

Breakfast

7.30am-10.30am

THE SANDS | *torquay*

ZEALLY BAY TOAST (GFO/V/VGO)	12
your choice between sourdough, fruit loaf or gluten free bread served w Lard Ass Butter & condiments	
SOURDOUGH CRUMPETS	14
served w Lard Ass Butter & Surfcoast honey	
BLAT	18
Zeally Bay bread filled w grilled bacon, freshly sliced tomatoes, smashed avocado, cos lettuce & aioli	
CHAI SPICED OAT PORRIDGE	20
rhubarb & apple compote, honey & burnt butter crumble, seasonal fruits	
THE SANDS BREAKY BURGER	18
Brioche roll, fried egg, bacon, cheese, spinach, house-made BBQ sauce & hashbrowns	
BUCKWHEAT & WATTLESEED GRANOLA	20
coconut yoghurt, berry compote & seasonal fruits	
CHILI FOLDED EGGS	24
ZB sourdough, fried shallots, toasted sesame, Persian feta, house chili oil & soft herbs	
TOASTED BANANA BREAD	18
whipped cream, caramel popcorn, hickory smoke maple syrup & strawberries	
HOMEMADE WAFFLES	22
caramelized banana, candied nuts, maple rose syrup & vanilla bean ice cream	
CHOOKS AT THE ROOKE FREE RANGE EGGS ON TOAST Poached, fried or folded	18
EGGS BENEDICT	25
ZB sourdough, housemade BBQ sauce, finger lime hollandaise, w your choice between BBQ pulled pork, ham or smoked salmon	
SMASHED AVO	25
ZB multigrain toast, heirloom tomatoes, pickled red onion, housemade dukkah, Persian feta, soft herbs & poached eggs	
KIDS WAFFLE BITES	14
Homemade waffle, chocolate sauce, 100s&1000s, vanilla bean ice cream & marshmallow	
COCOPOPS with milk	8

EXTRAS

5 EACH

Smoked salmon, bacon, avocado, mushrooms, Persian feta, hashbrowns, grilled tomato, sauteed spinach

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

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