

BREAKFAST

Noisette Sourdough. Quinoa loaf. Gluten free or Multigrain w/ organic butter. housemade jam honey. peanut butter or vegemite	\$7.5	The Captain w/ dry cured streaky bacon, pork & fennel sausage, roasted tomato, mushroom, onion jam and eggs your way on sourdough	\$21.0
Fruit Sourdough or Dr. Marty's Crumpets. w/ housemade jam and wild honey mascarpone	\$9.5	Claypot Harrisa Eggs, crispy fried shallots, coriander raita, olive crumb and pita bread	\$14.5
Almond Milk Quinoa and brown rice porridge, w/ blueberries, pistachio, black sesame and organic yogurt	\$14.0	Dukkha Poached Eggs w/ sujuk sausage, chargrilled haloumi, olives, labne, beetroot hummus and pita bread	\$20.5
Eggs Benedict w/ dry cured streaky bacon, eggs, housemade hollandaise on brioche bun	\$17.0	Shattered Avocado w/ dukkah, labne, adzuki bean salsa, Meredith feta on quinoa loaf	\$17.5
Acai Berry super food smoothie bowl kiwi, goji berry, inca berry, chia seeds and organic yogurt	\$14.0	Eggs your way poached, scrambled or fried w/ sourdough, quinoa loaf or multigrain, w/ organic butter	\$9.0
Ricotta Hotcakes w/ banana, maple, pecan crumble and crème fraiche	\$16.5	Housemade Granola w/ rhubarb compote, blueberries and organic yogurt	\$14.0
5 & Dime Rye Bagel w/ smoked salmon, scrambled egg, black truffle and dill cream cheese	\$15.5	Omelette w/ onion, cheese, tomato, mushroom	\$17.5

EXTRAS

++ Roasted tomato, mushroom, free range egg, sautéed spinach, bacon	\$3.5 each	++ Avocado, pork & fennel sausage, sujuk, smoked salmon, potato rosti, haloumi, Meredith feta	\$4.5 each
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LUNCH

Captain Royale Wagyu beef pattie w/ mixed lettuce, tomato, red onion, house made pickles, streaky bacon, American cheddar, The Captain's special sauce on a brioche bun and beer battered chips	\$20.5	Pulled Pork Bun w/ Otway pulled pork, smoked apple sauce, chipotle mayo slaw on a brioche bun and beer battered chips	\$18.0
Chilli Salt Calamari Vietnamese Slaw w/ charred lemon and dill mayo	\$18.0	GFC Captain Grey's fried chicken breast w/ kale slaw and chipotle mayo	\$18.0
The B61 w/ raw kale, brussels sprouts, aduki bean, roasted pecan, pomegranate and tahini maple dressing	\$16.5	Waffle fries w/ The Captains spiced ketchup	\$6.5
Greek Village w/ marinated char grilled lamb fillet, cucumber, Meredith feta, cherry tomatoes, Spanish red onion, wild roquette, lemon and herb vinaigrette	\$23.5	Beer Battered Chips w/ Tomato sauce	\$6.5
Crunchy Asian Salad w/ mixed lettuce leaves, cherry tomato, red onion, cucumber, roasted peanuts, crispy fried shallots, toasted flaked coconut, chilli lime and coconut dressing	\$14.5		
+Chargrilled Portuguese chicken breast	\$20.5		
Char grilled Chicken Wrap w/ Cheese, dill mayo, roquette, tomato	\$14.5		

LITTLE CAPTAINS

Egg & Bacon on Toast	\$7.5	Popcorn Chicken and Chips	\$8.5
Ricotta Hotcakes w/ Maple and Ice Cream	\$7.5	Little Fruit Bowl	\$7.5
Mini Captain Burger and Chips	\$8.5		

JUICES

The Orange Juice w/ 100% Oranges	\$7.5
Tropical Fruit Juices Watermelon, pineapple, orange or apple	\$7.5
Granny's Remedy w/ apple, beetroot, carrot	\$7.5
Orange Tango w/ orange, lemon, lime	\$7.5
Green Fields w/ spinach, green apple cucumber, celery, mint	\$7.5
Vitamin Booster w/ beetroot, carrot, orange, lime	\$7.5
Immunity w/ apple, pineapple, ginger, lemon	\$7.5
Ginger Ninja w/ carrot, ginger, green apple, celery, lemon	\$7.5
Detox w/ carrot, parsley, lemon, honey	\$7.5

