



**SENTINEL**  
BAR AND GRILL

<i>Toasted Bread or Croissant with spreads &amp; preserves (Jam, vegemite or nutella)</i>	7
<i>Chocolate &amp; hazelnut brownie, strawberries (v. gf.) add vanilla ice-cream \$3</i>	8
<i>House made Granola, vanilla yoghurt, blueberry, strawberry, pear, raspberry coulis</i>	15

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<i>French Omelet with gruyere cheese, tomato chutney, sourdough (v, gf0)</i>	18
<i>Sautéed mushroom, caramelized onion, wilted spinach, spiced capsicum puree on sourdough (v, gf0) add scrambled eggs \$6</i>	17
<i>Smashed Avocado, poached egg, spiced capsicum puree, goat cheese, almond dukkha on sourdough (v, gf0)</i>	19
<i>Double bacon &amp; egg burger, tomato chutney, baby spinach, pickles (gfo)</i>	17
<i>Scrambled, fried or poached eggs on your choice of Bread</i>	14

**Add on**

<i>2 rasher bacon</i>	6
<i>Half an avocado/ sautéed mushrooms</i>	5
<i>Charred asparagus/ wilted spinach</i>	5
<i>Feta</i>	4
<i>One Poached Egg</i>	3
<i>Spiced capsicum puree/ Tomato Chutney</i>	3

**Choice of Bread**

<i>Sourdough</i>
<i>Whole meal</i>
<i>Gluten free</i>

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**Cold Press juices by 'Pure and Healthy' WA**

<i>seasonal orange   green apple</i>	7.5
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**Organic teas single pot** 5

<i>English breakfast</i>
<i>Earl grey</i>
<i>Green tea</i>
<i>Peppermint</i>
<i>Lemon grass &amp; ginger</i>
<i>Chamomile</i>
<i>Black chai Tea</i>

**Coffee**

<i>Flat white, Cappuccino, Latte</i>	4.5
<i>Black, Piccolo, Short Mac</i>	4
<i>Long Mac, Mocha, Chai Latte</i>	4.9
<i>Extra shot / Mug</i>	0.5
<i>Soy / Almond / Lactose Free</i>	0.5