# EASY OAR

EASY EATS | DINE IN | TAKE AWAY

EASY OAR CAFE AND DINING
7am-2pm

## BREAKFAST 7AM - 12PM

## LUNCH FROM 11AM

**PLEASE ORDER AT THE COUNTER**

### SOURDOUGH (NF | GFO | EF | DFO | V | VGO) $10
Local sourdough, toasted to golden perfection, served with Vegemite, local honey, or seasonal spreads.
Protein 11g | Fibre 5g | Saturated Fat 3.2g | Sodium 220mg

### EGGS YOUR WAY (NF | GFO | DFO | V) $14
Two free-range eggs served on freshly toasted sourdough.
Poached, Fried, Scrambled
Protein 20g | Fibre 4g | Saturated Fat 4.2g | Sodium 380mg

### BIRCHER MUESLI (EF| DFO | V | VGO) $16
Creamy bircher muesli made with rolled oats, Greek yoghurt, pineapple juice, grated apple, dried cranberries, sunflower seeds, pepitas & chia seeds, topped with berry compote, and fresh berries.
Protein 20g | Fibre 11g | Saturated Fat 3g | Sodium 120mg

### THE EASY OAR BACON & EGG ROLL (NF | GFO| DFO) $18
Crispy bacon, a golden egg and melty cheddar tucked into a toasted roll with our house-made tomato sauce.
Protein 27g | Fibre 3g | Saturated Fat 7g | Sodium 720mg

### SMOKEY MUSHROOM BRUSCHETTA (NF | GFO | EF) $23
Toasted sourdough topped with garlic sautéed mushrooms, whipped marinated goat's cheese, fresh herbs, dukkah and extra virgin olive oil.
Protein 18g | Fibre 6g | Saturated Fat 5.2g | Sodium 340mg

### SMASHED AVO (NF | GFO | EF | V) $23
Smashed avocado with marinated goat's cheese, cherry tomatoes, pomegranate arils, balsamic glaze & house made dukkah on toasted sourdough.
Protein 15g | Fibre 10g | Saturated Fat 5.5g | Sodium 280mg

### GRANOLA BOWL (EF| GFO | DFO | V | VGO) $22
Crunchy house-made granola layered with creamy Greek yoghurt*, fresh seasonal fruit, sliced banana, a drizzle of honey, and a sprinkle of toasted seeds & nuts.
**Coconut Yoghurt for a Vegan Option*
Protein 22g | Fibre 9g | Saturated Fat 5g | Sodium 180mg

### VIETNAMESE SALAD BOWL (GF | EF | VO | DF) $24
Lemongrass-marinated chicken or tofu with vermicelli noodles, crisp cucumber, shredded red cabbage, cherry tomatoes, fresh coriander, mint and Vietnamese pickled carrot, finished with Nuoc Cham, roasted peanuts & crispy shallots.
Protein 39g | Fibre 7g | Saturated Fat 4.5g | Sodium 340mg

### POKE BOWL (NF | EF | GF | DF | VO | VGO) $24
Rice, avocado, cucumber, edamame, carrot, radish, fresh chilli, spring onion, coriander, sesame seeds and nori with soy-lime dressing.
**Choose one**: Grilled Salmon (A) | Grilled Chicken | Marinated Tofu
Protein 38g | Fibre 8g | Saturated Fat 3g | Sodium 480mg | Omega-3

### BEEF SMASH TACO (NFO | GFO | EF) $24
3 smash beef tortilla tacos loaded with melted cheese, caramelised onions, shredded lettuce and house burger sauce.
Protein 42g | Fibre 7g | Saturated Fat 6.8g | Sodium 670mg

### FISH & CHIPS (NF | EF) $26
Battered Australian Flathead served with chunky chips, garden salad and house tartare.
Protein 35g | Fibre 8g | Saturated Fat 3.6g | Sodium 480mg

### LOADED SWEET POTATO WITH SPICED BEEF & SALSA (NF | GF | EF) $26
Roasted sweet potato topped with spiced beef, tomato, cucumber, avocado & coriander salsa, Greek yoghurt, feta, nigella seeds and lime.
Protein 36g | Fibre 11g | Saturated Fat 4.6g | Sodium 390mg

### STEAK SANDWICH (NFO | GFO | EFO) $28
Grilled steak, caramelised onions and house-made pickles on toasted roll with house-made mayo. Served with chips
Protein 46g | Fibre 7g | Saturated Fat 5.6g | Sodium 590mg

***PLEASE INFORM US IF YOU HAVE A FOOD ALLERGY***

**DIETARY OPTIONS - EGG FREE (EF) | GLUTEN FREE (GF) | DAIRY FREE (DF) | VEGETARIAN (V) | VEGAN (VG) | NUT FREE (NF) | OPTION (O)**

