

# Seed + Vine

## Breakfast

### Toast

M \$9 NM \$11

Home made preserves, pepe saya butter, country loaf, soy + linseed, fruit bread, English muffin

### Sourdough Crumpet ●●

M \$10 NM \$12

Mixed berry butter, local creamed honey

### Apple Bircher ●

M \$14 NM \$16.5

Potted vanilla yoghurt, soaked steel cut oats, roasted strawberries, pistachio crumble

### Smashed Avocado ●

M \$14 NM \$16.5

Grilled soy + linseed toast, house labneh, marinated zucchini, garden peas, chilli oil

### Breakfast Burger

M \$15 NM \$17.65

Milk bun, grilled streaky bacon, fried egg, Swiss cheese, brown sauce

### French Toast ●

M \$17 NM \$20

Vanilla-soaked brioche, ricotta, grapefruit curd, blueberries, mint

### Breakfast Nourish Bowl ●●

M \$17 NM \$20

Roast sweet potato, marinated zucchini, quinoa, kale, spiced chickpeas, soft boiled egg, pepitas, citrus dressing

### Two Eggs Your Way

M \$14 NM \$16.5

Country loaf toast, pepe saya butter

### Additions

Grilled streaky bacon or grilled chorizo

M \$5 NM \$5.9

House smoked salmon ●●●

M \$8 NM \$9.5

Poached egg

M \$3 NM \$3.6

Smashed avocado or roast sweet potato

M \$4 NM \$4.8

Grilled or poached chicken ●●●

M \$6 NM \$7.1

## Light Meals

### Caesar Salad ●

M \$12 NM \$14.2

Baby cos lettuce, garlic croutons, soft boiled egg, caesar dressing, anchovies, parmesan

### Poached Chicken Salad ●

M \$18 NM \$21.2

Granny Smith apple, tri-colored quinoa, kale, truffled yoghurt dressing, roasted walnuts

### Roast Pumpkin Quiche ●

M \$16 NM \$18.9

Goats curd, caramelised red onion, baby spinach, rosemary

### Pork and Parsley Sausage Roll ●

M \$18 NM \$21.2

Pickled fennel, roquette, tomato relish

### Scotch Fillet Steak Sandwich ●

M \$18 NM \$21.1

Onion jam, marinated tomatoes, baby bocconcini, cos lettuce, Turkish bread

### Smoked Salmon Cakes ●●

M \$17 NM \$20

Lime crème fraiche, grilled cucumbers, radish, cress, caper jam

## Artisan Gelato

Please see gelato cabinet for flavour options.

1 scoop \$4.5

2 scoop \$7.5

● Dairy Free ● Nut Free ● Pescatarian  
● Vegan ● Vegetarian ● Gluten Free

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## Victoria Coffee

**Flat White  
Latte  
Cappuccino  
Long Black**  
R \$4.7 L \$5.6

**Espresso  
Short Black  
Macchiato**  
R \$4.2

**Baby Chino**  
R \$2.5

**Soy Milk  
Almond Milk  
Oat Milk  
Lactose Free Milk**  
\$1

**Caramel  
Hazelnut  
Vanilla  
Coffee Syrup**  
\$1

## Chocochino by Victoria

**Hot Chocolate  
Mocha**  
R \$4.7 L \$5.6

**Chai Latte**  
R \$4.7 L \$5.6

## Pot of Loose Leaf Tea

**English Breakfast  
Peppermint  
Green Tea  
Chamomile**  
\$5

## Iced

**Iced Coffee  
Iced Chocolate  
Iced Mocha  
Iced Tea**  
\$6.30

## Milkshakes & Thickshakes

**Chocolate  
Caramel  
Strawberry  
Vanilla  
Banana**  
Milkshake \$7.2 Thickshake \$8

## Protein Smoothies

**\$9**

**Pick Me Up**  
Banana, espresso, chocolate, peanut butter, protein

**Drink Your Greens**  
Cucumber, banana, apple, kale, spinach, kale, protein

**Energy Berry**  
Wildberries, oats, banana, maple syrup, oat milk, protein

**The Palms**  
Mango, pineapple, passion fruit, coconut water, protein

Member receive 15% off listed prices