

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 Turkish bread, 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

daily specials

served from 11am to 2pm

- see specials board
- salad of the day** \$12
- pasta of the day** \$12
- curry of the day** \$12

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
- sushi cup** \$10.5
teriyaki chicken or marinated tofu with sushi rice, cucumber, rice seasoning and avocado
- 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**

pizza

served from 11am to 2pm

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

lunch

served from 11am to 2pm

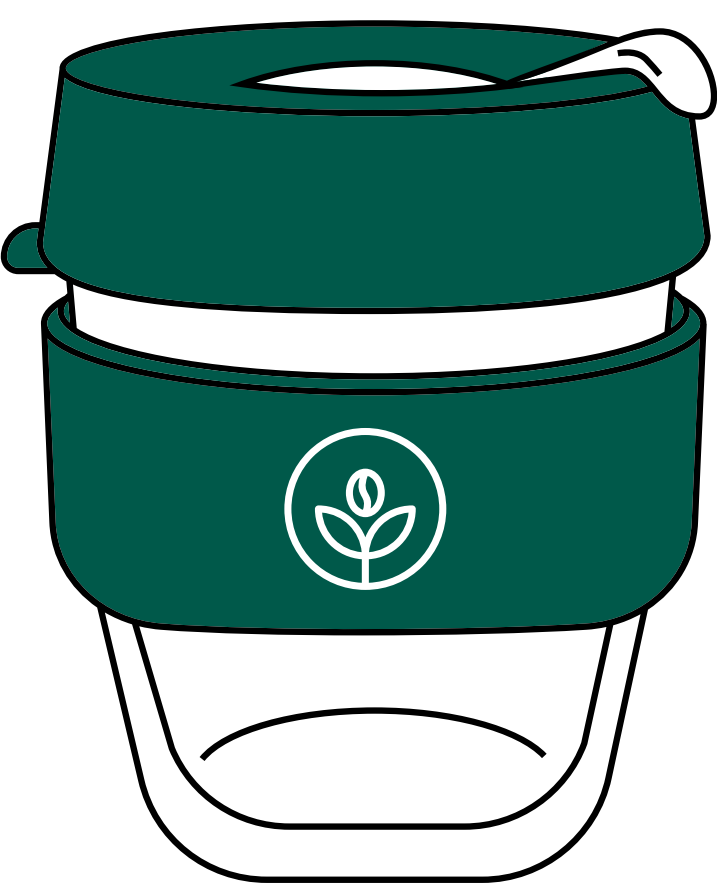
- grilled barramundi (gf)** \$18.5
Moroccan brown rice, red cabbage and roasted capsicum, house-made pumpkin hummus
- beef burger and fries** \$16
sauce, lettuce, tomato, pickled onion + burger add ons:
 - cheese \$2
 - bacon \$3
- southern fried chicken tenders burger and fries (gfo)** \$16
American cheese, lettuce, buffalo aioli
 - + burger add on:
 - 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 pine nuts
 - + quinoa bowl add on:
 - karaage chicken \$7
- 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
 - syrups +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

