



SENTINEL
BAR AND GRILL

Breakfast Menu

Daily baked Sweet or Savoury Muffin	8
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, seasonal fruit, greek yoghurt, berry coulis	17

Mushroom Medley, truffle hollandaise, fried egg on rye bread	24
Baked Danish Feta Cheese, fig compote, oven tomatoes, prosciutto, dukkah, balsamico	28
Smashed Avocado, poached egg, tomato, goat cheese, balsamic, dukkha on rye bread	25
House made baked beans with beef brisket, poached egg, focaccia, truffle hollandaise	29
Full Breakfast, bacon, chipolata sausage, spinach, tomato, mushroom, hashbrown, eggs	32
Smoked Salmon Wrap, fried eggs, philadelphia cheese, spinach	22
Breakfast Wrap, fried eggs, bacon, spinach, tomato relish	20
Three Egg Omelette tomato chutney, crispy kale, toasted sourdough;	
with Gruyere cheese	21
with Mushrooms	24
with Spanish chorizo	26
Eggs your way: scrambled, fried or poached eggs on your choice of Bread	15

Add on

2 Rasher Bacon	7	Hashbrowns	5
Chipolatas	6	Truffle hollandaise	4
Chorizo	6	House made beans	5
Smoked Salmon	9		
Avocado	5	Choice of Bread	
Stuffed Mushrooms	4	Sourdough	
Wilted Spinach	4	Rye Bread	
Roasted Cherry Tomato	4	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