



SENTINEL
BAR AND GRILL

Breakfast Menu

Daily baked Sweet or Savoury Muffin	6
Fruit Toast or Toasted Bread with spreads & preserves (Jam, vegemite or Nutella)	7
Toasted house made Banana Bread with Butter	8
Granola, toasted almonds, vanilla yoghurt, blueberry, strawberry, pear, coulis	15

Chorizo, scrambled egg, crispy kale on sourdough	18
Prosciutto, poached eggs, asparagus, capsicum pesto, balsamic, goat cheese on sourdough	24
French Omelette with gruyere cheese, tomato chutney, sourdough	18
Smashed Avocado, poached egg, tomato, goat cheese, balsamic, dukkha on sourdough	19
Full Breakfast, bacon, chipolata sausage, spinach, tomato, mushroom, hash brown, eggs	25
Breakfast Wrap, fried eggs, bacon, spinach, tomato relish, hash brown on the side	17
Scrambled, fried or poached eggs on your choice of Bread	13

Add on

2 Rasher Bacon	6	Chipolatas	6
Smoked Salmon	6	Chorizo	6
Sautéed Mushrooms	4	Choice of Bread	
Crushed Avocado	4	Sourdough	
Wilted Spinach	4	Whole meal	
Roasted Cherry Tomato	4	Gluten free	
2 Hash Browns	4		

Organic Teas single pot

English breakfast	5
Earl grey	
Green tea	
Peppermint	
Lemon grass & ginger	
Chamomile	
Black chai Tea	

Coffee

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