

# WHISK & PADDLE

cafe

## ALL DAY BREAKFAST

### HOUSE BLEND TOASTED MUESLI

Low fat yoghurt, fruit, crushed sunflower and chia seeds, organic honey  
\$16.50

### OMELETTE

Open free range omelette, leek, ham, swiss cheese  
\$12

### BOWAN ISLAND SOURDOUGH

crushed avocado, roast cherry tomatoes and crumbled feta  
\$14.50

Add Free Range Poached egg \$2.00

Add Smoked Salmon \$4.00

### BIG BREAKFAST

Scrambled or fried free range eggs with sourdough, Chorizo and Potato Hash and Piperade  
\$18.50

### HEALTHY FRUIT SALAD BOWL

Low fat yoghurt and organic honey  
\$16.00

### FREE RANGE POACHED EGGS

Quinoa bread, corn, leek and bacon hash, W&P tomato jam  
\$18.00

### TOAST(SOURDOUGH OR RYE)

choice of berry jam, vegemite, honey or Peanut Butter served with butter  
\$6.00

### BUTTERMILK PANCAKES

Orange Maple-syrup, poached pears and spiced Ricotta.  
\$16.00

### POACHED EGG SALAD

Broad bean, peas, crisp bacon  
\$15.00

## LUNCH

### SALAD OF ORGANIC QUINOA

Pomegranate, roast butternut pumpkin, sunflower seeds and spring greens - GF vegan  
\$18.50

### MARKET FRESH FISH AND CHIPS

\$market price

### ANGUS 200GM BEEF BURGER

Horseradish Mayonnaise, toasted brioche bun, slaw, swiss cheese, pickle and fries.  
\$19.00

### CHICKEN SCHNITZEL

cabbage, grape and walnut salad  
\$19.00

### PAN FRIED SALMON

Wilted savoy cabbage with bacon, and sauce remoulade. GF  
\$24.00

### GRILLED REUBEN SANDWICH

Russian Dressing  
\$17.00

### SMOKED SALMON

Baby Radish, Cucumber and Organic Quinoa salad with Pomegranate yoghurt  
\$20

## KIDS & SIDES

HAM AND CHEESE TOASTIE \$5.00

BABY MUESLI BOWL with fresh fruit, honey and yoghurt. \$6.00

FRIES \$5.00

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