



### **breakfast 8.00 am - 11.30 am**

all our eggs at the cove cafe are free range and come with your choice of organic sourdough, turkish or multigrain toast. gluten free \$2 extra

**bacon & eggs** - two rashers of smoked bacon with two eggs – your choice of poached, fried or scrambled served with dressed spinach and sourdough 15.50

**sausage & eggs** – two sausages with two eggs – your choice of poached, fried or scrambled, served with dressed spinach and sourdough 15.50

**boston baked beans** – house made baked beans with ham hock, a poached egg, served with sourdough 14.50

**vegetarian** – two eggs – your choice of poached, fried or scrambled, served with a hash brown, sumac tomato, pesto, dressed spinach, roasted mushrooms and sourdough 14.50

**eggs florentine** – two poached eggs served on an english muffin with spinach and the cove's own hollandaise sauce 15.50

**eggs atlantic** – two poached eggs served on an english muffin with smoked salmon, spinach and the cove's own hollandaise sauce 17.90

**french toast** – with maple syrup, cinnamon sugar and a seasonal berry compote 14.50

**cove brekkie** – 2 rashers of smoked bacon, two eggs cooked to your liking, poached, fried or scrambled, served with a chipolata, sumac tomato, hashbrown and pesto 21.50

**healthy start muesli** - a tall glass of brookfarm muesli toasted or gluten free served with natural yogurt, orange jelly and a seasonal berry compote 7.90 or with a glass of juice for 10.90

**'lifestyle brekkie'** - one poached egg on multigrain toast with a side of seasonal fruit & yoghurt 13.90

### **breakfast sides**

cove's pesto, extra egg – 2.00

slow roasted tomatoes – 3.00

roasted mushrooms – 3.00

boston baked beans – 4.00

avocado – 4.00

grilled bacon rashers – 4.00

beef sausages – 4.00

hash browns – 4.00

smoked salmon – 4.00



## **lunch from 12.00 to 3.00 pm**

### **~Entrée~**

**garlic bread** - toasted turkish bread with garlic butter 5.50

**oysters** - fresh and local premium sydney rock oysters, freshly shucked served natural with lemon 2.80 each or 29.50 a doz.

**cove bruschetta** - toasted sour dough with champignon mushrooms, semi sundried tomatoes, eschallot, basil pesto and goat cheese 9.50

~ served with australian king prawns 15.50

~ served with jamon ham 15.50

**seafood starter** – 2 prawns, 2 oysters and smoked salmon served with fresh lemon and dipping sauce 14.50

### **~Main~**

**haven beach burger** – beef burger on toasted Turkish roll with lettuce, ox heart tomato, beetroot, caramelised onion, cheddar, smokey aioli and peri peri chips 19.50

**thai beef salad** – medium rare sirloin beef, crispy rice noodle salad and noc cham 22.50 **GF**

**cove summer salad** – flaked king salmon, watercress, fennel, capers, asparagus and blood orange dressing 18.00 **GF**

**tempura** – market fresh fish with dill dipping sauce, fresh lemon, chips and mixed leaf salad 24.90

**cove caesar salad** – cos lettuce, garlic croutons, bacon, grana padana parmesan, poached egg and our very own house made caesar dressing 16.50 **(GF available please ask)**

~ served with grilled chicken breast 18.90

~ served with fresh smoked salmon or australian king prawns 22.50

**cove chopped garden salad** – grilled haloumi, cherry tomatoes, beetroot, beans, kalamata olives, rocket and balsamic dressing 16.50 **GF**

~ served with jamon ham 18.00

**lightly seared tuna** - served rare with green mango vietnamese salad with tobiko and black sesame dressing 24.00 **GF**

**potato salad** - apple infused cranberry and lentils with new potatoes, radish, semi dried tomatoes and asparagus 16.00 **GF**

**prawn cocktail** – fresh australian king prawns with avocado salad, marie rose sauce and fresh lemon 21.00 **GF**

## **cove snacks 8:00am-11:30am & 12:00pm - 3:00pm**

bacon & egg roll - 2 rashers of bacon with bbq sauce 9.50

seasoned wedges with sour cream & sweet chilli 9.50

bowl of beer battered chips 5.00                      bowl of chips with gravy 6.00

toasted thick sliced banana bread 6.90

raisin toast - 1 slice 3.00,    2 slices 5.50

turkish toast melt with tomato and cheese – 1 slice 4.00,                      2 slices 7.50

organic sourdough or turkish toast with alpine jam 5.50

home baked lemon scented scones with alpine berry jam and cream 7.50