



PLATES (all day)

Gluten free option \$2 Nonie's seedy brown or charcoal \$2.5

TOAST & SPREADS(v) 8

White/brown sourdough with your choice of seasonal jam, honey, Vegemite or peanut butter

FRESHIE EGGS(v) 19

Buttery smooth free-range scrambled eggs served on sourdough with avocado, roasted cherry tomatoes and coriander. Add bacon or salmon?

SMASHED SEAGULL(df, v, vg) 17

Chunky avocado on miche sourdough, with coriander, chilli flakes and fresh lime. Add an egg? Salmon? Or goat's cheese?

MUSHROOMS ON TOAST(v) 19

Sautéed mushrooms in garlic butter with basil pesto, fresh parsley, smoked cheddar and truffle oil on sourdough. Add an egg, bacon or both?

AÇAI BOWL(df, v, vg) 18

Açai, home-made granola, banana, fresh berries, coconut chips, toasted seeds and edible flowers. Add peanut butter? +2

SMOKED SALMON 19

Smoked salmon on miche sourdough with cream cheese, pickled onions, capers and dill. Add an egg? Or two?

FANCY BREKKY BRUSCHETTA(v) 17

Meredith marinated goat's cheese on miche bread with fresh Roma tomatoes, basil oil, olive oil and balsamic. Add an egg?

POWER SEED BIRCHER(df, v, vg) 17

Overnight oats soaked in apple juice, grated green apple, cinnamon and mixed seeds. Topped with coconut yoghurt and fresh berries

WAFFLE STACK(v) 18

The stack! Belgian waffles with mixed berries, maple syrup, vanilla ice cream and berry compote. Just yum!

SIDES

Soft boiled egg..... 3	Goat's cheese4
Crispy bacon 5	Scrambled eggs.....4
Avocado 4	Truffle mushrooms.....4
Smoked salmon 6	1/2 chicken breast.....5
Halloumi..... 5	Smoked ham.....4

PASTRIES N TINGS

Plain croissant(v) 5
Almond croissant.....(v) 8
Ham and cheese croissant..... 9
Banana bread(v) 7
Butter Boy Cookie.....(v) 7
Muesli Cookie(v) 6
Protein ball 4 (gf, v, vg)
Salted caramel slice..... 5 (gf, v, vg)

TOASTED SAMBOS

MORNING SURF 13

Smoked bacon, free range fried egg, tasty cheese and smoky BBQ sauce on a milk bun

DOUBLE HAM 16

Double smoked ham, tasty cheese, Dijon mustard and smoked cheddar.

SPICY BIRD 16

Poached free-range chicken breast, cheese, tomato, spinach with a smoky chipotle mayo.

NEW YORKER 17

Pastrami, sauerkraut, pickles, Swiss cheese, Russian dressing, wholegrain mustard on miche. Our classic Reuben!

THREE CHEESE MUSHROOM (v) 17

Garlic truffle mushrooms with Swiss cheese, tasty cheese, basil pesto, parsley and smoked cheddar

BREKKY WRAP 13

Free-range scrambled eggs, bacon, tasty cheese, spinach and a lil bit of chipotle mayo

LITTLE NIPPERS

WEET BIX(v) 8

Served with milk and fruit

KIDS AVO(df, v, vg) 9

Mini avocado on toast

KIDS SCRAMBLED EGGS(v) 9

Mini scrambled on toast

CHEESY TOASTIE(v) 9

Seriously cheesy toastie, add ham? +2

MINI WAFFLE(v) 9

Single waffle with ice cream, strawberries and Nutella

KIDS APPLE JUICE(v) 4



LUNCH (11am - 2pm)

SEAGULL BURGER (Hungry? Add bacon +3)..... 21
Grilled free-range chicken breast, avocado, roma tomatoes, lettuce and tasty cheese with special seagull sauce and crisps, served in a seeded potato bun

GRILLED HALLOUMI SALAD.....(gf, v) 23
Grilled halloumi with mixed lettuce, cucumber, tomato, avocado, Spanish onion and Green Goddess dressing.
Add chicken? Or salmon?

BROWN RICE CHICKEN PLATE.....(df, gf) 24
Whole slow poached free-range chicken breast with brown rice, quinoa, edamame, coriander, avocado and chilli sauce

VEGAN BOWL.....(df, v, vg, gf) 22
Roasted pumpkin, beetroot hummus, mixed lettuce, falafel, quinoa tabouli, cucumber, mixed seeds, alfalfa sprouts and Green Goddess dressing

LOBSTER ROLL..... 27
Moreton Bay bug with a creamy lemon horseradish mayo, celery, mixed lettuce, served in a glazed roll with crisps

SUPERFOOD SMOOTHIES

By Where The Wild Things Grow

ROSE BERRY.....(df, gf, v, vg) 9
Strawberries, kiwifruit, beetroot, dates, lemon juice, raspberries, Inca berries, goji berries and rose water

SUPER GREEN.....(df, gf, v, vg) 9
Kale, spirulina, spinach, cucumber, avocado, celery, lemon/lime juice, cinnamon, pear and coconut water

NECTAR COLD PRESS JUICES

THE BIG O..... 8
Cold pressed OJ

GREEN WITH ENVY..... 8
Apple, celery, spinach, kale, lemon, cucumber and parsley

SWEET CHEEKS..... 8
Watermelon, apple, cucumber, raspberry and lime

TROPI COOL..... 8
Pineapple, apple, orange, lemon and mint

COFFEE

By Single O

Espresso4
With milkS 4.5 / L 5
Extras80c
Batch brew / Bottomless 5.5/8
Iced latte/choc/chai/mocha..... 5.5
Iced coffee w ice cream.....7
Hot choc.....S 4.5 / L 5
Mocha.....S 4.5 / L 5
Sticky chai5
Somage teas 4.5
Golden latte6
Cold brew / Iced long black..... 5.5
Babyccino / Puppaccino.....2

FROM THE FRIDGE

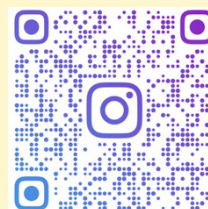
Water4
Soft drink bottle 5.5
Coconut water5
Kombucha8

CLASSIC MILKSHAKES

Choice of Chocolate / Strawberry / Vanilla / Caramel, whipped cream and a cherry on top! The crowd favourite8

SUPPORT LOCAL

Five cents of every coffee sold is donated to the Freshwater Surf Life Saving Club



threeseagulls.com.au

Please talk to our wait staff about any special dietary requirements

(df) dairy free (gf) gluten free
(v) vegetarian (vg) vegan

