



"First we eat, then we do everything else."

M.F.K. FISHER



ZEEA'S

- FOR THE LOVE OF FOOD -



BREAKFAST MENU ~ Rye sourdough bread available upon request.



CLASSIC \$12.90

2 Earth eggs cooked to your liking (P/S/F) with grilled Australian bacon served with toasted continental ciabatta.

GRANDE \$20.90

2 Earth eggs cooked to your liking (P/S/F) with grilled Australian bacon, Zeea's Italian pork and fennel salsiccia, grilled tomato, gremolata roasted Swiss brown mushrooms and sautéed baby spinach served with toasted continental ciabatta.

BENEDICT \$15.90

2 poached Earth eggs with sautéed baby spinach and hollandaise sauce, served on toasted croissant with your choice of:

- Harris smoked salmon.
- Crispy pancetta.

CLEAN EATING (VEG) \$16.90

2 poached Earth eggs with sautéed baby spinach, fresh sliced avocado and vine ripened cherry tomatoes served with toasted rye sourdough.

BREAKFAST BRUSCHETTA \$17.90

Toasted continental ciabatta topped with Beerenberg caramelised onion, grilled Australian bacon, vine ripened tomato, 2 poached Earth eggs, wild rocket and shaved parmesan drizzled with De Cecco balsamic glaze.

SMASHED AVOCADO (VEG) \$15.90

Toasted continental ciabatta topped with smashed avocado, ricotta, vine ripened cherry tomatoes, basil and shaved provolone piccante.

Add poached Earth eggs for \$3.50

ZEEA'S OMELETTE \$14.90

Choice of egg white or whole egg.

With Barossa smoked turkey, spring onions, vine ripened cherry tomatoes and baby spinach served with toasted continental ciabatta.

EGGS NAPOLITANA (VEG) \$15.90

2 Earth eggs baked in Nonna Annita's Napolitana sauce with provolone piccante and basil, served with toasted continental ciabatta.

PALACINCHE \$13.50

Sweet, lacy crepes traditionally prepared in Friuli (Northern Italy), filled with your choice of:

- Nutella and strawberries topped with mascarpone (VEG).
- Crispy pancetta and Swiss cheese. Add hollandaise sauce for \$1.

T & M BOWL (VEG) \$9.90

Mixture of fresh seasonal fruit with Adelaide Select vanilla yoghurt, drizzled with Orange Blossom honey.

CHOC COCO ACAI BOWL (VEG) (V) \$14.90

Sambazon Acai bowl with raw cacao powder and coconut yoghurt, topped with fresh berries, banana, and Brookfarm's maple and vanilla nutty granola.

MUESLI BOWL (VEG) \$12.90

Whisk and Pin Berry Crunch muesli served with Adelaide Select vanilla yoghurt, topped with fresh berries and chia seeds, served with your choice of milk.

Ask our friendly staff about our lactose free milk and yoghurt options.



EXTRAS



TOAST \$1.50. Rye sourdough, ciabatta or raisin bread (1 slice)

EGGS \$3.50. Earth Eggs ~ fried, scrambled or poached

YOGHURT \$3.50. Adelaide Select vanilla yoghurt

MEAT \$3.50. Bacon, pancetta or Italian sausage

FRUIT 'N VEG \$3.50. Mushroom, avocado, spinach, kale or grilled tomato

All ingredients on this menu are available for purchase at

•EST 1978•

TONY & MARK'S

A FAMILY TRADITION

VEG: Vegetarian V: Vegan GF: Gluten Free

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