelised banana, butterscotch sauce, biscoff gelato

add extra biscoff gelato 5.00 5.50

22.00

20.00

30.00

4.00

7.00

4.45

SMASHED AVO V GFO VGO 20.00 22.20

2 poached eggs, avocado, house made granola, marinated feta, rocket, toasted sourdough

BUSH SPICE SAMBAL SCRAMBLE Scramble eggs, native bush spiced sambal, feta, fresh chilli, watercress, sourdough

TOWER 32 BIG BREAKFAST

Thick Italian pork sausage, bacon, 2 eggs cooked your way, mushrooms, tomatoes, beans, rocket, hash browns, sourdough

HEALTHY HARVEST V GD vGO 16.50

Kale, spinach, parsley, chickpeas, couscous, marinated feta, beetroot hummus, sliced radish, Spanish onion, house made granola

add two poached eggs add bacon

GF Gluten Free DF Dairy Free V Vegetarian Vegan

Swap to 1 piece gluten free bread \$2.00 | \$2.20 Swap to gluten free bun \$3.00 | \$3.35 Some menu items can also be adapted to meet your dietary requirements,

vgo Vegan option available GFO Gluten Free option available

Food allergies & intolerances:

Please be aware that whilst all care is taken when catering for special requirements, it must be noted that within the premises we handle nuts, seafood, flour, eggs, fungi, dairy products and gluten. Customers' requests will be catered for to the best of our ability but the decision to consume a meal is the responsibility of the diner.

brekky add ons

Bacon	7.00	7.75	Plain Croissant	7.50	8.35
Hash Browns	4.00	4.45	Sourdough Toast (2)	4.00	4.45
Half Avocado	4.00	4.45	Beans	4.00	4.45
Eggs (2)	6.00	6.65	Sausage	5.50	6.10

STRICTLY FOR UNDER 12'S ONLY

Scrambled eggs,	toast	8.00	8.90
Bacon, egg, hash	brown, toast	10.50	11.65
Raisin toast (1)		5.00	5.50
Ham & cheese cro	oissant	10.00	11.10
Vanilla pancakes		10.00	11.10
	add cream add ice cream	3.00 3.00	3.35 3.35



Freshly Squeezed JUICE BAR

GREEN GOODNESS

Celery, cucumber, green apple, pear

REFRESHER

Watermelon, pineapple, mint

ANTI-AGER

Orange, grapefruit, mint

GINGER ZINGER

Green apple, carrot, ginger, lemon

SUBTROPICAL

Apple, pear, pineapple, mint

\$10.50 (MEMBER) | **\$11.65** (VISITOR)

drinks		
FLAT WHITE, CAPPUCCINO, LATTE	4.90	5.45
ESPRESSO, LONG BLACK, PICCOLO, VIENNA, MACCHIATO	3.80	4.20
HOT CHOCOLATE, MOCHA	5.00	5.55
BABYCCINO	1.80	2.00
TEA English breakfast, earl grey, green tea, chai, peppermint, chamomile	4.00	4.45
ICED LATTE Double shot of espresso served over ice & milk	6.00	6.65
AFFOGATO Double shot of espresso served over a scoop of ice cream	6.00	6.65
ICED COFFEE/CHOCOLATE Coffee or chocolate mixed with milk & ice cred topped with whipped cream	9.00 am	10.00
MILKSHAKE Chocolate, vanilla, strawberry, caramel, lime, blue heaven, banana	9.00	10.00
FRAPPE Chocolate, caramel, vanilla, strawberry	9.00	10.00

Extras & Alternatives

Milks – Soy, Almond, Oat, Lactose Free Mug or Takeaway, Extra shot, Flavour shot – caramel, vanilla, hazelnut all 1.00