NOTE: MODIFICATIONS MAY NOT BE AVAILABLE FOR ALL MENU ITEMS

## ADD-ONS

Bacon | Smoked Salmon | Avocado | Mushroom | Tofu | Wilted Greens | Halloumi | 2 Eggs | Tomato | Goats Cheese | Bowl of Chips **+$5**

Feta | Fresh Chilli | Dried Chilli | Maple Syrup | Olives | Hollandaise Sauce **+$3**

## SPECIAL

'RED SHEDDERS ONLY'
BREAKFAST PICK & COFFEE TILL 11AM
LUNCH PICK FROM 11AM

$20

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7am-2pm

## COFFEE

ALL DAY

**$5.50 / $6.50**

CAPPUCCINO
FLAT WHITE
LATTE
MOCHA
HOT CHOCOLATE
CHAI LATTE
LONG BLACK

| | |
|---|---|
| PICCOLO | $5 |
| ESPRESSO | $4 |
| ICED LATTE | $7 |
| ICED LONG BLACK | $7 |
| ICED COFFEE WITH VANILLA ICE CREAM | $8 |
| MILK SHAKES CHOCOLATE \| STRAWBERRY \| VANILLA | $8 |

### SPECIALITY DRINKS

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|---|---|
| ICED MATCHA | $9 |
| ICED STRAWBERRY MATCHA | $11 |
| EARL GREY ICED MATCHA | $11 |
| VANILLA COLD FOAM MATCHA | $11 |
| ICED TIRAMISU MATCHA | $12 |
| TIRAMISU COLD BREW | $11 |
| SALTED MAPLE MONT BLANC | $11 |
| COLD FOAM - ADD ON | $1 |

## TEA

ALL DAY

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|---|---|
| HOUSE-MADE CHAI TEA | $8 |
| FRESHLY BREWED TEA | $6 |

ENGLISH BREAKFAST, EARL GREY, PEPPERMINT, GREEN

## WELLNESS BAR

ALL DAY

### FRESH PRESSED JUICE — $10

ORANGE
GLOWING GREEN — CELERY, KALE, GREEN APPLE, CUCUMBER, SPINACH & MINT
CARROT CRUSH — CARROT, ORANGE, GINGER, LEMON

### PROTEIN SMOOTHIES

**POWER CHOC PROTEIN** — $10
BANANA, MILK, WHEY PROTEIN, COCOA, HONEY
Protein 52g | Fibre 4g | Saturated Fat 2g | Sodium 280mg

**BLUE GREEN ALGAE** — $18
MANGO, BANANA, AVOCADO, LEMON, BLUE SEA MOSS, BLUE SPIRULINA COCONUT CREAM, PROTEIN POWDER, MAPLE SYRUP, ALMOND MILK
Protein 27g | Fibre 9g | Saturated Fat 5.4g | Sodium 190mg

**TROPICAL SUNRISE** — $18
MANGO, BANANA, PINEAPPLE, PASSIONFRUIT, COCONUT WATER, LEMON, COCONUT MILK, COCONUT CREAM, WHEY PROTEIN, HONEY, RASPBERRY SWIRL
Protein 27g | Fibre 19g | Saturated Fat 7g | Sodium 160mg

**STRAWBERRIES & CREAM** — $18
STRAWBERRIES, BANANA, AVOCADO, LEMON, SEA MOSS, COLLAGEN, PROTEIN POWDER , COCONUT CREAM, ALMOND MILK, MAPLE SYRUP
Protein 28g | Fibre 8g | Saturated Fat 5.8g | Sodium 180mg

**MANGO MANGO** — $18
MANGO, LIME, BANANA, COCONUT CREAM, COCONUT WATER, COCONUT MILK, PROTEIN POWDER, HONEY
Protein 28g | Fibre 7g | Saturated Fat 5.6g | Sodium 180mg

### OTHER DRINKS

HOUSE MADE SPRITZERS - CANNED
HOUSE MADE JUICES - CANNED
SPARKLING COCONUT WATER - CANNED
ALCOHOLIC BEVERAGE OPTIONS BEER, WINE, SPARKLING

## EASY EATS

ALL DAY

**OUR FRIDGES ARE STOCKED DAILY WITH FRESHLY MADE OPTIONS**

SALADS | HOUSE MADE JUICES | BREAKKIE WRAPS
FRUIT SALAD | YOGHURT CUPS | CHIA PUDDING
CHARCUTERIE BOXES | BIRCHER MUESLI & MORE

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