

Breakfast - Brunch

Gluten Free Menu

Spring/Summer 2018

Breakfast served all day until 4pm
Served all day until 2.30pm on Sundays

Cereal Bowl 16.5

Packed full of sultanas, raisins, dates, rice flakes, pepita seeds, almonds, hazelnuts & pecans
Topped with fresh strawberries and served with a side of milk, yoghurt & maple syrup

Banana Loaf 8.9 DF/V/NF

A moist loaf made from yummy bunches of bananas,
Served toasted with a side of butter and a dusting of icing sugar.

Gluten Free Toast 7.5 V

Plus spreads – Peanut butter, strawberry jam, apricot jam, marmalade, honey and butter

Free-range Eggs on the Nest 13.5 V

Two free-range eggs served on gluten free toast.

2 x Poached eggs ... 2 x Fried eggs ... OR 2 x Scrambled eggs.

B 'n' E Toasted Brekky Sandwich 17

Crispy bacon rashers, free range fried egg, swiss cheese and house tomato sauce
in a gluten free toasted sandwich.

Smashed Avocado, Vache Curd & Spinach Toasts 19.5 V

Smashed Avocado, vache curd, a sprinkle of dukkah and lemon juice on gluten free toast
topped with spinach leaves and a drizzle of beetroot relish.

Leg Ham Benedict 25.5

Baked traditional leg ham benedict, topped with 'Thornby's' fresh smoked leg ham, two
poached free-range eggs on toasted gluten free, topped with fresh rocket leaves and
served with a side of lightly spiced Mango chutney.

Smoked Salmon, Asparagus, Potato Stack 28

Smoked salmon, steamed asparagus, 2 free-range poached eggs, capers, and a sprinkling
of red onion, toasted almonds and potato hash's, and served with a side of lightly spiced
Mango chutney.

Full Monte Barossa Grill 29.9

2 Free-range fried eggs, layered on sour-dough toast topped with 'Barossa Fine Foods'
chorizo, big Bockwurst sausage, smoked Kassler 'Bacon-style' chop, sauerkraut, a pot of
house Tomato sauce, crunchy hash browns and a drizzle of Worcestershire sauce
... feed the man meat!!



Breakfast - Brunch

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Served from 11am until 4pm daily
Served from 11am until 2.30 on Sundays

Soup of the Day 14

Toasted light gluten free bread (see specials board for today's variety if applicable)

Cajun Chicken Toasted Toastie 16.5

Cajun roast chicken, vintage cheddar cheese, roasted red capsicum, rocket and lightly spiced Mango chutney.

Leg Ham Toastie 15

Leg ham, vintage cheddar cheese, tomatoes, rocket, GF mayonnaise and seeded mustard.

Halloumi Toastie 15.5 V

Kalamata olive tapenade, vine ripe tomatoes, GF mayonnaise, baby lettuce and grilled halloumi.

Roast Chicken Toastie 13.9

Roast Chicken, avocado, grilled bacon, lettuce & GF mayonnaise sauce.

Chicken Greek Salad 27

Baby cos lettuce, crumbled fetta, Kalamata olives, red onion, roasted red capsicums, tomato wedges, cucumber slices, dressed in extra virgin olive oil and lemon juice.

Salt n Pepper Squid Salad 29

Salt n pepper squid, served on an asian-style salad, Shaved Almonds, slithers of fresh chilli and coriander leaves, drizzled in extra virgin olive oil and lemon juice.

Sides

Garden Salad 11 V

Tossed green salad with baby lettuce, cucumber slices, tomato wedges, carrot, red onion, red capsicum, rocket leaves, dressed with olive oil and lemon juice.

* Note: The utmost care is taken in our production kitchen where gluten source products are also produced. We offer our ingredient information as a guide only and advise that you consult your medical advisor for any further advice.

