



SENTINEL
BAR AND GRILL

Breakfast Menu

Daily baked Sweet or Savoury Muffin	7
Fruit Toast or Toasted Bread with spreads & preserves <i>house made strawberry jam or orange marmalade</i>	9
Toasted house made Banana Bread <i>with Butter</i>	9
Granola, chia pudding, fresh berries, greek yoghurt, berry coulis	16

Mushroom Medley, truffle hollandaise, fried egg on rye bread	23
Baked Danish Feta Cheese, fig compote, oven tomatoes, prosciutto, dukkah, balsamico	27
Smashed Avocado, poached egg, tomato, goat cheese, balsamic, dukkha on rye bread	24
House made baked beans with beef brisket, poached egg, focaccia, truffle hollandaise	28
Full Breakfast, bacon, chipolata sausage, spinach, tomato, mushroom, hashbrown, eggs	31
Smoked Salmon Wrap, fried eggs, philadelphia cheese, spinach	21
Breakfast Wrap, fried eggs, bacon, spinach, tomato relish	19
French Omelette tomato chutney, crispy kale, toasted sourdough;	
with Gruyere cheese	20
with Mushrooms	23
with Spanish chorizo	25
Eggs your way: scrambled, fried or poached eggs on your choice of Bread	15

Add on

2 Rasher Bacon	6
Chipolatas	6
Chorizo	6
Smoked Salmon	9
Avocado	4
Stuffed Mushrooms	4
Wilted Spinach	4
Roasted Cherry Tomato	4

Hashbrowns	4
Truffle hollandaise	4
House made beans	5

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