

breakfast @ the rocks

available Wednesday to Sunday

breads by mornington's baker boys,

dark rye, white ciabatta, white sour vienna 5.5
(gf 7.5)

dutch fruit loaf 6

croissant, butter & jam 5.4

nutella & banana jaffles 10

half avocado, lime, salt, rye toast & persian
fetta 13

acai bowl, banana, strawberry, kiwi fruit, chia
seeds 14

JUICES

organic coconut water 6.5

freshly squeezed OJ 6

healthy start green juice, spinach, celery, cucumber, apple & coconut water 8

daily juice orange, mango, guava, tomato, ruby grapefruit, apple, pineapple or cranberry 4.6

tea by tea drop

english breakfast, lavender grey, spring green, peppermint, chamomile, malabar chai, or lemongrass &
ginger 4.4

coffee by Romcaffè Bonsoy (+ .70)

coconut pana cotta, fresh fruit, granola, chia
seeds 14

green tea pancake, strawberries, maple syrup,
papita seeds, coconut yoghurt & coconut flakes 16

olive oil poached king salmon, raw kale, radish,
crisp grains, shallot & poached egg 19

raw cauliflower nasi, pomegranate, pea, golden
raisins, smkd almond salad, fried egg 17

bbq king prawn, 2 poached eggs, prawn bisque
hollandaise on squid ink toast 22

2 poached eggs, fat bacon, roasted vine tomato on
sourdough 17

rocks breakfast, 2 poached eggs, roasted vine
tomato, pork & fennel sausage, rainbow chard, fat
bacon 22

NB 4 GF, a lot of our dishes can be made GF by replacing toast with gluten free toast +\$1.6

please note no alterations

PLEASE ORDER AT COUNTER