ZEEA'S ALL DAY MENU

gluten free options available – please ask our friendly team.

EGGS BENNY 17

poached eggs, spinach, hollandaise on croissant + choice of: bacon // smoked salmon // haloumi

HALOUMI BURGER (VEG) 13

milk bun, haloumi, sliced tomato, fried egg, balsamic glaze
+ bacon 3

OMELETTE 11

house made omelette with ciabatta + extras:

+ cheese 1	+ ham 1.5	+ cherry tomatoes 1
+ mushrooms 1	+ bacon 1.5	+ spinach 1

BUTTERMILK PANCAKES (VEG) 17

house made buttermilk pancakes + choice of:
– fresh berries, mascarpone, maple syrup
– nutella, strawberries, vanilla gelato, crushed hazelnuts

MUESLI BOWL (VEG) 13

berry crunch muesli, natural yoghurt, fresh berries + choice of milk

K.I PORRIDGE (VEG) 13

kangaroo island kowari oats, honey, crushed hazelnuts, banana + choice of milk
+ strawberries 1.5

WILD MUSHROOM BRUSCHETTA (VEG) 19

ciabatta, goat's cheese spread, poached eggs, sautéed wild mushrooms, garlic, thyme, balsamic glaze, truffle oil

SMASHED AVOCADO (VEG) 15

seeded sourdough, smashed avocado, cherry tomatoes, crumbled feta, dukkha, olive oil, lemon

SMASHED PUMPKIN (VEG) 19

seeded sourdough, goat's cheese spread, smashed pumpkin, poached eggs, hummus, pomegranate seeds, crispy kale, feta

BREAKFAST BRUSCHETTA 17

ciabatta, poached eggs, caramelised onion, grilled tomato, crispy bacon, rocket, balsamic glaze, shaved parmesan

EGGS ON TOAST 9

eggs your way + ciabatta

EXTRAS

+ bacon 3	+ salmon 5	+ mushroom 3	+ avocado 3	+ egg (p/s/f/) 2
+ haloumi 3	+ spinach 3	+ hash browns 3	+ tomato 3	+ lemon 0.5

ZEEA'S

VEG: Vegetarian // GF: Gluten Free // V: Vegan

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TONY & MARK'S
A FAMILY TRADITION

ZEEA'S ALL DAY MENU

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BURGERS

served with choice of potato or sweet potato chips

MICKY C'S 17

milk bun, beef patty, double cheese, pickled onions, gherkins, tomato sauce
+ bacon 3

CHICKEN BURGER 17

milk bun, grilled chicken, double cheese, tomato, caramelised onion, lettuce, avocado, herbed mayo
+ bacon 3

VEGO BURGER (V OPTION AVAILABLE) 17

milk bun, chickpea & sweet potato patty, hummus, tomato, lettuce, vegan cheese

MR. LEAF (KETO) 19

lettuce leaf, beef patty, double cheese, avocado, red onion, pickles, herbed mayo, kale chips
+ bacon 3

FOCACCIAS & WRAPS

O.G TURKEY 13

smoked turkey, camembert cheese, roasted capsicum, baby spinach, cranberry sauce

TURKEY ITALIANO 13

smoked turkey, sundried tomato, bocconcini, wild rocket, basil pesto

CHICKEN 13

crumbed or grilled chicken, tomato, avocado, lettuce, bocconcini, herbed mayo

VEGETARIAN (VEG) 13

roast pumpkin, roast capsicum, grilled eggplant, feta, wild rocket, basil pesto

SUBSTANTIAL

FISH & CHIPS 19

beer battered fish fillets, potato chips, garden salad, lemon, tartare

CHICKEN PARMIGIANA 19

crumbed chicken breast, mozzarella, tomato sugo, potato chips, garden salad
+ ham 1.5

ZEEA'S ALL DAY MENU

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PASTA & RISOTTO

RIGATONI RAGU 17
rigatoni, tender beef, tomato sugo, parmesan

SPAGHETTI BOLOGNESE 17
spaghetti, veal mince, carrot, onion, celery, tomato sugo, parmesan

