# breakfast

**TOASTED BANANA BREAD /** maple syrup $12 (V)

**FRUIT TOAST /** ricotta, honey $10 (V)

**TOAST /** sonoma sourdough, croissant or thick cut white $9
add strawberry jam, vegemite
add almond butter, nutella $2

**TOASTED CROISSANT /** smoked leg of ham off the bone, cheddar cheese and slow roasted tomato chutney $14

**TOASTIES** / ham, cheese & tomato OR bacon, lettuce & tomato on sourdough, with a side of tomato relish $15 (GFV)

**SMASHED AVOCADO ON SOURDOUGH /** cherry tomatoes, sliced radish, basil, pickled onions, dukkah, and marinated goats feta $21
OR simple smashed avo on sourdough $16
(GFV, V, VE variation)

**PISTACHIO AND CHOCOLATE CREPES/** pistachio and mascarpone creme, fresh berries, chocolate soil, and kataifi crisps $27

**HOUSE TOASTED MUESLI /** coconut yoghurt, fresh berries, banana, seasonal fruit $22
(GF, VE)

**ACAI BOWL /** berry brothers acai**,** seasonal fruit, chia, banana, coconut chips & house toasted muesli $25 add nutella or almond butter $2
(GF, VE)

## EXTRAS

| | |
|---|---|
| hash browns (2) | $5 |
| chipolatas | $6 |
| avocado | $5 |
| grilled herbed tomato | $5 |
| poached/fried free range egg (1) | $3 |
| scrambled eggs | $7 |
| turmeric tofu scramble (VE) | $5 |
| sauteed mushrooms | $5 |
| streaky bacon | $6 |
| marinated goats feta (2) | $6 |
| grilled halloumi (2) | $6 |
| Tasmanian smoked salmon | $9 |
| gluten free bread supplement | $4 |
| gluten free bun | $4 |

**FREE RANGE EGGS /** scrambled, poached or fried on Sonoma sourdough w/ slow roasted tomato chutney $16 add streaky bacon $6
(V,GFV)

**CLASSIC EGG & BACON ROLL /** free range eggs, bacon & BBQ sauce on a toasted milk bun $18
add cheese $2, add caramelised onion $2
(GFV)

**PROPER EGG & SAUSAGE SANDWICH /** scrambled egg, grilled pork sausage, caramelised onion, cheddar, BBQ aioli on a toasted milk bun $20 add streaky bacon $6

**THE NEL BACON & WAFFLES** / maple cream cheese, Belgian waffles (2), crispy bacon and fresh seasonal berries $25

**EGGS BENEDICT /** streaky bacon or smoked salmon, baby spinach and hollandaise on sourdough bacon $26 or smoked salmon $29
(GFV)

**SHISHITO CHILLI SCRAMBLED EGGS /** chilli miso aioli, green papaya salad, fried shallots, cashew crisp, pineapple and jalapeno salsa on sourdough $26 add avocado $5
(V, GFV)

**LITTLE NEL BREAKFAST BURRITO /** flour tortilla, house made chilli scrambled egg, streaky bacon, corn salsa, smashed avocado, baja, chilli salt, salsa roja $25
add hash browns $5

**MORROCAN MUSHROOMS /** house made hummus, dukkah, ras el hanout, poached free range eggs with sourdough $26 (V, GFV)
add turmeric tofu scramble $5 (VE)

**HOUSEMADE POTATO & HERB HASH WITH TASMANIAN SMOKED SALMON /** poached free range eggs, romesco, sauteed spinach & chive crème fraiche $29 (GF)

**GF = GLUTEN FREE GFV = GLUTEN FREE VARIATION AVAILABLE V = VEGETARIAN VE = VEGAN**

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***OUR KITCHEN USES ALLERGENICS INCLUDING TREE NUTS, GLUTEN, EGGS AND DAIRY. WHILE WE MAKE EVERY ATTEMPT TO ACCOMMODATE DIETRY REQUIREMENTS, WE CANNOT GUARANTEE THAT OUR FOOD WILL BE ALLERGEN FREE***

