

# Breakfast Included

Available 7.30am - 10.30am

## TO START

Freshly baked mini croissant w/ house made jam

Mini yoghurt, seasonal fruit & granola

## TO CONTINUE

CHOOSE ONE

Raisin toast & butter

ZB Sourdough, bonne maman jam & condiments

Freshly baked croissant & house made jam

Yogurt, seasonal fruit & granola

Spiced bircher, green apple, coconut & raspberry

Smashed avocado, heirloom tomato, poached egg,  
goats feta & dukkah

Chilli folded eggs on toast, mushroom xo, furikake  
& lots of herbs

The Sands Benedict, poached eggs, potato hash,  
smoked salmon, spinach, hollandaise & caviar

Breaky Burger, grilled bacon, fried egg, BBQ sauce,  
spinach, avocado, cheese & hashbrowns

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Eggs your way on toast | poached, fried or folded  
choose up to 2 sides

hashbrowns | tomato | hollandaise | avocado  
mushrooms | spinach | bacon | smoked salmon

## TO DRINK

help yourself to our tea & coffee station

&

enjoy a juice of your choice

orange | apple | pineapple | cranberry | mango

please note that barista coffee is an additional charge

GF - gluten friendly | V - Vegetarian | VG - Vegan | O - Option

Please note that our kitchen contains allergens including gluten, therefore we cannot guarantee that meals will be completely free of allergens, traces may be present

THE SANDS |

*Longway*

# Breakfast

THE SANDS | *torquay*

Available 7.30am - 10.30am

Muffin of the day	5.5
Raisin toast & butter (V/VGO)	10
ZB Sourdough, bonne maman jam & condiments (V/VGO/GFO)	10
Freshly baked croissant & house made jam (V)	10
Yogurt, seasonal fruit & granola (V/VGO)	16
Spiced bircher, green apple, coconut & raspberry (V/VGO)	20
Smashed avocado, heirloom tomato, poached egg, goats feta & dukkah (V/VGO)	25
Chilli folded eggs on toast, mushroom xo, furikake & lots of herbs (V/GFO)	23
The Sands Benedict, potato hash, smoked salmon rilette, spinach, hollandaise & caviar (GF)	26
Breaky Burger, grilled bacon, fried egg, BBQ sauce, spinach, avocado, cheese & hashbrowns (GFO)	19
Eggs your way on toast   poached, fried or folded (V/GFO)	15

## SIDES

toast   hashbrown   tomato   hollandaise	4ea
avocado   mushrooms   spinach	5ea
bacon   smoked salmon   eggs	6ea

## TO DRINK

espresso	4
long black   piccolo   short macchiato	4.5
white coffee   chai   hot chocolate   long macchiato	5
tea selection: english breakfast   earl grey   lemongrass & ginger   peppermint   chamomile	5
iced coffee w/ ice-cream	8
iced chocolate w/ ice-cream	7
affogato	6

## EXTRAS

large	1
soy   almond   oat   lactose free milk	0.5
extra shot   decaf   vanilla   caramel   hazelnut	0.5

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