



SENTINEL
BAR AND GRILL

Breakfast Menu

Daily baked Sweet or Savoury Muffin	7
Fruit Toast or Toasted Bread with spreads & preserves (Jam, vegemite or Nutella)	9
Toasted house made Banana Bread with Butter	9
Granola, toasted almonds, vanilla yoghurt, blueberry, strawberry, pear, coulis	15

Chorizo, scrambled egg, crispy kale on toasted sourdough	20
Prosciutto, poached eggs, broccolini, capsicum pesto, balsamic, goat cheese on rye bread	26
French Omelette with gruyere cheese, tomato chutney, toasted sourdough	19
Smashed Avocado, poached egg, tomato, goat cheese, balsamic, dukkha on rye bread	22
Full Breakfast, bacon, chipolata sausage, spinach, tomato, mushroom, hashbrown, eggs	29
Breakfast Wrap, fried eggs, bacon, spinach, tomato relish	18
Scrambled, fried or poached eggs on your choice of Bread	15

Add on

2 Rasher Bacon	6
Chipolatas	6
Chorizo	6
Smoked Salmon	9
Crushed Avocado	5
Sautéed Mushrooms	4
Wilted Spinach	4
Roasted Cherry Tomato	4
Hashbrowns	4

Choice of Bread

Sourdough
Rye Bread
Gluten Free

Organic Teas single pot

English breakfast	5.5
Earl grey	
Green tea	
Peppermint	
Lemon grass & ginger	
Chamomile	
Black chai Tea	

Coffee

Flat white, Cappuccino, Latte	5
Black, Piccolo, Short Mac	4.5
Long Mac, Mocha, Chai Latte	5.5
Extra shot / Mug	0.7
Soy / Almond / Lactose Free	0.5