

breakfast

served from 7am to 2pm

- sourdough toast with preserves .... \$6  
jam, vegemite or peanut butter
- eggs your way on sourdough (gfo) .. \$10.5  
2 eggs scrambled, poached or fried
- chilli scrambled eggs (gfo) ..... \$14  
3 eggs, feta, chilli oil, parmesan,  
crispy shallots, spring onion, chilli  
on sourdough
- avo on sourdough (v, veo, gfo) ..... \$14  
crumbled feta, charred corn and  
capsicum, micro salad and seeds
- eggs benny (v) ..... \$16  
2 poached eggs on cabbage  
and onion croquette, spinach  
and hollandaise sauce
- + breakfast add-ons:  
avocado ..... \$4  
sauteed spinach ..... \$4  
sauteed mushrooms ..... \$4  
1 x egg your way ..... \$4  
2 x hash browns ..... \$5  
2 x rashers of bacon ..... \$6  
2 x pieces chorizo ..... \$6

pizza

served from 11am to 2:30pm

- oven fresh pizza (gfo)  
margarita ..... \$14  
pepperoni ..... \$16
- + gluten free bases ..... \$4

grab & go

served from 7am to 2:30pm

- fresh made rolls:  
ham & salad ..... \$9.5  
chicken & salad ..... \$9.5  
cheese & salad ..... \$8.5
- bacon & egg roll ..... \$10  
with tomato relish
- bacon & egg wrap ..... \$11  
with spinach, cheese, mayo  
and BBQ sauce
- mushroom wrap ..... \$10  
with spinach, hash brown, cheese  
and tomato relish
- ham & cheese croissant ..... \$10
- toasties:  
ham, cheese & tomato ..... \$7.5  
ham & cheese ..... \$6.5  
cheese & tomato ..... \$6
- chia pudding & granola cup ..... \$9.5
- banana bread ..... \$6
- almond croissant ..... \$8
- assorted danishes and pastries

daily specials

served from 11am to 2:30pm

- see specials board
- soup of the day with crusty  
sourdough ..... \$9
- salad of the day ..... \$11
- pasta of the day ..... \$12
- curry of the day ..... \$12

lunch

served from 11am to 2pm

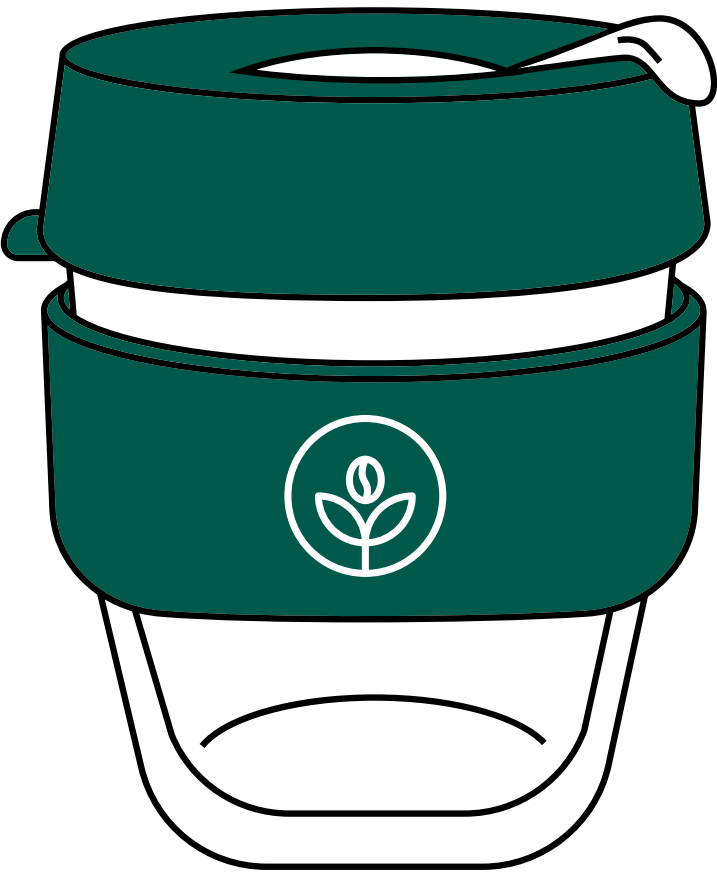
- grilled barramundi (gf) ..... \$18.5  
Moroccan brown rice, house-made  
pumpkin hummus
- beef burger and fries ..... \$16  
sauce, lettuce, tomato, pickled onion  
+ cheese ..... \$2  
+ bacon ..... \$3
- southern grilled chicken burger and  
fries (gfo) ..... \$16  
American cheese, lettuce, buffalo aioli  
+ cheese ..... \$2  
+ bacon ..... \$3
- BLT on Turkish bread and fries ..... \$15  
bacon, lettuce, tomato, chipotle mayo
- quinoa bowl (v, ve, gfo) ..... \$12.5  
roasted sweet potato, quinoa,  
broccolini, avocado, edamame beans,  
corn, capsicum and toasted pinenuts  
+ karaage chicken ..... \$7
- baked spuds:  
bolognaise ..... \$15  
tasty cheese, spring onion  
Mexican (v) ..... \$12  
smokey bean chilli, tasty cheese  
sour cream, pickled onion
- karaage chicken bowl ..... \$15  
rice, edamame beans, wakame,  
pickled ginger, sriracha kewpie, and  
sesame seeds
- shoestring fries ..... \$6

beverages

served from 7am to 2:45pm

- coffee  
Quest Coffee Roasters  
Australian owned coffee roasters  
based in Burleigh Heads
- small ..... \$4.7  
medium ..... \$5.2  
large ..... \$5.7
- chai latte ..... +50c  
aromatic blend of spices
- syrops ..... +50c  
caramel, vanilla, hazelnut
- alternative milk ..... +50c  
soy, almond, oat, lactose free, coconut
- iced coffee ..... \$6  
long black, latte, chai  
+ ice cream and cream ..... \$2
- Madura tea ..... \$5  
english breakfast, early grey, green,  
lemon myrtle, peppermint
- milkshakes and frappes ..... \$7.5  
caramel, chocolate, strawberry,  
vanilla, hazelnut, coffee
- smoothies ..... \$9  
snickers peanut butter, chocolate,  
milk, banana  
berry Greek yoghurt, coconut water,  
mixed berries
- matcha ..... \$7  
flavours ..... +50c  
strawberry, blueberry, raspberry,  
lavender, rose

BYO reusable cup  
to receive 10% off  
hot beverages



open monday to friday  
from 7am to 3pm  
closed on public holidays

(07) 5559 7522  
seedpodcafe.com.au

