

# WHARF ONE CAIRNS



## BREAKFAST - UNTIL 11.30

- Wharf One Granola Bowl** - honey baked granola, Mungalli organic yogurt and tropical fruit (gf) **16**
- Brekky Bowl** - sautéed mushrooms, spinach, avocado, seeds, nut free dukkha, beetroot hummus, sweet potato shards and two poached happy eggs (gf/v) **19**
- The One** – one potato rosti w/Tasmanian smoked salmon, avocado, Mungalli quark, crispy capers & one perfectly poached happy egg (gf) **19**
- The 'Avo'** - crushed local avocado w/ Mungalli quark, toasted seeds, balsamic glaze & pickled red onion on toasted Red Hill sourdough (v/vegan avail) **20**
- Broken Eggs** – two folded happy eggs on toasted Red Hill sourdough w/avocado, Mungalli quark, toasted seeds, balsamic glaze & pickled red onion (v) **20**
- Eggs Benedict** – two perfectly poached happy eggs, lime hollandaise & toasted Red Hill sourdough
- w/sauteed spinach **18**
  - w/smoked leg ham or bacon **21**
  - w/ Tasmanian smoked salmon **24**
- Brekky Burger** – bacon, fried egg, spinach, hollandaise with a hash brown & side of Bloody Mary sauce **20**
- Two Happy Eggs on Toast** – poached scrambled or fried on toasted Red Hill sourdough. **13**  
-add good stuff from below

## 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 hash brown **4**
- Local avocado or mushrooms **5**
- Smoked leg ham or bacon **5**
- Tasmanian smoked salmon **6**

## ALL DAY EATS

- Banana & Date Bread** - toasted w/butter **7**
- Fig & Fruit Loaf** - toasted w/butter (vegan avail) **8**
- Classic Toastie** – with smoked leg ham, melted cheese, and tomato on Red Hill sourdough with a side of Bloody Mary sauce **12**
- Bacon & Egg Roll** - fried egg & bacon with choice of aioli, BBQ or tomato sauce **13**
- Eggs Benny Wrap** - two poached happy eggs, smoked leg ham, spinach, hollandaise & cheese **16**
- Vegan Wrap** - spinach, beetroot hummus, avocado, quinoa, charred corn & grated carrot **16**
- Peri Peri Chicken Wrap** - chicken, rocket, avocado, tomato, red onion & peri peri mayo **18**
- Classic BLT** - bacon, lettuce, tomato and aioli on toasted Red Hill sourdough **14**  
- add avocado **18**



## LUNCH - FROM 11.30

- (Monday - Friday lunch special – any lunch dish with house beer, wine, soft drink or regular coffee \$28)
- Lunch Bowl** – spinach, sweet potato, avocado, quinoa, beetroot hummus, roast capsicum, toasted seeds, & bush tomato chutney. Choice of sauteed mushroom, poached chicken or Tasmanian smoked salmon (gf) **25**
- Wharf One Beef Burger** – w/bacon, aged cheddar, lettuce, tomato, house made pickle, aioli & chips **25**
- Chicken Karaage Burger** - Japanese fried chicken, avocado, slaw, sweet chilli mayo & chips **25**
- Cajun Barra Burger** - grilled Barramundi fillet, slaw, house made pickle, tartare & chips **25**
- Fish 'n' Chips** - ginger beer battered local Barramundi with chips, salad & house made tartare (gf) **25**
- Wharf One Caesar** – poached chicken, bacon bits, cos, parmesan, egg, croutons & classic dressing **25**
- Prawn Nasi Goring** – Indonesian style fried rice with prawns, sprouts, carrot, spring onion & a fried egg **25**
- Chicken and Sweet Potato Salad** – w/ rocket, quark, raisins toasted almonds and a pomegranate dressing **25**
- Chips** (gf/v) **8**

15 % public holiday surcharge

Card surcharge: Amex 2.5% Visa, Mastercard, Eftpos 1.32%

## LITTLE PEOPLE'S FOOD (14 & under)

- all kids meals served with a piece of fruit

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



## LITTLE PEOPLE'S DRINKS (14 & under)

<b>Kids Milkshakes</b> – choc, strawberry, vanilla or caramel	6
<b>Kids Smoothies</b> – berry, banana or mango (just fruit, yoghurt & milk)	6
<b>Babycino</b> – 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

<b>Iced Coffee</b> – espresso, milk, ice cream	8.5
<b>Iced Chocolate</b> – chocolate, milk, ice cream	8.5
<b>Iced Mocha</b> – espresso, chocolate, milk, ice cream.	8.5
<b>Iced Long Black</b> – espresso, ice, water	6.5
<b>Cold Latte</b> – espresso, ice, milk	6.5
<b>Iced Chai</b> – chai tea mix, ice, milk	7.5
<b>Tropical Sky Iced Tea</b> – w/fresh lime	6
<b>Fresh Orange Juice</b> – squeezed to order	8
<b>Milkshakes</b> – chocolate, strawberry, vanilla, caramel or coffee – with ice cream & milk	8
<b>Thick</b>	+2



## NAUGHTY CORNER – AFTER 10ISH

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

## SMOOTHIES

<b>Local Mango Smoothie</b> – mango, yoghurt & milk	10
<b>Organic Banana Smoothie</b> – local organic bananas, yoghurt, cinnamon, honey & milk	10
<b>Brekky Blitz</b> – berries, banana, granola, yoghurt, cinnamon & milk	10
<b>Mango Colada</b> – mango, coconut, pineapple & lime (dairy free)	10
<b>Summertime Madness</b> – dragonfruit, mango, pineapple & orange juice (dairy free)	10
<b>Wanna Date</b> – dates, cacao, banana, protein powder & almond milk (dairy free)	10
<b>Extreme Green</b> – kale, spinach, spirulina, mango, pineapple & coconut water (dairy free)	10
<b>Protein Blast</b> – banana, whole egg, protein powder & oat milk (dairy free)	10
<b>Add protein powder</b>	+2



## BEANS – 100%ORGANIC, LOCALLY ROASTED

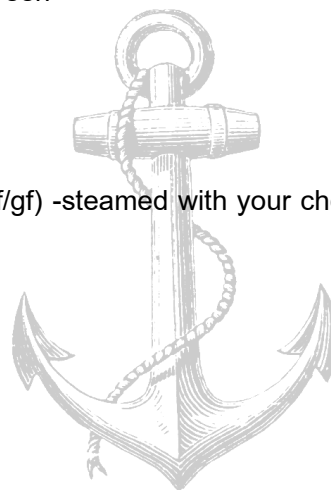
Flat white, latte, cappuccino, long black, piccolo, espresso, mocha, hot choc, etc...	small	4.5
	large	6

<b>Dairy milk</b> – full cream, low fat, lactose free	
<b>Alternative milks</b> – almond, soy, oat	1



## LEAVES – TEA DROP

English Breakfast	4.5
Earl Grey	4.5
Ceylon Strong	4.5
Honeydew Green	4.5
Peppermint	4.5
Malabar Chai	4.5
Chamomile	4.5
Chai Latte (df/gf) -steamed with your choice of milk	7



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