

CASCADÉS

RESTAURANT & BAR

BOWLS

Handmade Toasted Muesli \$9



Freshly Cut Fruit Salad \$9



SOURDOUGH TOAST AND SPREADS

Quinoa & Soy / Walnut, Date & Apricot / Country White \$7ea

Strawberry, Blackberry, Blood Orange Marmalade, Honey, Vegemite, Peanut Butter



SWEET TREATS

Almond Croissant / Pain au Chocolat / Apple Crumble Danish / Pistachio Raspberry Danish /
Banana Bread / Berry Muffins \$8ea



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HOT OPTIONS

Big Brekkie \$21

Eggs, Bacon, Sausage, Mushroom, Tomato, Toast



Eggs Bennie \$18

Choice of Smoked Salmon, Bacon, Ham, or Haloumi



Mixed Bery Pancake Stack \$18

Fresh Berries, Whipped Cream, Berry Coolie, Maple Syrup



Ham & Cheese Omelette \$18

Ham, Cheese, Tomato, Mushroom, Spinach, Sourdough



Bacon & Egg Roll \$12

Bacon, Egg, Milk Bun, Sauce



Eggs on Toast \$12

Eggs, Sourdough Toast



Ham, Cheese & Tomato Open Toastie \$18

Ham, Cheese, Tomato with Tomato Relish



Smoked Salmon Open Sandwich \$18

Smoked Salmon, Fetta, Avocado, Red Onion, Capers



SEGAFREDO COFFEE

Regular: \$4.5 Large: \$5

Soy / Skim / Almond / Lactose Free \$0.6

Alleanza is a 100% Arabica blend of the finest coffee beans from Central and South America – roasted in Australia.

Aroma of roasted nuts, taste of brown sugar and toffee topping off with the sweetness of a vanilla pod.

SEGAFREDO HOT CHOCOLATE

Regular: \$4.5 Large: \$5

Soy / Skim / Almond / Lactose Free \$0.6

Segafredo Hot Ciok chocolate features unparalleled flavour, richness and thickness offering a wonderful flavour and aroma that leaves you wanting more.

T2 TEA POTS

English Breakfast \$4.5

A traditional blend of Sri Lankan broken-leaf teas that produces a coppery liquor with an assertive aroma. This English breakfast tea flavour is bright and brisk, perfect any time of the day.

Earl Grey \$4.5

Earl Grey is a Sri Lankan black tea combined with the citrus delights of bergamot, generating an elegant and balanced full flavoured cup. This Earl Grey tea is an afternoon essential.

Sencha Green \$4.5

These beautiful emerald green tea leaves produce a delicate aroma and a sweet, grassy flavour. No green-eyed monsters here, this brew's a classic green tea to be enjoyed daily.

Just Chamomile \$4.5

Sip on this chamomile tisane for its super relaxing, restful qualities. A fragrant infusion of chamomile flowers, this calming tea will transport you to a field of sweet cut hay in the summertime.

Just Peppermint \$4.5

A well-rounded flavour captures the sweet essence of all things minty with a cool lingering aroma to freshen your day. A fresh and uplifting golden-green infusion with a sensationally minty, sweet, smooth taste.

COLD DRINKS

Milk Shake \$9

Thick Shake, Iced Coffee, or Iced Chocolate \$10

Berry Blast Smoothie \$10

Strawberries, blueberries, milk, and honey

Green Hornet Smoothie \$10

Spinach, cucumber, apple, pineapple, and orange juice

Milo Monkey Smoothie \$10

Banana, milo, ice cream and milk

Fruit Juices \$5

Orange, Apple, Pineapple, Tomato