

WHARF ONE CAIRNS



BREAKFAST - UNTIL 11.30

- Wharf One Granola Bowl** - honey baked granola, Mungalli Creek natural yogurt and tropical fruit (gf) **16**
- Brekky Bowl** - sautéed mushrooms, spinach, avocado, seeds, nut free dukkha, hummus, sweet potato shards and two poached happy eggs (gf/v) **18**
- The One** – one potato rosti w/sugarcane cured salmon, avocado, Mungalli Creek quark, crispy capers & one perfectly poached happy egg (gf) **17**
- Broken Eggs** – two folded happy eggs on Dino's toasted ciabatta w/ local avocado, Mungalli Creek quark, balsamic glaze & pickled red onion (v) **17**
- The 'Avo'** - crushed local avocado w/ Mungalli Creek quark, toasted seeds, balsamic glaze & pickled red onion on Dino's toasted ciabatta (v/vegan avail) **17**
- Eggs Benedict** – two perfectly poached happy eggs, lime hollandaise & Dino's toasted ciabatta
- w/sauteed spinach **16**
 - w/Marsh's smoked leg ham or bacon **18**
 - w/sugarcane cured salmon **21**
- Brekky Burger** – bacon, fried egg, spinach & hollandaise with hash brown & Bloody Mary sauce **18**
- Two Happy Eggs on Toast** – poached scrambled or fried on Dino's woodfired ciabatta. Add good stuff from below **12**

ADD-ONS (if just ordering add-on as a meal - add \$3)

- Poached egg (before 11.30) **3 (or 2 for 5)**
- Sauteed spinach or mushrooms **4**
- Local avocado or hash brown **4**
- Marsh's smoked leg ham or bacon **5**
- Sugarcane cured salmon **6**

ALL DAY EATS

- Banana & Date Bread** - toasted w/butter **6**
- Fig & Fruit Loaf** - toasted w/butter (vegan avail) **8**
- Classic Toastie** - w/smoked leg ham, melted cheese, and tomato on Dino's wood fired ciabatta with a side of Bloody Mary sauce **12**
- Bacon & Egg Roll** - fried egg & bacon with choice of aioli, BBQ or tomato sauce **12**
- Eggs Benny Wrap** - two poached happy eggs, smoked leg ham, spinach, hollandaise & cheese **14**
- Vegan Wrap** - spinach, beetroot hummus, avo, quinoa, charred corn, carrot **14**
- Peri Peri Chicken Wrap** - chicken, cos, avocado, tomato, red onion, peri peri mayo **16**
- Classic BLT** - w/Marsh's bacon, lettuce, tomato, and aioli on Dino's wood fired ciabatta **12**
- add avocado **16**

LUNCH - FROM 11.30

(Monday - Friday lunch special – any lunch dish with house beer, wine, soft drink or coffee \$25)

- Lunch Bowl** – sweet potato, spinach, avocado, roast capsicum, quinoa, toasted seeds, hummus & bush tomato chutney. Choice of sauteed mushroom, poached chicken or sugarcane cured salmon (gf) **22**
- Wharf One Beef Burger** – w/bacon, aged cheddar, lettuce, tomato, house made pickle, aioli & chips **22**
- Chicken Karaage Burger** - Japanese fried chicken, avocado, slaw, sweet chilli mayo & chips **22**
- Cajun Barra Burger** - grilled Barra fillet, slaw, house made pickle, tartare & chips **22**
- Fish 'n' Chips** - ginger beer battered local Barra with chips, salad & house made tartare (gf) **22**
- Wharf One Caesar** – grilled chicken breast, bacon bits, cos, parmesan, egg, croutons, classic dressing **22**
- Sugarcane Cured Salmon Salad** – w/spinach, red onion, avocado, tomato, cucumber, ponzu glaze **22**
- Pho Poached Chicken Salad** – w/Asian slaw, crunchy fried noodles, chili & lime dressing **22**
- Chips** (gf/v) **8**

1.65% surcharge on all credit card payments

LITTLE PEOPLE'S FOOD (14 & under)

- all kids meals served with a piece of fruit

Kids Ham 'n' Cheese Toastie	7
Kids Fruit Bowl – fresh fruit, yoghurt, honey	8
Green Eggs & Ham – avocado, egg & ham on toast	10
Mini Brekky – ham, egg, hash brown, tomato sauce	10
Kids Fish 'n' Chips – battered Barra, chips and tartare sauce (gf) – avail 11.30	12



LITTLE PEOPLE'S DRINKS (14 & under)

Kids Milkshakes – choc, strawberry, vanilla or caramel	5
Kids Smoothies – berry, banana or mango (just fruit, yoghurt & milk)	6
Babycino – simple (choc) or fancy (marshmallow, cookie, choc and sprinkles)	1/2



HOOKED ON SWEETS

Check out the display of homemade cakes, slices and muffins



COLD DRINKS

Iced Coffee – espresso, milk & ice cream	8
Iced Chocolate – chocolate, milk & ice cream	8
Coco Noir – espresso, ice, coconut water	8
Iced Long Black – espresso, ice, water	5
Iced Chai – chai tea mix, ice, milk	7
Cold Latte – espresso, ice, milk	6
Tropical Sky Iced Tea – w/fresh lime	6
Orange Juice – squeezed to order	8
Milkshakes – chocolate, strawberry, vanilla, caramel or coffee – with ice cream & milk	8
Thick	+2



NAUGHTY CORNER – AFTER 10ISH

Smokey J's Bloody Mary - vodka, smokey spice mix & tomato juice garnished with smoked ham, lime, pickles and paprika salt	16
Mimosa – champers & freshly squeezed OJ	14
Beers, Wines & Spirits – check the selection in the fridge	

SMOOTHIES

Local Mango Smoothie – mango, yoghurt & milk	10
Organic Banana Smoothie – local organic bananas, yoghurt, cinnamon, honey & milk	10
Brekky Blitz – berries, granola, yoghurt, cinnamon & milk	10
Mango Colada – mango, coconut yoghurt, pineapple & lime (dairy free)	10
Summertime Madness – dragonfruit, mango, pineapple & orange juice (dairy free)	10
Wanna Date – dates, cacao, banana, protein powder & almond milk (dairy free)	10
Extreme Green – kale, spinach, banana, spirulina & coconut water (dairy free)	10
Protein Blast – banana, whole egg, protein powder & oat milk (dairy free)	10
add Allgood plant protein (profits from plant protein go to men's mental health)	+2
add collagen powder	+2



BEANS – 100%ORGANIC, LOCALLY ROASTED

Flat white, latte, cappuccino, long black, piccolo, espresso, mocha, hot choc, etc...	small	4
	large	5

Misty Mountain milks – full cream, low fat, lactose free	
Alternative milks – almond, soy, oat	1



LEAVES – TEA DROP

English Breakfast	4
Earl Grey	4
Ceylon Strong	4
Honeydew Green	4
Peppermint	4
Malabar Chai	4
Chamomile	4
Chai Latte – Wharf One's own spice mix	6



Please check in using **Check in QLD app**

1.65% surcharge on all card payments