



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 toasted sourdough	18
Prosciutto, poached eggs, broccolini, capsicum pesto, balsamic, goat cheese on wholemeal	24
French Omelette with gruyere cheese, tomato chutney, toasted sourdough	18
Smashed Avocado, poached egg, tomato, goat cheese, balsamic, dukkha on wholemeal	19
Full Breakfast, bacon, chipolata sausage, spinach, tomato, mushroom, hash brown, eggs	28
Breakfast Wrap, fried eggs, bacon, spinach, tomato relish, hash brown on the side	17
Scrambled, fried or poached eggs on your choice of Bread	14

Add on

2 Rasher Bacon	6
Chipolatas	6
Chorizo	6
Smoked Salmon	8
Sautéed Mushrooms	4
Crushed Avocado	4
Wilted Spinach	4
Roasted Cherry Tomato	4
Hash Browns	4

Choice of Bread

Sourdough
Whole meal
Gluten Free

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