* SUNDAY AND PUBLIC HOLIDAY SURCHARGE 10% *

the little nel

# beverage

## COFFEE

| COFFEE BEANS BY PABLO & RUSTY | S | L |
|---|---|---|
| CAPPUCCINO // FLAT WHITE // LATTE | $5.5 | $6.5 |
| MOCHA | $6 | $7 |
| LONG BLACK (2 SHOTS) | $5 | $6 |
| ESPRESSO // MACCHIATO | $4.5 | |
| PICCOLO | $5 | |
| HOT CHOCOLATE | $5.5 | $6.5 |
| MATCHA LATTE | $6 | $7 |
| CHAI LATTE | $6 | $7 |
| DIRTY CHAI LATTE | $6.5 | $7 |
| bondi chai ginger & spice (vegan) | | |

## T2 TEA

TEAPOT $5

english breakfast / earl grey / peppermint/ chai / china jasmine green / lemongrass & ginger

| NITRO COLD BREW | S | L |
|---|---|---|
| cold brewed coffee aerated with nitrogen on tap, served over ice | $6 | $7 |

**ALTERNATIVES / EXTRAS** $0.5

milklab almond / oat / lactose free / bonsoy

extra shot / decaf / honey / vanilla / caramel / hazelnut

## COLD DRINKS

| | S | L |
|---|---|---|
| ICED LATTE<br>double shot of coffee poured over ice & milk | $5.5 | $6.5 |
| ICED LONG BLACK<br>double shot of coffee poured over ice & water | $5 | $6 |
| ICED CHAI LATTE<br>bondi chai poured over ice and milk | $5.5 | $6.5 |
| ICED MATCHA LATTE<br>powdered green tea served over ice and milk | $5.5 | $6.5 |
| add syrup / strawberry / blueberry | | $2 |
| ICED CHOCOLATE / COFFEE OR MOCHA<br>poured over ice topped with ice cream & whipped cream | | $9 |
| CHOCOLATE / COFFEE OR MOCHA FRAPPE<br>blended with ice cream, ice & milk | | $9 |
| OLD-FASHIONED MILKSHAKE | | $9 |
| THICKSHAKE<br>chocolate/caramel/strawberry/vanilla/biscoff | | $13 |
| add malt / espresso | | $2 |

## FRESHLY SQUEEZED JUICES

| | |
|---|---|
| APPLE / ORANGE / PINEAPPLE OR WATERMELON | $10 |
| PASSION BLISS<br>pineapple, watermelon, orange & passionfruit | $12 |
| VITAMIN A<br>carrot, apple, orange & ginger | $12 |
| REFRESHER<br>apple, cucumber, pineapple & lemon | $12 |

| SOFT DRINK | |
|---|---|
| coke / coke zero / sprite / solo / | $4 |
| lemon, lime & bitters | $6 |

| SPARKLING WATER | glass | 1L |
|---|---|---|
| filtered sparkling Port Stephens water | $1.5 | $3 |

## SMOOTHIES

| | |
|---|---|
| MANGO / MIXED BERRY OR BANANA<br>milk, ice cream, honey | $12 |
| KICKSTART<br>mixed berries, banana, almond butter, protein, almond milk | $14 |
| HONEY JUMBLE<br>banana, honey, almond butter, protein, almond milk | $14 |
| add espresso / dates | $2 |
| COOKIE MONSTER<br>oreos, chocolate sauce, icecream, ice & milk topped with whipped cream | $14 |

## FROZEN BLENDS

| | |
|---|---|
| BERRY CRUSH<br>frozen berries, mango, passionfruit & coconut water | $12 |
| TROPICAL CRUSH<br>frozen mango, passionfruit, fresh orange & pineapple juice | $12 |
| GREEN BOOST<br>apple, spinach, banana, mango, coconut water | $12 |
| add matcha | $3 |

## NOAH'S CREATIVE JUICES

served over ice $8

PINK
coconut water, raspberries, guava, apple, banana & lychee

ORANGE
nectarine, apple, coconut water, pineapple & lime

GREEN
apple, peach, kiwi, mango and lime

## SPARKLING WINE AND CHAMPAGNE (AFTER 10AM)

| | | G | B |
|---|---|---|---|
| Usher Tinkler Prosecco | Hunter Valley, NSW | $12 | $44 |
| Champagne Abele 1757 | Henri Abelé France | | $80 |