SMOOTHIES

The Warrior w/ banana, dates, soy milk, house made peanut butter, organic ice cream	\$10.5
'Not – Tella' w/ coffee, frozen banana, cacao, vanilla, almond milk	\$10.5
Yogo Choc – Narna w/ frozen banana, cacao, date, almond milk	\$10.5
Super Matcha w/ frozen banana, coconut milk, matcha green tea powder, spinach	\$10.5
Strawberry w/ frozen berries, organic ice cream, milk	\$9.0
Watermelon Cooler w/ watermelon, strawberries, ice	\$9.0
+Raw fermented protein powder to any of our smoothies to kick start to your day.	\$3.0

MILKSHAKES

Chocolate, Strawberry, Vanilla or Caramel	\$4.0 / \$7.0
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Size: Kids and Adults

COLD DRINKS

Antipodes Still or Sparkling Water - 500mls	\$5.5
Antipodes Still or Sparkling Water - 1 litre	\$10.5
Coconut Water	\$4.5
Coca Cola	\$4.0
Organic Lemonade's <i>Cola / Zero Cola / Lemonade / Ginger Beer / Lemon Lime & Bitters / Orange Fizz / Raspberry Fizz</i>	\$4.0
Organic Sparkling Water's <i>Cranberry, Lime & Apple / Watermelon, Limeflower & Apple / Ginger, Lemongrass & Apple / Apple & Lemon</i>	\$4.5

COFFEE

HOT

Black	\$3.8
White	\$4.0
Single Origin	\$4.3
Filter	\$6.5

COLD

Cold Brew	\$6.0
Iced Latte	\$6.0
Iced Chocolate	\$6.0

TEA

English Breakfast	\$4.0
Earl Grey	\$4.0
Peppermint	\$4.0
Chamomile Blossoms	\$4.0
Lemongrass Ginger	\$4.0
Spring Green	\$4.0

OTHER

Chai	\$4.0
Wet Chai	\$4.5
Mocha	\$4.0
Hot Chocolate	\$4.0
+ Soy, almond or lactose free available	\$0.5

Not a coffee lover? Try something different

Double Date Latte w/ double shot of espresso, dates, ice, soy milk	\$7.5
Golden Latte (Tumeric Latte)	\$5.5
Matcha Latte (Green Tea Latte)	\$5.5
Iced Coffee / Mocha / Chocolate	\$6.0

WINES

RED

Ingoldby Cabernet Sauvignon \$8.0 /
Estate 1973 McLarenvale Vintage 2014, Vibrant w/
dark fruit aromas of blackberry and plum \$30.0

Devils Pinot Noir 2015 \$9.0 /
Tasmania attractive cherry spice aromas over a
generous savoury and seductive silky palate \$38.0

WHITE

Catalina Sounds Sauvignon Blanc 2015 \$9.0 /
From Marlborough, New Zealand shows parcels of
fruit and characters of citrus, crushed herbs, tropical
fruits and mineral notes, enhanced by oak fermented
portions \$38.0

5th Leg Chardonnay 2016 \$6.5 /
Western Australia rich and ripe stone fruits frolic
w/ toasty oak aromas \$25.0

BUBBLY

Chandon Brut 750ml \$29.0

BEER & CIDER

CRAFT BEER

Bridge Road Beechworth Pale Ale \$9.0
A Hop driven American style Pale, brewed in historic
Beechworth tropical nose, exhibiting melons and
passionfruit, finishes smooth lingering bitterness

Moon Dog Love Tap Lager \$9.0
A smooth, bitter without being beastly, hazy golden
beer with bucket loads of fresh tropical aromas. A
good crisp lager, brewed in Abbotsford, Victoria

Mountain Goat Ale \$9.0
The steam ale is a crisp, certified organic ale. A
great golden ale that is perfect as the weather
warms up. Brewed in Richmond, Victoria

BEER

James Boags Light \$8.0

Corona \$8.5

CIDER

Apple Cider \$9.0

Pear Cider \$9.0