

TROPIKANA

Manly Beach

breakfast

ENJOY OUR DELICIOUS BREAKFAST WEEKEND BUFFET 35pp

Selection of artisan breads, preserves, and spreads | Freshly baked Croissants & Danish pastries, buttermilk pancakes with choice of cream or vanilla yoghurt | Fresh fruit, muesli, granola, and yoghurt pots | Organic eggs served your way | Grilled bacon, chipolata sausages, mushrooms & more

SOMETHING LIGHT

TOASTED ARTISAN BREAD with butter and your choice of berry jam, vegemite, or peanut butter on your choice of Sourdough 7 Fruit 8 Gluten Free Toast 8

BANANA BREAD 8
Maple butter

CROISSANT 8
Berry jam, butter

CROISSANT 10
Gypsy ham, cheese

STONE GROUND OATMEAL PORRIDGE . . 15
Banana, manuka honey V

AVO ON SOURDOUGH 18
Cherry tomato, feta, basil, lemon oil V

ORGANIC GRANOLA 18
Coconut yoghurt, seasonal fruit

NOW WE'RE TALKING

BACON & EGG PANINI 16
Tomato relish GF

SMOKED SALMON BAGEL 16
Dill cream cheese, spanish onion, rocket

BUTTERMILK PANCAKES 22
Berry compote, pistachio, maple syrup, with choice of cream or vanilla yoghurt

CHILLI SCRAMBLED EGGS 23
Chorizo, smashed avocado, salsa, flour tortilla GF

SOMETHING EGG STRAVAGANT

THREE EGG OMELETTE 23
Portobello mushroom, swiss cheese, spinach, toasted sourdough

EGGS BENNY
Poached eggs, spinach, hollandaise sauce on toasted english muffin GF
Add gypsy ham 22 Add bacon 22
Add smoked salmon 25

THE BIG BREKKY 26
2 eggs your way, bacon, chorizo, grilled tomato, mushrooms, toasted sourdough GF DF

SOMETHING EXTRA

Eggs 3 / Bacon 5 / Chorizo 5
Hash browns 4 / Avocado 4
Mushrooms 3 / Haloumi 4
Hollandaise sauce 2 / Smoked salmon 8

LITTLE NIPPERS

BUTTERED TOAST WITH VEGEMITE OR JAM 5

SCRAMBLED OR POACHED EGG ON TOAST 6

BUTTERMILK PANCAKES WITH CHOICE OF 6
Banana, nutella & ice cream, or mixed berries & ice cream

HEALTHY BOWLS

ACAI 21
Banana, granola, fresh seasonal fruits, chia, coconut GF DF V

BUDDHA 20
Brown rice, avocado, edamame beans, kale, sesame dressing GF DF V

GREEN GOODNESS 20
Smashed avocado, kale, quinoa, boiled egg, hummus, dukkha GF DF V

Add tofu 3 Add haloumi 4
Add chicken 4 Add smoked salmon 8

WRAPS, TOASTIES & PANINIS

THE ULTIMATE JAFFLE 14
Provolone, mozzarella, and aged cheddar with caramelised onion jam

SPICY SALAMI NDUJA 14
Mozzarella, roasted peppers on sourdough

SMOKED LEG HAM 14
Cheddar cheese, tomato on sourdough

CHICKEN SCHNITZEL WRAP 16
Cabbage slaw, cheese, chilli aioli

FALAFEL WRAP 16
Hummus, lettuce, cucumber, tomato, tahini, chilli sauce DF

SOPRESSA PANINI 16
Provolone cheese, eggplant, sundried tomato

PASTRAMI BEEF PANINI 16
Cheddar cheese, pickles, dijon mustard

ROAST PUMPKIN PANINI 16
Feta, pesto, caramelised onions

BLAT BAGUETTE 16
Bacon, lettuce, avocado, tomato

SWEET TREATS

PLEASE SEE OUR SELECTION OF CAKES & PASTRIES FROM THE DISPLAY

DRINKS

MILK SHAKES 7
Vanilla, chocolate, caramel or strawberry

SMOOTHIES 8
Banana or Mango

FRESH COCONUTS 9
Topped with fruit

COLD PRESSED JUICES 8
Orange
Apple

GREENIE 12
Apple, celery, mint, spinach

SUNSET 12
Orange, banana, passion fruit, watermelon

TROPICAL MANGO 12
Pineapple, coconut, lime

BERRY BLITZ 12
Strawberry, blueberry, watermelon, orange

brunch & lunch