TORTELLINI ALLA PANNA 19
beef tortellini, ham, mushroom, garlic, spring onion, white wine, cream, parmesan

PENNE ROSÈ 19
penne, grilled chicken, cherry tomatoes, baby spinach, cream, tomato sugo, parmesan

WHITE WINE & WILD MUSHROOM RISOTTO (GF) (VEG) 19
wild mushrooms, white wine, arborio rice, garlic, spring onion, truffle oil, parmesan
+ chicken 4

SALADS

ROAST VEGGIE (VEG) (GF) 15
haloumi, roast pumpkin, roast capsicum, grilled eggplant, danish feta, baby spinach, basil pesto
+ chicken 4

CAESER SALAD 17
grilled chicken, cos lettuce, crispy bacon, poached egg, shaved parmesan, croutons, mayo
+ anchovies 1.5

SIDES

BOWL POTATO CHIPS	7
BOWL SWEET POTATO CHIPS	7
BOWL KALE CHIPS	9
GARLIC BREAD	5
GARDEN SALAD	7

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ZEEA'S DRINKS MENU

SMOOTHIES

choice of milk: *full cream // skinny // almond // oat // coconut // soy // lactose free*

MANGO BANANAS 8
mango, banana, vanilla gelato, natural yoghurt, honey

BERRY NICE 8
raspberries, strawberries, blueberries, blackberries, banana, natural yoghurt, honey

PROTEIN BREKKIE 9
cacao hazelnut protein powder (V), granola, banana, mixed berries, honey

PROTEIN CHOC-PEANUT 9
natural peanut butter, cacao hazelnut protein powder (V), maple syrup, banana

KETO GREEN SMOOTHIE 10
baby spinach, avocado, matcha powder, sweetener, unsweetened almond milk

ACAI SMOOTHIE 10
acai, mango, granola, mixed berries, coconut flakes

COLD PRESSED JUICE

TROPICALE strawberry, pineapple, watermelon 9

GREEN LEMONADE apple, cucumber, kale, spinach, lemon 9

HANG OVER CURE orange, apple, carrot, ginger, lemon 9

MINTY apple, orange, mint 8

PINE LIME pineapple, cucumber, lime 8

ALOHA watermelon, pineapple, lime 8

FRAPPES / MILKSHAKES

SMALL 5 // LARGE 7
chocolate banana caramel strawberry lime vanilla mocha coffee

ICED CHOCOLATE 7
chocolate gelato, tweedvale full cream milk, chocolate powder, chocolate sauce

ICED COFFEE 7
vanilla gelato, tweedvale full cream milk, double espresso, vanilla

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KIDS MENU

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KIDS OMELETTE 11

ham + cheese omelette with ciabatta

KIDS BUTTERMILK PANCAKES (VEG) 9

house made buttermilk pancakes + choice of:
- fresh berries, mascarpone, maple syrup
- nutella, strawberries, vanilla gelato

KIDS MUESLI BOWL (VEG) 7

berry crunch muesli, natural yoghurt, fresh berries + choice of milk

KIDS CROISSANT 5

croissant filled with ham + cheese

+ tomato 0.5

KIDS SMASHED AVOCADO (VEG) 9

sourdough, smashed avocado, cherry tomatoes, olive oil

KIDS EGGS ON TOAST (VEG) 7

eggs your way with ciabatta

EXTRAS

+ bacon 1.5	+ mushroom 1.5	+ avocado 1.5
+ hash browns 1.5	+ tomato 1.5	+ spinach 1.5

KIDS CHEESEBURGER 11

milk bun, beef patty, double cheese, tomato sauce, potato chips

KIDS CHICKEN BURGER 11

milk bun, grilled chicken, double cheese, tomato, lettuce, herbed mayo, potato chips

KIDS PENNE NAP (VEG) 9

penne, tomato sugo, parmesan

KIDS SPAGHETTI BOLOGNESE 9

spaghetti, veal mince, carrot, onion, celery, tomato sugo, parmesan

KIDS NUGGETS & CHIPS 9

crumbed chicken breast nuggets, potato chips, tomato sauce

KIDS SCHNITZEL & CHIPS 9

crumbed chicken breast, potato chips, tomato sauce