

# Sails Bistro Menu

*Fresh Thinking*

## Breakfast

7am-10am Daily

### Cereal

Rice Bubbles, Cornflakes, Nutrigrain, Sultana Bran, Weetbix

\$3.70

### Toast

two slices of white or wholemeal w/ butter and spreads

\$3.20

### Fruit toast

two slices w/ vanilla butter and spreads

\$4.70

### Croissant

warm croissant w/ butter and spreads

\$5.00

### Filled croissant

warm croissant filled w/ double smoked ham, Swiss cheese and tomato

\$8.00

### Pancakes

plain, blueberry or banana pancakes topped w/ vanilla butter and maple syrup

\$9.00

### Fresh seasonal fruit platter

\$7.00

### Aussie breakfast

rib steak, sausage, tomato, bacon, mushroom, thick toast and two eggs fried, scrambled or poached

\$17.90

### The light breakfast

two slices of toast and two eggs fried, scrambled or poached

\$9.00

### Manly classic breakfast

two slices of toast, bacon, grilled tomato and two eggs fried, scrambled or poached

\$12.00

### The recovery breakfast

two slices of toast, bacon, sausage, grilled tomato, hash brown and two eggs fried, scrambled or poached

\$13.00

### Kids breakfast

a slice of toast, bacon and one egg fried, scrambled or poached

\$6.90

### Omelettes

three egg omelette

bacon, mushroom, tomato and cheese, smoked salmon, spanish onion

\$14.90

### Eggs Benedict

toasted panini topped w/ baby spinach, poached eggs, double smoked leg ham or smoked salmon

and nappéd w/ creamy hollandaise sauce

w/ ham

w/ smoked salmon

\$13.50

\$14.20

Side of baked beans

\$1.90

### Continental Breakfast Buffet

Cereal, toast w/ butter and spreads and fresh fruit

\$9.90

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## Beverages

<b>Babycino</b> 'Just for the kids' milk froth dusted w/ chocolate	\$1.00
<b>Cappuccino</b>	\$4.00
<b>Mug-o-cino</b>	\$4.20
<b>Latte</b> A classic milk coffee w/ just a hint of froth on top	\$4.00
<b>Vienna coffee</b> Long black smothered w/ a layer of whipped cream and topped w/ chocolate sprinkles	\$4.00
<b>Flat white</b>	\$3.30
<b>Short black</b>	\$3.00
<b>Long black</b>	\$3.00
<b>Macchiato</b>	\$3.00
<b>Short</b> - Shot of espresso w/ a dash of full cream milk	\$3.00
<b>Long</b> - Long black w/ a dash of full cream milk	\$3.00
<b>Hot mocha</b> A superb blend of coffee, chocolate and steamed milk piled high w/ froth and topped w/ chocolate sprinkles	\$3.70
<b>Affogatto</b>	\$3.70
<b>Short</b> - A dollop of vanilla ice cream added to a classic short black	\$3.70
<b>Long</b> - A dollop of vanilla ice cream added to a classic long black	\$3.70
<b>Tea (Bushells, Green, English Breakfast, Earl Grey, Orange, Chamomile)</b>	
Cup	\$3.00
Pot	\$4.00
<b>Hot chocolate</b> w/ marshmallows	\$4.00
<b>Iced chocolate</b> A wicked mix of chocolate syrup and icy cold milk finished w/ a scoop of ice cream and a mountain of whipped cream and dusted w/ chocolate	\$4.40
<b>Iced coffee</b> A devilish mix of espresso coffee and icy cold milk finished w/ a scoop of ice cream and a mountain of whipped cream and dusted w/ chocolate	\$4.40
<b>Milkshakes</b> (Chocolate, strawberry, caramel or vanilla)	\$4.40
<b>All above available w/- full cream, skim or soy milk</b>	
<b>Spiders</b> Coke, lemonade, ginger ale or raspberry w/ a scoop of vanilla bean ice cream	\$4.00
<b>Liqueur Coffee</b> Mexican-Kahlua, Creamy Irish-Baileys, Irish-Tullamore Dew Whisky, Greek-Ouzo, Calypso-Tia Maria, Roma-Galliano, Jamaican-Malibu, Italian-Frangelico	\$7.20